

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

—Santé Alumnus

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

**YOUR JOURNEY TO RECOVERY BEGINS**



**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 PROGRAM**

Those needing residential care will individually & collectively interact with our staff of psychiatrists, addictionologists, psychologists, psychiatric nurse practitioners, certified 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 & group therapy
- Education
- Accountability
- Nutritional counseling
- Gender-specific groups
- Relapse prevention planning
- 12-step introduction
- Neurofeedback
- Experiential therapy
- Onsite medical detox

**LEVEL OF CARE: INTENSIVE OUTPATIENT PROGRAM (IOP)**

Santé’s Intensive Outpatient Program (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
- Inclusion of psychodrama & ropes course



**“Santé absolutely CHANGED MY LIFE & 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

**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
• Bi-monthly alumni meetings
• Annual Alumni Retreat
• Personal follow-up support
• Santé service opportunities
• Community service opportunities
• Entertainment-based outings
• Referrals for local support across the country
• Peer support through Facebook group
• Monthly alumni newsletter

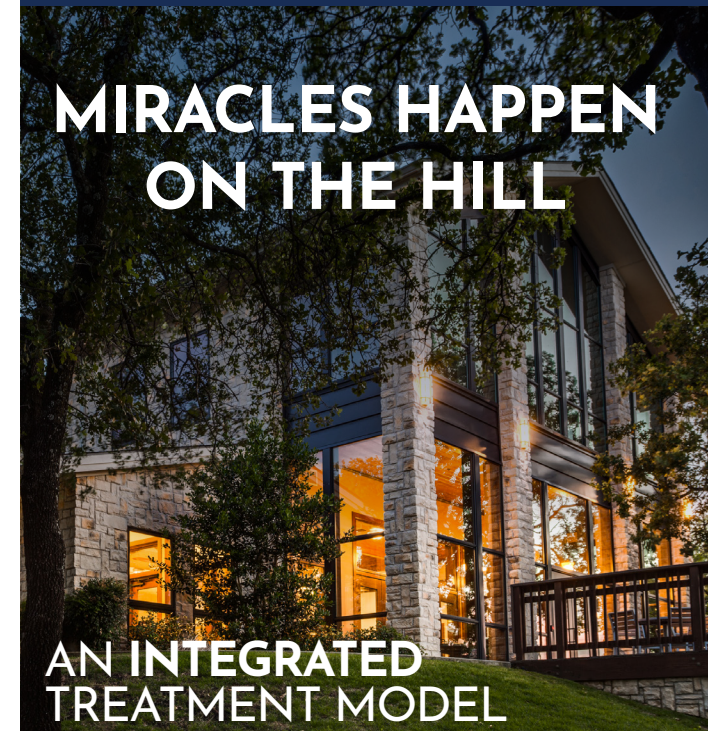
**WRAPAROUND SERVICES: FAMILY SUPPORT**

Addiction impacts each person in a family unit. Santé works with families in multiple ways: Family Communications Coordinator & 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 & included in residential care; Family & Friends Support Group (at no cost) offered twice a month (online & in- person) 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 & INNOVATIVE APPROACHES FOR LONG-TERM RECOVERY.**

privately owned & operated since 1996

**www.santecenter.com**  
**940-464-7222 | 1-800-258-4250**  
**Argyle, Texas**

We are proud of our distinguished past & 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 over 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, & 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.

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 & 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](http://www.santecenter.com)

### TREATMENT: DUAL-DIAGNOSIS

Santé is a dual-diagnosis (co-occurring), poly-addiction facility where all elements of behavioral health (mental health conditions, substance use disorders, disordered eating, & even compulsive behaviors like gaming, shopping, gambling) are addressed concurrently. Individuals with a mental health disorder 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 & 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, compulsive sexual behavior disorders, other 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 likelihood of long-term recovery, Santé's clinical team uses an integrated model where substance abuse recovery & trauma focused approach components are working concurrently, resulting in mindfulness, distress tolerance, reduced shame, emotional regulation, & interpersonal effectiveness.



### TREATMENT: COMPULSIVE SEXUAL BEHAVIOR DISORDER

Santé's has provided a broad spectrum of compulsive sexual behavior disorder (CSBD) 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, CSBD behaviors can escalate. We see our clients achieve recovery with the work we do around intimacy, relationships, family of origin & activities towards trauma resolution.

### TREATMENT: SUBSTANCE USE DISORDER

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 addiction. Santé's renowned clinical & medical team will meet clients right where they are & implement evidence-based interventions, guiding therapeutic experiences & 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 substance use disorder & disordered eating. Due to the comorbidity & critical medical complications, Santé addresses these disorders concurrently to develop comprehensive, individualized treatment plans, including:

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

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## 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, or outpatient clinic services... 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 & tools for the possibilities found in long-term recovery

Santé's recovery continuum of care 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

Santé's foundation is integrity. We are family owned by onsite leadership with 30+ years of combined Santé experience. As it was on day one, this is a place where decisions are based on what is best for the client & is most likely to provide long-term recovery. Since 1996, Santé's clients have found themselves surrounded by ethical, professional & compassionate staff who simply will not give up on them & see this life-changing work as a privilege to do alongside you.

