

“Santé—the only right choice
that ever mattered.”

—Santé Alumnus

Santé Center for Healing understands that there
are many challenges on the road to recovery,
including deciphering a best course of action.

YOUR JOURNEY TO RECOVERY BEGINS

Professional Assessments

Medical Detox

Residential

Intensive Outpatient

Transitional Living

Family Programming

Indiv. Therapy & Med. Mngmt

Alumni Support

OUR GOAL IS LONG-TERM RECOVERY

LEVEL OF CARE: MEDICAL DETOX

Without medical assistance, detox withdrawal symptoms
are unpleasant & can even be dangerous. Santé’s medical
experts can help reduce withdrawal symptoms like anxiety,
pain, cold sweats, cravings & insomnia. Throughout detox,
our medical team monitors vitals, performs withdrawal
assessments & provides general medical care. Medicines
may be given to make symptoms less severe & decrease the
risk for complications.

LEVEL OF CARE: RESIDENTIAL

Those needing residential care will individually & collectively
interact with our staff of psychiatrists, addictionologists,
psychologists, psychiatric nurse practitioners, certi-
fied addiction nurses, licensed dietitians & master’s-level
therapists who have additional certifications in EMDR,
CSAT, ACT, DBT, CBT, EFT, PTSD, motivational interviewing,
shame resiliency, psychodrama, relapse prevention & grief
& loss. This level of care can involve:

- Individual and group therapy
- Education accountability
- Nutritional counseling
- Gender-specific groups
- Relapse prevention planning
- Yoga
- 12-step introduction
- Neurofeedback
- Experiential therapy
- Onsite medical detox

LEVEL OF CARE: INTENSIVE OUTPATIENT (IOP)

Santé’s IOP addresses the same issues as those outlined in
the Residential Program. Program length, similarly, is based
on goals achieved. Clients meet for three sessions of group
per week for a total of 16 weeks. Some of our more unique
IOP characteristics are:

- Individual therapy is spread throughout all phases
- Clients can come from another treatment center or be
assessed initially for needing this level of care
- Clients can choose between day or evening program.

LEVEL OF CARE: TRANSITIONAL LIVING (TL)

Santé’s TL program provides highly-structured, therapeutic
apartment-style living for adults, who are in search of
additional daily living support while in the early stages of
recovery. In addition to a safe, chemical-free environment,
TL residents experience:

AMENITIES

- Separate men’s & women’s programs
- Master’s-level therapist on-site Monday–Saturday
- Daily goals, planning & community meeting
- Daily morning meditation & check-in groups
- Random drug screens
- 12-Step Recovery model
- Individual & group counseling
- Educational guidance, career development, &
life skills education
- Walking distance to public transportation, employment
& volunteer opportunities, exercise facilities & the
University of North Texas

LEVEL OF CARE: OUTPATIENT CLINIC

Santé also works with clients to improve their quality-of-life in
a less-acute level of care than residential or IOP. Santé’s clinicians
can help individuals identify, adapt & effectively deal with
life’s challenges—from addiction to depression to grief.

MENTAL HEALTH SERVICES

- Therapy (individual, family & couples)

MED SERVICES

- Medication management

LEVEL OF CARE: ALUMNI SUPPORT

Recovery is not something that is completed upon leaving
Santé; it is an on-going process. Santé’s Alumni Coordinator
provides services to alumni in a variety ways including, but not
limited to:

ALUMNI SUPPORT SERVICES

- “Open Road” alumni community app
- Weekly alumni meetings
- Personal follow-up support
- Annual Alumni Retreat
- Alumni Advisory Board
- Santé service opportunities
- Community service opportunities
- Entertainment-based outings
- Referrals for local support across the country
- Peer support through Facebook group
- Monthly alumni newsletter

WRAPAROUND SERVICES: FAMILY SUPPORT

Addiction impacts each person in a family unit. Santé works
with families in multiple ways: Family Communications
Coordinator and Family Therapists dedicated to your family’s
needs; Family Therapy Series the first month your loved one
is in treatment; one or more two-day family intensives which
are individualized to each family and included in residential
care; Family & Friends Support Group (at no cost) offered
twice times/week (online) with psychoeducational lectures &
process groups; peer support.

Families will work on: Family of Origin work, skill building
around setting boundaries, recognizing addictive thinking,
family rules & roles, how to cope with a family member in
treatment & how to support a loved one in recovery.



MIRACLES HAPPEN ON THE HILL

AN INTEGRATED
TREATMENT MODEL
WITH TRADITIONAL AND
INNOVATIVE APPROACHES
FOR LONG-TERM RECOVERY.

privately owned & operated since 1996

www.santecenter.com
1-800-258-4250
Argyle, Texas

We are proud of our distinguished past and look to the
future for even greater achievements.



We will
never give up
on our clients.



PARTNER FOR THE JOURNEY **ADDICTION TO LONG-TERM RECOVERY**

It takes courage to seek treatment for the overwhelming disease of addiction. We admire you for taking the first step towards recovery. Please know—you do not have to do this alone. This might be your first treatment experience... but in nearly 30 years of impact, this is not ours. You can trust in the expertise, compassion & commitment of Santé Center for Healing; we are here to guide you on your journey. This decision is one of the most important of your life, as addiction is progressive, & left untreated is a fatal disease.

It's important that interested individuals & family members speak to a qualified clinician—like Santé's master's-level Intake & Admissions Counselors—rather than a call center operator. Addiction has no script, & neither should those to whom you reach out. Santé's Intake & Admissions Counselors are knowledgeable about addiction, Santé's clinical program, and ways to reduce treatment barriers. Their goal is to help individuals & families identify the next best steps. If Santé services intersect with the individual's needs, they strive to make the admission process as smooth as possible for all involved.

Santé provides numerous, individualized options to the financial costs associated with treatment, such as working with:

- in-network & out-of-network insurance benefits
- behavioral health finance companies
- creating individualized payment plans

Call Santé's Intake and Admissions Counselors at 800-258-4250 or 940-464-7222 for more information. Call today & start to see for yourself why Santé is the best choice for effective, client-centered treatment & quality care to achieve long-term recovery.



www.santecenter.com

TREATMENT: **DUAL-DIAGNOSIS**

Santé is a dual-diagnosis (co-occurring), poly-addiction facility where all behavioral and addiction issues are addressed simultaneously to help clients understand the dangers of cross-addiction & the prominence of co-occurring disorders. Individuals with mental health disorders are more likely to experience addiction than those without a mental health disorder. They can also be harder to diagnose due to complexity of how symptoms influence each other. The risk of relapse increases when people receive treatment for one disorder while the other disorder remains untreated. People with dual-diagnosis disorders are best served through Santé's integrated treatment, where the medical and clinical teams address mental & substance use disorders at the same time with better outcomes.

TREATMENT: **TRAUMA**

Unresolved trauma is often the root problem resulting in substance use disorders, disordered eating, problematic sexual behavior, compulsive behaviors, co-occurring psychiatric disorders, & professional & safety-sensitive issues. Trauma produces radiating effects on individuals—psychologically (anxiety, depression, guilt, shame), physically (chronically activated stress response, sleep problems, chronic pain, inadequate medical care) & socially (isolation, rigid relationships, inauthentic relationships). To increase the like-lihood of long-term recovery, Santé's clinical team uses an integrated model where substance abuse recovery & trauma resolution components are working simultaneously, resulting in mindfulness, distress tolerance, reduced shame, emotional regulation, & interpersonal effectiveness.

"Santé absolutely
CHANGED MY LIFE
and saved it in more ways than one!
I went there hopeless, empty, confused,
scared... dead inside.
I LEFT LITERALLY IN THE
BEST HEALTH OF MY LIFE."

—Santé Alumnus



TREATMENT: **PROBLEMATIC SEXUAL BEHAVIOR (PSB)**

Santé's has provided a broad spectrum of PSB treatment since 1996. The definition of addiction developed by the American Society of Addiction Medicine incorporates behaviors such as gambling & sex; this is supported by 30+ years of research & neuroscience studies. If unaddressed, PSB behaviors can escalate. We see our clients achieve recovery with the work we do around intimacy, relationships, family of origin & trauma resolution.

TREATMENT: **CHEMICAL DEPENDENCY**

Most of our residential clients have some history of substance use or chemical dependency. Santé's expert staff recognize the nuances of working with individuals suffering from the chronic & debilitating disease of addiction. Santé's renowned clinical & medical team will meet clients right where they are and then implement evidence-based interventions, guiding therapeutic experiences and provide the skills necessary to support long-term recovery. Medical detox is provided onsite & engages clients into the therapeutic community from the beginning of treatment.

TREATMENT: **CO-OCCURRING DISORDERED EATING**

Many individuals struggle with both chemical dependency & disordered eating. Due to the comorbidity & critical medical complications, Santé addresses these disorders simultaneously to develop comprehensive, individualized treatment plan, including:

- Intuitive eating & balance
- Programming before & after meals
- Supportive, experiential activities develop life skills, address triggers & develop coping skills for everyday life situations.

www.santecenter.com
1-800-258-4250

INTEGRATIVE TREATMENT MODEL **CONTINUUM OF CARE**

Santé's initial assessments establish the appropriate level of care, & all treatment plans are individualized to each client. Whether it is medical detox, residential program, IOP, TL, outpatient clinic services or intensive workshops... all follow with life-long aftercare/alumni support. In all care levels:

- Progress milestones are gauged by individual goals achieved (not merely days in care)
- Services are received in an intimate, therapeutic, serene & supportive environment
- Families receive necessary education for the possibilities found in long-term recovery

Santé's continuum of care slowly & intentionally evolved over the years based on research & studies indicating participation in formal treatment & longer terms in treatment are consistently associated with better outcomes.

IN IT FOR THE RIGHT REASONS

The foundation for it all is Santé's integrity. We are still owned by the same families who founded Santé, more than 25 years ago. Our founders were therapists that wanted a place where decisions were based on what was best for the client and not solely what was best for the company, as they had experienced elsewhere. For more than two-&-a-half decades, Santé's clients have found themselves surrounded by ethical, professional & compassionate staff who simply will not give up on them.

