Miracles happen on the hill.
Miracles happen on the hill.
Greetings:

Your interest in Santé Center for Healing is appreciated.

Santé is located in Argyle, Texas, a beautiful rural setting just 30 miles north of the Dallas/Ft. Worth Metroplex. Santé’s adult programs help clients deal with substance abuse and dependency, trauma, dual diagnosis, chronic relapse, and behavioral disorders, including sexual compulsivity and disordered eating. Santé has been providing specialized residential treatment for poly-addictions since 1996. Since then Santé’s services have grown to include transitional living, family support and intensive outpatient treatment options for our clients. Additionally, we conduct thorough assessments for professionals in safety sensitive settings for both chemical dependency and sexual compulsivity issues.

At Santé, we are very proud of the work we do with impaired professionals. We have seen tremendous success in our alumni who have returned to work following treatment. We believe our individualized treatment approach, with concentrated one-on-one staff interaction, is what contributes to the success of those who have gone through our program. Santé maintains the highest level of professional treatment; therefore, the value received for the treatment dollar is unsurpassed.

Please visit our website at www.santecenter.com or call 800.258.4250 / 972.434.7350 for information. If we can be of assistance in any way, please do not hesitate to call.

Sincerely,

Dennis Wade, MS, FACHE
CEO/Administrator
Mission Statement

The Mission of Santé Center for Healing is to address addictive behaviors and associated conditions with an integrated addiction treatment model, drawing from traditional and innovative approaches. Our services are open to individuals and families who seek recovery from addictive behaviors, with a focus on treating the addicted professional. We provide treatment with integrity, promoting wellness for the patient, family and public in a safe and pleasant setting.
**Philosophy**

Individualized addiction treatment plans that include goals and objectives are created with the patient, doctor, therapist and various other collaborative sources. An integral component of our addiction treatment program is daily involvement and evaluation of each patient’s progress. This is evaluated by Santé clinicians including psychiatrists, masters level therapists, psychologists, nurses and additional contributing team members. The joint effort to establish open, honest, direct communication between the patient community and the addiction treatment team is fundamental to the healing process.

**Length Of Stay**

Length of stay in our facility is another individualized component of our treatment process. At Santé, length of stay is measured in goals achieved. We stand by the fact that a longer length of stay allows the patient’s addicted brain ample time to rest and heal, and enough time for the patient and staff to prepare a thorough relapse prevention plan. Our client’s length of stay is a key factor in recovery. Of the Santé Alumni that return our one year survey, 94% remain in recovery. The average length of stay for those surveyed is 80 days. When we have the opportunity to work with our clients for a longer period of time, they have a significantly better chance at long term recovery.
Residential Treatment

Santé Center for Healing understands that there are many challenges on the road to recovery and that addiction must be treated one step at a time. It is important that the client speaks to a qualified staff member rather than a call center. Our Intake and Admissions Counselors are qualified and knowledgeable of the specifics of Santé’s clinical program and the steps necessary to help a person get into treatment. Their goal is to make the admission process as smooth as possible for the patient, family and referent.
Santé Center for Healing is situated on a beautiful hilltop in rural Argyle, Texas, which is approximately 30 miles north of Dallas/Fort Worth. The adults that are treated here suffer from addictive disorders including chemical dependency and process addiction.

Our main goal is for our patients to live a life in recovery. They learn to be aware of their issues and gain the skills to resolve them. They will know how to prevent relapses, and live without the feelings of shame or guilt that often accompany their diagnosis.

The Santé staff brings decades of experience in a broad range of clinical disciplines. Through a foundation built on 12-step principles, these dedicated professionals gradually lead patients to long-lasting recovery. The professionals at Santé specialize in working with individuals affected by any addictive disorder; chemical or process addiction. More specifically, Santé specializes in treating dual diagnoses and poly-addictions. With meaningful guidelines and principles in place Santé refuses to give up on any patient, no matter how difficult.
Our Tenured Staff Consists of Psychiatrists, Psychologists, and Masters Level Therapists, who are EMDR Trained and CSAT Certified

Eating Disorder Staff are DBT Trained

Nutritional Counseling with Licensed Dietitian

Certified Grief & Loss Therapists

24/7 Master’s Level Intake and Admissions Counselors (Motivational Interviewing and Assessment Skills)

Medical Detox (as needed)

Psychological Testing & Neuro-Psych Testing Onsite

Weekly Individual Sessions

Comprehensive Individualized Treatment Plans

Treatment Based on 12-Step Recovery Principles

Focus on Family of Origin, Trauma and Co-Occurring Disorders

Experienced Nursing Staff

Mental Health Technicians

Referral Communications Coordinator

Spiritual Advisor

What to expect as a patient:

Continued on next page
- Therapist-led Group Sessions
- Psychoeducational Lectures
- Physician Staff Facilitates Educational Lectures
- Non-denominational Spirituality Groups
- Psychodramas
- Shame Resilience Group using the Connections Curriculum by Brene Brown
- Experiential Therapies Including:
  - high and low ropes course
  - equine-assisted therapy
  - music therapy
- Daily 12-step Meetings
- Mirror Imaging
- Yoga
- EMDR and Neurobiofeedback
- Massage Therapy
- A Tobacco-free Facility
- Emphasis on Relapse Prevention
- Family Therapy
- Aftercare Planning
Drug/Alcohol Treatment

The decision to enter drug abuse or alcohol treatment is among the most important ones you will make in your life. The process for drug abuse or alcohol addiction treatment will eventually affect the rest of your life and the lives of many of your loved ones.
Drug addiction treatment has three stages: 1) detoxification, 2) rehabilitation, and 3) aftercare planning.

- Medical Detox (as needed)
- Weekly Individual Sessions with Both a Therapist and Psychiatrist
- Comprehensive Individualized Treatment Plans
- Therapist-led Group Sessions
- Medication Management
- EMDR & PTSD Reducing Therapies
- Psychoeducational Lectures Specifically Focused on Drug/Alcohol Issues
- Gender-specific Groups
- Drug/Alcohol-specific Therapy Groups
- Drug/Alcohol-specific 12-Step Meetings
- Specific Skill Building
- Psychodrama
- Neurobiofeedback
- Experiential Therapies Including Ropes, Equine Therapy and Music Therapy
- Family Therapy
- Aftercare Planning
- Emphasis on Relapse Prevention

Addiction is a struggle, and healing from addiction requires hands-on help and continued follow-up. Santé Center for Healing offers compassionate, state-of-the-art treatment that extends beyond the center and into the community with aftercare programs and planning to help those recovering from addiction.
Sex Addiction Treatment

Several kinds of therapies are offered at Santé Center for Healing, tailored to our patient’s individual needs and circumstances. This helps Santé meet the needs of those patients resistant to traditional treatment principles.
Sex Addiction Treatment

The Sex Addiction Treatment Program at Santé Center for Healing begins with a comprehensive assessment that identifies individual patient needs. This assessment results in a treatment plan specifically tailored to the patient and his or her circumstances. Additionally, our approach identifies other addictive disorders which are present in the majority of our patients. It is our experience that these co-occurring addictions, as well as other mental health problems, are best addressed simultaneously.

While treatment is strictly voluntary, it is not uncommon for patients to enter treatment with more external pressure than internal motivation. Our staff utilizes stages of change theory and motivational interviewing to meet and work with clients where they currently are in this process.

Patients treated for sexual addiction will participate in:

- Formulation of an Abstinence Contract
- Psychoeducational Sessions Specifically Focused on Sexual Issues
- Gender-Specific Groups
- Sex Addiction-Specific Therapy Groups
- Sex Addiction-Specific 12-Step Meetings
- Specific Skill Building
  (e.g. - acquiring empathy, asking for help, impulse control)
- Relapse Prevention

Some of the treatment modalities utilized include:

- Individual Counseling
- Group Therapy
- Medication Management
- EMDR, Psychodrama and Other PTSD Reducing Therapies
- Equine-assisted Psychotherapy
- Yoga
- Neurobiofeedback
- Music Therapy
Eating Disorder Treatment

In addition to a life free of addictive thinking, Santé Center for Healing also encourages healthy living and spirituality. Our spacious patient rooms provide a tranquil living space where quiet reflection and personal inventory can take place.
Eating Disorder Treatment

The Eating Disorders Program at Santé Center for Healing treats patients individually and comprehensively. Santé is a co-addiction, dual-diagnosis facility. We address all problems simultaneously, in order to help patients understand the true dangers of cross-addiction. For people who struggle with eating disorders, this can be especially critical as such behaviors tend to be a core addiction. When other behaviors are addressed and eliminated, eating disorders are often uncovered.

Patients are assessed upon admission for eating disorder related behaviors and motivations, then assigned to the full eating disorder program or to a modified schedule of participation.

Our patients admit on a voluntary basis and are expected to have some degree of personal motivation in order to engage in and benefit from our program activities. However, we meet our patients where they are in their recovery by providing encouragement and motivational interactions, both of which are essential components of our program.

The Eating Disorders Program at Santé Center for Healing includes:

- Individualized Meal Plans
- Monitored Meals and Exercise
- Supervised Restaurant Outings to Develop Life Skills in a Supportive Environment
- Grocery Shopping to Help Address Triggers and Develop Coping Skills
- Anorexics and Bulimics Anonymous Meetings
- Nutrition Education and Cooking Groups
- Body Image Inventory and Step Work
- Process Groups Specific to Patients’ Needs

Treatment is centered around the following five stages:

- Assessment
- Exploration
- Internalization
- Life Integration
- Recovery Strategy
At Santé Center for Healing, patients are assessed, as needed, for substance abuse, sexual addiction or compulsivity, codependency and relationship issues, eating disorders and disordered eating, body image issues, gambling addiction, psychiatric disorders and any other mental health issue. Santé offers a number of modalities for the diagnosis and treatment of the issues listed above including, but not limited to, Dialectical Behavior Therapy (DBT), Neurobiofeedback, brain mapping, psychological and psychiatric assessments and individual and group work with Certified Sexual Addiction Therapists (CSAT) and Certified Multiple Addictions Therapists (CMAT).
Unhealthy coping is a signature aspect of addiction, whether it is an addiction to a substance or a behavior. Often times, people become entangled in multiple addictions as a way to self-medicate in response to emotional stress and trauma; this is also referred to as cross- or poly-addiction. Sometimes a specific addiction or compulsive behavior is seen as the primary issue, but there may be additional issues that are apparent or under the surface. These must be addressed simultaneously to achieve long-term success through treatment. An addict may achieve recovery from one addiction; however, if cross-addictions are left untreated recovery may be short lived because underlying issues behind the accompanying disorders were not addressed. Santé Center for Healing excels in the treatment of poly-addiction by completing comprehensive assessments of patients’ needs and taking an integrative approach to treatment. Each patient’s individualized treatment plan is based upon a thorough assessment to uncover all compulsive behaviors and addictions, including underlying trauma related issues and any accompanying mental health issues. This approach ensures that the patient’s needs are fully addressed in treatment, which is crucial in achieving and maintaining a life in recovery.
Professional Health Program

Most professionals are faced with an environment in which they are expected to know more, do more in less time, lead others and accept liability in an atmosphere that seems less respectful and often differs from their expectations during training. This situation, combined with the personality traits that it takes to get through the rigorous educational and training process, can put these professionals at high risk for substance use disorder, behavioral addiction or disruptive behaviors.
Santé Center for Healing has earned a national reputation for treating the licensed professional since opening in 1996.

When a professional is referred or seeks treatment for a substance use disorder, behavioral addiction or co-occurring disorders, the professional is often feeling anger, shame or fear of losing everything that is important to him/her. At the same time, he/she feels the loss of what started as an oasis from a complicated and stressed life. This is often how the professional enters the intake process with Santé.

The success rate for healthcare professionals when their professional advocacy group is involved is exceptional. We will work closely with the patient and their physicians health program (or equivalent organization) to assure a coordinated effort in recovery at a personal and professional level.

• Physicians  • Nurses  • Dentists  • Pharmacists  • Executives  • Attorneys  • Pilots  • Clergy

The Professional Health Program specializes in treating:

The Santé Professional Health Program starts the path to recovery with a thorough evaluation that may include both physical and psychological tests. The results of this evaluation process become the foundation for the individual treatment plans. Most professionals will require a longer length of stay in order to return to work with a solid recovery. The treatment plans outline specific recommendations regarding the treatment needed and will include the following components designed specifically for the professional:

• Professionals Group
• Professionals Recovery Meetings
• Formal Documentation for Return to Work Requirements
• Highly Trained, Specialized Staff with Many Years of Experience Treating Professionals
• Work Closely with Physician Health Programs (or Equivalent Organization)
• Intensive Family Therapy
• Aftercare Plans Developed with Physician Health Program (or Equivalent Organization)
Santé Center for Healing’s assessments are tailored to the specific needs of the professional; therefore, the different types of testing can vary from one individual to another. Collateral data can be collected from family, friends, colleagues, employers, and from any written complaint that may have led to the assessment.
The Licensed Professional Assessment Program at Santé Center for Healing offers a fair, precise and objective investigation of the professional in crisis. Data collected during the assessment is then used to gauge the professional’s ability to return to work, provide monitoring recommendations and/or the necessity for him/her to seek further treatment. This information is provided in a formal written report to the referral source within a time frame agreed upon with the respective organization.

- Psychiatric Evaluation
- Biopsychosocial Assessment
- General History and Physical Examination with Screening Laboratory Studies
- Family Systems Assessment
- Spiritual Assessment
- Clinical Assessment and Interviews
- Nursing Assessment
- Coping and Social Skills Training
- History and Examination by Psychologist with Psychological Screening
- Additional Testing, if necessary, including such tests as polygraphs and Abel Screening
- Collection of Data from Collateral Sources, as Deemed Necessary
- Drug Testing with Chain-Of-Custody Provisions
- Preliminary Report by Telephone on the Day of Discharge
- Verbal and Written Recommendations to the Individual being Assessed on the Final day of the Assessment
- Timely Written Report to Referral Source
- Re-entry Assessment when Professional has been Out of Work for a Period of Time
If you have clients who are exhibiting risky attitudes and behaviors around boundaries (verbal, moral, ethical, legal, sexual), whether substance abuse is involved or not, this course is a great early intervention that could save a license or a life.
Dear Colleague,

In a society of changing values and greater awareness of boundary violations, patients, hospital corporations and Medical Boards no longer accept inappropriate behaviors by physicians or other healthcare providers. Santé Center for Healing and The University of Texas Southwestern Medical Center are jointly sponsoring a continuing medical education course, Maintaining Proper Boundaries, to assist physicians and others with boundary related issues.

The course creates a unique learning environment utilizing didactic presentations, interactive discussions, and experiential exercises. In addition to learning about boundary issues and ethical standard infractions, the course also outlines methods to identify high risk patients and staff for safeguarding the office or treatment setting, as well as ways to obtain help if one has crossed boundaries and how to be safe in so called “gray” areas.

At the completion of the course, participants will be able to:

• Identify the types of unethical behaviors and boundary violations that result in litigation, difficulty with the medical boards and/or hospital corporations, or action by other licensure boards.
• Discern behaviors and situations where the healthcare professional is most vulnerable to inappropriate involvement with patients and/or staff members.
• Recognize and develop strategies to avoid high risk situations, medical or psychiatric disorders, and ethical dilemmas that leave the professional vulnerable to crossing boundaries.
• Recognize high risk patients and identify how to avoid problematic situations with them.
• Identify methods to safeguard the office and treatment settings.
• Discuss the ethical and legal obligations for reporting and/or intervening on boundary violations of a colleague.
• Learn how to view and utilize Physician’s Health Program as an advocate.

A total of 21 CME, AMA-PRA Category 1 credits (including 3 ethical credits) are available for the Maintaining Proper Boundaries course at a cost of $2,300. A $1,150 deposit is required to reserve a space. The balance is to be paid at least a week prior to the first day of the course. A cancellation fee will apply.

This course is offered quarterly in February, May, August & November. For exact dates and additional details about this course or for information about Santé Center for Healing, contact the Course Administrator: 800.258.4250 / 940.464.7222 or via email, courses@santecenter.com.
Santé Center for Healing offers a safe way for adults to re-enter the community after an inpatient or residential experience or if they’re seeking treatment for the first time. Our philosophy is to focus not only on the person struggling with mental health issues or addiction, but also on treating the patient's family and friends. Community Based Services at Santé include an Intensive Outpatient Program, Outpatient Clinic and Family Support.
The Intensive Outpatient Program at Santé Center for Healing is structured in 3 phases. Our philosophy is that the length of our program is dependent on goals achieved. Thus, some people finish in 24 weeks while others may take a little longer.

- Phase One consists of 10.5 hours of group per week, usually split into three night sessions.
- Phase Two consists of 7 hours of group per week, usually achieved in two nights a week.
- Phase Three consists of 3.5 hours of group per week, all completed in one night a week.
- Individual therapy is spread throughout all of the phases. Program completion dates and phases are individualized.
- Our 24-week program includes the 48 group sessions spread out between the phases and 9 hours of individual/family therapy. We also offer financial assistance to those patients that qualify based on financial need.
The Outpatient Clinic at Santé Center for Healing can help those who may be feeling depressed, angry or lost. Dealing with difficult times can be overwhelming especially if the person feels alone. Our team of professionals are dedicated to helping each individual identify, adapt and effectively deal with those difficult times. We can help the client get back on track and improve their quality of life.
Outpatient Clinic

Psychiatric services including:

- Psychiatric Evaluations
- Psychiatric Medication Management
- Psychiatric Therapy

Physician/Addictionologist services including:

- Therapy
- Medication Management
- Suboxone® Taper

Services provided for both Mental Health & Substance Abuse:

- Individual Therapy
- Family Therapy
- Couples Therapy
- Psychological Testing
- Physician Services
- Psychiatric Services
- EMDR
- Serving the adult community (18+) and their psychiatric, mental health or substance abuse needs
- Sliding scale fees for eligible clients
- Nutritional Counseling with Licensed Dietitian
Family Support

Addiction impacts both the addict and the addict’s loved ones. It tears apart families and destroys lives, striking at the core of relationships and human intimacy. Santé Center for Healing understands that the recovery process requires healing of individuals, couples and families through versatile addiction therapy.
Family Support

When possible, every effort is made to re-establish and strengthen the patient’s bonds with their primary support system, including improved communication with appropriate disclosure and amends. When appropriate, a collaborative effort is made to establish rules for the patient’s return to the home environment. When the patient is unable to return to the home, guidelines are established for continued involvement and contact with loved ones. Santé Center for Healing provides referrals to families for support as needed. The family receives a letter, questionnaire and a workbook upon the patient’s admission into addiction treatment to help identify the healing process that will be extended to them.

Addiction impacts everyone in the family unit. Family therapy offers the opportunity to have someone listen to how the patient’s actions have impacted the lives of those around them. If relational problems are driving loved ones away, intervention strategies are formulated with the patient’s recovery in mind. This relationship between the family member and therapist leads to a more rounded plan for change. If the family member feels the need to have more extensive therapy sessions, these are offered and can be discussed with Santé’s Family Therapy Coordinator. Santé truly believes that the family plays an integral part of treatment.

Santé highly recommends that the family pursue individual therapy for themselves, which can take place at Santé. Santé can also help families find therapists and support groups in their area.

SanteCenter.com • 800.258.4250 • Integrity • Individualized • Intimate

Some of the features of family therapy at Santé include:

- Intervention sessions when treatment is difficult
- Individual and couples therapy for family members
- Weekly family night (at no cost) with psychoeducational lectures and process groups
- Family of Origin work through the utilization of Genograms

Some of the features of family night at Santé include:

- Weekly Tuesday night meeting from 5:45-9:00 pm at Santé or 6:00-8:00 pm in Santé’s online group room
- Educational Series
- Setting boundaries, addictive thinking, family rules and roles, how to cope with a family member in treatment, etc.
- Professional Speakers
- Family support group guided by a therapist
Transitional Living Program

Transitional Living offers a stepping stone back into everyday life, while supported by counselors and other individuals finding their way in recovery in a therapeutic living environment. When we have the opportunity to work with our clients for a longer period of time, they have a significantly better chance at long-term recovery.
Transitional Living Program

The Transitional Living Program at Santé Center for Healing provides housing for men and women 18 years of age and older, who are in search of additional daily living support while seeking treatment for chemical dependency, alcohol, eating disorders, sex addiction, gambling, gaming or other process addictions, mental health issues and co-occurring disorders. Our clients may be receiving treatment for the first time, such as our Intensive Outpatient Program, while others may have residential or inpatient experience and are looking for a safe way to re-enter their community.

Our program differs from traditional sober living homes in that we provide a highly structured, therapeutic environment in the midst of a safe, chemical and addiction free home.

In conjunction with the Intensive Outpatient Program at Santé, the Transitional Living Program provides:

- Separate Men’s & Women’s Programs
- Master’s Level Therapist on site M-F
- CSAT Trained Therapist
- Community Liaison on site 7 days per week
- Group Therapy & House Meetings Daily
- Daily Morning Meditation and Check-in Group
- Random Urine Drug Screens (nicotine included)
- Nicotine Free
- 12-step Recovery Model
- Individual Counseling
- Group Counseling
- Financial Planning
- Budgeting
- Meal Planning
- Household Shopping
- Educational Guidance
- Career Development
- Life Skills Education
- Furnished Rooms
- On-site Laundry
- Satellite TV
- High-Speed Internet/Wireless
- House Phone
- Walking Distance to:
  - Public Transportation
  - Employment Opportunities
  - Volunteer Opportunities
  - University of North Texas
  - Gym

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Our main goal is for our patients to live a life in recovery. They learn to be aware of their issues and gain the skills to resolve them. They will discover how to prevent relapses, identify slipping signs and live without the feelings of shame or guilt that often accompany their diagnosis.
Santé Center for Healing begins aftercare planning as soon as a patient is admitted. This planning phase includes scheduling appointments with the appropriate mental health professionals, securing living arrangements when necessary, providing resources for local 12-step chapter meetings and gathering the necessary materials when a patient is seeking employment after discharge. In addition, our ongoing relationships with our alumni include weekly meetings on campus and an annual alumni retreat.
To create a viable relapse prevention plan, the individual must be committed to recovery and be willing to do whatever it takes to maintain that recovery. Every day at Santé is devoted to learning about one’s self, one’s addiction cycle and the steps to take to avoid or escape emotional and environmental triggers. The more a recovering person knows about his or her addiction, the more the person can enhance their skill level and discover addiction interventions that really work.

A relapse prevention plan includes many components. The therapists and seasoned group members are looking for a well thought out addiction treatment plan that includes awareness of the impact of the addiction on self and others, avoidance and escape strategies, steps for stopping intrusive addictive thoughts, and how the person will manage emotional distress.

Even though it seems like a relapse happens with the resumption of drinking, taking a drug, or engaging in a compulsive behavior, relapse actually begins long before in the more subtle change of attitudes and intentions. The relapse prevention plan helps the patient and those around them recognize the symptoms before they lead to a relapse.
**Treatment Philosophy** – Is the addiction treatment individualized focusing on core healing rather than quick fixes? At Santé, individualized addiction treatment plans that include goals and objectives are created with the patient, doctor, therapist and various other collaborative sources. An integral component of our addiction treatment program is daily involvement and evaluation of each patient’s progress. This is evaluated by Santé clinicians including master’s and doctoral level therapists and nurses, psychiatrists and additional contributing team members. The joint effort to establish open, honest, direct communication between the patient community and the addiction treatment team is fundamental to the healing process.

**Therapists** – Does the program have therapists who have been trained and certified in different types of therapy? Santé has two psychiatrists and an addictionologist on staff for medication management and our detox program. Santé also has two PhD psychologists alongside several therapists many of whom are CSAT (Certified Sex Addiction Therapist), CMAT (Certified Multiple Addiction Therapist) and EMDR (Eye Movement Desensitization and Reprocessing) trained.

**Setting** - Is there a warm and inviting environment for the patient to feel comfortable? Santé offers semi-private rooms, full size beds/two per room with private bath which were recently remodeled. Based in Argyle, Texas, our beautiful campus sits atop of one of the largest hills in the county and expands over 16 acres, offering serene settings, large decks with beautiful scenic viewpoints.
Family Involvement – Family involvement is important. Does the program offer family therapy? At Santé, we believe that addiction treatment impacts the addict and the addict’s loved ones. We offer individual and couples therapy for family members, weekly family night with psycho-educational lectures and process groups and intervention sessions when treatment is difficult. For those who live too far away for Santé’s in person family night, we offer an online version on a weekly basis. Each patient receives a two-day family therapy intensive when appropriate, based on the family’s needs.

Health and Fitness – Being sober is about developing healthy habits and lifestyles. Newly sober clients need healthy alternatives such as fitness to channel their energy as well as supply them with good food rather than junk foods and snacks. Santé offers workout facilities, a sand volleyball court, walking trails, a swimming pool & body movement classes. Santé has a chef on staff to provide fresh meals as well as a nutritionist who can offer a dietary consult to each patient.

Continuing Care – Does the addiction treatment program provide care once the individual is released from treatment? At Santé, we offer aftercare planning and relapse prevention, along with very unique intensive outpatient programs and transitional living options.
Below is a sample schedule for our residents; however, each patient’s schedule is modified so that they receive the individualized treatment necessary to achieve the main goal of living a life in recovery.

<table>
<thead>
<tr>
<th>Time</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>5:00a</td>
<td>Gym Time Men</td>
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<td>ED Walk</td>
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<td>9:00a</td>
<td>Community Meeting 8:00-8:45a</td>
<td>Psychodrama or Experiential Therapy 9:00-10:30a or Shame Resilience 9:00-10:30a (as assigned)</td>
<td>Yoga 9:00-10:15a</td>
<td>Experiential Therapy 9:00-10:45a or Shame Resilience 9:00-10:30a (as assigned)</td>
<td>Experiential Therapy 9:00-10:45a or Shame Resilience 9:00-10:30a (as assigned)</td>
<td>Saturday Special Topics Aftercare 9:00-11:45a</td>
<td>Online Church Service</td>
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<tr>
<td>10:30a</td>
<td>Men's/Women's Groups 10:30-11:45a</td>
<td>Equine Therapy** 9:00-12:00p</td>
<td>Educational Lecture 10:00-11:50a</td>
<td>Educational Lecture 10:30-11:45a</td>
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<td>3:00p</td>
<td>Nicotine Cessation Study Time Nutrition HIV/STD 3:00-3:30p</td>
<td>Sexual Issues 3:00-3:45p</td>
<td>Relapse Prevention Group 3:00-4:30p</td>
<td>Relapse Prevention Group 3:00-4:30p</td>
<td>Relapse Prevention Group 3:00-4:30p</td>
<td>Meditation (divided by gender) 2:45-4:00p</td>
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<td>3:30p</td>
<td>Nicotine Cessation Study Time Nutrition HIV/STD 3:00-3:30p</td>
<td>Sexual Issues 3:00-3:45p</td>
<td>ED Group Spirituality 3:30-4:30p</td>
<td>ED Group Spirituality 3:30-4:30p</td>
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<td>Meditation (divided by gender) 2:45-4:00p</td>
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<td>4:00p</td>
<td>Yoga of Study Time 4:00-4:50p (as assigned)</td>
<td>Yoga of Study Time 4:00-4:50p (as assigned)</td>
<td>Peer Court 4:30-5:00p</td>
<td>Peer Court 4:30-5:00p</td>
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<td>Study Time 4:00-4:45p Nutrition: Cooking Group 4:00-6:00p</td>
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<td>Study Time 4:00-4:45p Nutrition: Cooking Group 4:00-6:00p</td>
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<td>5:00p</td>
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<td>6:15p</td>
<td>Family Program 5:30-6:00p</td>
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<td>Brotherhood &amp; Sisterhood Meeting 6:30-7:30p</td>
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<td>8:00p</td>
<td>Caduceus Mtg 8:00-9:00p</td>
<td>Snack 8:15-8:45p</td>
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Community Meeting = daily meditation, identification of word for the day, goal/intent of the day, and confrontations/affirmations.
Additional Services - Individual therapy with Case Manager weekly, psychiatric evaluation and medication management, EMDR as indicated. *Mandatory off campus meeting for medical professionals. **Therapy available at additional cost.