





THE NEXUS JOURNEY

THE MIRACLE OF RECOVERY

OUR MISSION

The mission of Nexus Recovery Center is to serve as a link to sobriety, independence and dignity for low-income women and their families affected by addiction. We inspire hope, offer respect, and honor the unique differences of female addicts.

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William Cope Moyers to speak at Women's Auxiliary Luncheon

The Women's Auxiliary of Nexus Recovery Center plans an inspiring journey with William Cope Moyers. Mr. Moyers, son of Bill Moyers, President Lyndon Baines Johnson's press secretary, is currently Vice President with the Hazelden Foundation. Mr. Moyers is bringing his personal story of addiction and his arduous road to recovery May 17, 11:30am at the Dallas Country Club.

Keynote speaker William Cope Moyers has written a book, *Broken*. In his book Mr. Moyers details his struggle with drugs and alcohol and the harrowing addictions that pushed him, his family and everyone who loved him to the limit before he fought his way back. For the past decade, Mr. Moyers has committed himself to helping people, families and communities

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Another round! Westapher Golf Charity and Preston Center Rotary team up for Nexus

More than 160 golfers took to the green the morning of October 9th to take part in the 41st Annual Westapher Golf Charity. The tournament netted more than \$55,000 of which nearly \$42,000 went to Nexus Recovery Center. We are grateful to the Preston Center Rotary their continued support.

The Westapher provides essential funds for Nexus programs. Monies raised from this event often bridge the gap in funding between a client's need for treatment and the amount of funds



Bev Freeman and Auxiliary President Carolyn Waghorne. Photo by: Suzette Reed

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Nexus Aftercare – Extending the Lifeline

The Nexus Aftercare and Alumni programs are for women who have completed residential or outpatient treatment and would like to continue receiving support in a group setting as they practice newly learned skills for dealing with life stresses.

This program provides an opportunity for recovering women to connect, support and give back to their community. We are happy to report new extended hours for our Aftercare clients. Aftercare is now available Mondays and Wednesdays from 1-2:30pm and from 6-7:30pm.

Valerie Monroe, Nexus Alumni President dedicates much of her time to the women of Nexus and is working with the Aftercare coordinator to discover new ways to support the women in this program. The Alumni serve as an example of what is available to clients after treatment. There is power in seeing someone who was once in your shoes and is now a picture of endless possibility and hope.

Aftercare Program Coordinator Sheila Washington recently implemented programming focused on self-esteem

as it relates to gaining employment. One of the primary tasks Ms. Washington asks of her clients is to dress for success at every Aftercare meeting they attend. "We've been focusing on this issue for nearly a month and have already seen great success," said Washington.

One client in particular, Denise P. had been struggling with self-esteem and would attend Aftercare meetings dressed much like the way she described her feelings: confused, tired, and scattered. Taking Ms. Washington's instruction Denise, reluctant at first, began to notice she felt better, stronger, and more capable. Last week Denise successfully interviewed and gained employment. She credits Nexus with this life changing event. Washington responds, "Nexus residential treatment teaches



Aftercare Coordinator Sheila Washington

women how to stay sober. Aftercare teaches women to see life differently so that hurdles don't seem so big and life stresses are manageable. This is how we change lives."

The goal of the aftercare program is to transition our clients back into society and provide continued support. The Nexus Aftercare program is a place for women to continue recovery by staying connected with other recovering women. It is an opportunity to remain a part of the Nexus family.

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Moyers *(continued from page 1)*

understand the power of addiction and the promise and possibility of recovery. Mr. Moyers uses his own personal experiences to carry the message to policy makers, civic groups, churches and schools across America. He has appeared on Larry King Live, the Oprah Winfrey Show, the Today Show, and his work has been featured in scores of newspapers and other publications.



William Cope Moyers. Photo by Tad Sadoris

Ella Banks, Chair of this event said, "We hope to fill the Dallas Country Club on May 17th, earning much needed funds for Nexus Recovery Center." She goes on to say, "by bringing William Moyers and his personal story to the attention of our community, we can serve as a path to hopefulness for many who are themselves, or who have family members or loved ones, dealing with addiction."

Tickets are \$100 per person. Patron tickets are \$200 per person. Those who purchase a table at the \$1,000 or \$2,000 level will have preferred seating and are invited to a private reception with Mr. Moyers prior to the luncheon. For ticket information please call the Nexus development office at 214-321-0156 ext. 2102.

HBO Launches ADDICTION Series

Dallas' Parkland Hospital was featured in a new HBO series titled, "ADDICTION" airing during the month of March. At Parkland Memorial Hospital, there are over 30,000 injury-related visits to the emergency room every year - nearly half of which involve drugs or alcohol. This segment goes inside Parkland's ER to examine the consequences of injuries sustained through substance abuse, including: a stabbing victim who was high on cocaine when he was attacked; a man who snapped his ankle after a night of drinking; an underage accident victim who "celebrated" his 20th birthday by downing (by his estimate) 15-20 whisky shots; and a Level 1 trauma patient who dies in the OR (tests reveal he'd been under the influence of marijuana).

This thirteen part series kicked off in Dallas at the Angelica Film Center on March 13. Nexus staff attended with other guests of hosts APAA (Association of Persons Affected by Addiction) and the national organization, Faces and Voices of Recovery. The screening was followed by a discussion with local leaders and community members. This series covers the stigma and discrimination of the disease of addiction, treatment methods, and recovery. Those producing the series hope that the show will help with reducing stigma, increasing treatment options and ultimately save lives.

The Nexus Journey

HALLOWEEN

The Women's Auxiliary of Nexus provided a Halloween party October 30, which included a pumpkin patch, hayrides and games. Photos by Cuyler Etheredge.



Are you a Tom Thumb shopper? When you check out, use your Reward Card and ask the clerk to link your purchases to #415. Nexus will receive a percentage of your total grocery bill every time you shop. Thanks for making a difference!

Seeking Safety

"The more I use, the more I won't feel anything. The pain is so bad you just want to die. There is no other way out. If you talk about it, it will hurt too much. So instead, keep it a secret. No one will know." This excerpt is taken from the book "Seeking Safety" by author and Harvard Psychiatry professor, Lisa M. Najavits, Ph.D. and its curriculum is being utilized here at Nexus.

Post traumatic stress disorder (PTSD) and substance abuse co-occur for a very large number of people, particularly women. The woman referred to above and others like her have lived what is only beginning to be understood within the mental health and substance abuse fields – that PTSD and substance abuse co-occur for a very large number of people, particularly women.

The rate of PTSD among patients in substance abuse treatment is 12%-34%; for women it is 30%-59%. Seeking Safety is a dual diagnosis program designed to effectively treat women with PTSD for substance abuse. This cutting edge curriculum is quickly becoming a national movement in mental health and substance abuse treatment. Nexus is proud to be on the forefront of this movement, implementing Seeking Safety into our programs for women and adolescents.

We have known for some time that gender specific treatment is more effective. Now the trend, nationwide is to include approaches that address

trauma within the gender specific treatment paradigm. Stacey Burns, Nexus Clinical Director said, "Our biggest goal is to shift our programs to perform trauma informed services. This will ensure that everyone who interacts with clients understands more about trauma and how to work with a trauma survivor."

The majority of women who enter Nexus have survived some sort of trauma. "Most of the trauma experienced by our clients has been abuse, abuse directed at them. However, not all trauma stems from direct abuse." Ms. Burns goes on to say, "some trauma can include witnessing domestic violence in the home as a child."

Regardless of the trauma, the nature of PTSD usually involves trust issues. This can present a dilemma when many treatment programs take place in a group setting and clients are asked to share in that group setting. Nexus is taking the Seeking Safety curriculum and creating specialized groups for trauma survivors, addressing first the issues that come with PTSD so that effective treatment can begin.

In December, Executive Director Becca Crowell, Clinical Director Stacey Burns and three Nexus counselors attended training hosted by the Department of State and Health Services (DSHS). The training underscored the most effective starting point for implementing the Seeking Safety curriculum. "We are focusing on the present," said Ms. Burns. "The message behind this

program is teaching women how to keep themselves safe now and in the future so they can begin recovery from substance abuse." Research also shows the Seeking Safety model to be effective with adolescent females. Therefore, Nexus is taking this program to our adolescent clients as well.

For many patients understanding their substance abuse in light of their PTSD may be one of the most crucial steps in their recovery. According to research, many patients have said that even after years in AA or other treatments it was only when they were guided to directly connect the relationship between the two disorders that they finally understood a more benign view of their substance abuse. Substance abuse, like trauma, can be rife with self-blame, societal blame and misperceptions.

PTSD and substance abuse are, by definition, disorders of powerlessness. In PTSD, a terrible event occurred that the patient neither chose nor wanted. In substance abuse, the patient has lost control over their intake of substances. Our goal is to help patients begin to regain their sense of power.

Westapher *(continued from page 1)*

available for treatment.

This year's major sponsors included: Comerica Bank, CompUSA, American Title Co., Briggs Freeman Realtors, The Briggs Team-Tulsa Realtors, Cold Spring Granite Co., Frito Lay, Gryphon Investment Partners, George Lewis Custom Homes, William Rigg Co., Saxon Oil Co., Edwin and Fred Seipp, Rosemary Haggart Vaughn Family Foundation, and TravisWolff & Co.

Nexus is very grateful to our Tournament Chair Steve Smith and Honorary Chair Fox 4 Health Reporter, John Hammarley. Special thanks go to Women's Auxiliary President Carolyn Waghorne for leading the charge to promote sponsorship for the golf tournament. Mrs. Waghorne hosted the sponsor party in her home on September 28. Additional thanks go to Nexus board members Jonna LaGrone-Haynes for spearheading the silent auction, Matt Chance for serving on the Westapher committee and to Board President Reem Samra for her exceptional support of this event.

We are pleased to announce the 42nd annual tournament will also benefit Nexus, and will be held Monday, October 8, 2007. The committee has already started working on identifying major sponsors for the 2007 tournament. If you would like to participate please call the Nexus development office at 214.321.0156, ext. 2102. When you participate in the golf tournament you are directly supporting Nexus' residential and outpatient programs, which offer life saving services to women and children.

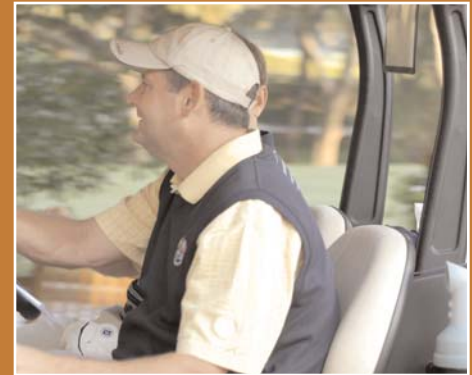


Each year the "Westapher Cow" raises money for the tournament by wagering with golfers on the 9th hole. Here the cow (Rotary member Ban Bywaters) is posing with Bud Bush, Tracy Woods, Lee Beckman and Bob Morris. Photo by Bob Ikel.

WESTAPHER



Event treasurer Jeff Winker leads the charge as golfers in the afternoon flight head out to the course.



Preston Center Rotary President John Andrews.



Women's Auxiliary of Nexus member Nancy Walker and Preston Center Rotary member Bruce Billingsley volunteering at the 9th hole. Above photos by Suzette Reed.

HUB Financial Services

HUB Financial Services “adopted” Nexus this year and went above and beyond the call of duty! Their approach: Make this the best Christmas ever. The employees of HUB quickly conceptualized a Tree of Needs for Nexus clients. The Tree of Needs included toys, clothing, undergarments, toiletries, and food. Their goal was to ensure each woman and child at Nexus received what they needed this Christmas. Mothers had a chance

to make a list of everything their child or children needed and wished for from Santa. HUB came through with flying colors.

Starting with a company wide commitment HUB created an actual Tree of Needs. This tree included all the names of the children at Nexus along with their sizing information, their needs and- it was Christmas after all - their wishes were listed as well. This served as an opportunity for the mothers in our Women and Children

program to have a fulfilling holiday with their children.

To accomplish their lofty goal HUB held a toy and clothing drive. Employees enlisted the help of their friends and families in donating new toys and clothing. When all was said and done HUB had generated an abundance of clothing and toys. So much that every client in the Women and Children program had a wonderful Christmas having all their needs met.

Now, on to the Outpatient program!

HUB continued page 7

WISH LIST

Nexus is in need of the following items:

Bus passes for outpatient clients

Grocery gift cards for outpatient clients

Infant formula and diapers

Maternity clothes

New and gently used clothes for women, adolescents, infants and children

Office supplies

School supplies

School uniforms

Toiletries

Twin bedspreads and comforters

Donor News

Nexus Recovery Center thanks all its donors who help us provide substance abuse treatment to women. In recent months, the following donors came forward to lend support, and we are truly thankful.

Nexus has enjoyed a strong relationship with the **Dallas Women’s Foundation** for many years. This year their gift of \$20,000 will support our Adolescent program, serving young women ages 13-17. Our Adolescent program focuses on developing healthy relationships, the family’s participation in treatment and giving each young woman the ability to make positive, responsible choices.

Kimberly-Clark Foundation has been very generous with Nexus in the past and 2006 was no exception. We were thrilled to receive a gift of \$10,000 towards general operating expenses from Kimberly-Clark. This general operating support allows us to direct monies where they are most needed.

We would like to thank **Recovery Circles Foundation** for their contribution of \$15,000 towards Aftercare services. Recovery Circles Foundation is committed to assisting underserved individuals in need of ongoing treatment to support their continued healing and recovery. This gift will help ensure that our Aftercare program will continue to meet the needs of our clients.

We are also grateful to the following donors for their ongoing support: \$40,000 from the **Dallas Foundation** for facility upgrades, **7-Eleven, Inc. Employee Charity Fund**, **Ed Haggar Family Foundation**, **The Hoglund Foundation**, **Garland D. Rhoads Foundation** and **Paymentech**. New donors include **The Claycomb Marketing Group**, **Speedway Children’s Charities**, and **Dealey Family Foundation**.

Holiday Donations

We were overjoyed to have such a show of support this Christmas! Captain Hope's Kids, our partner in the community, opened up their children's resource room once again for the children of Nexus.



Jennifer Olson (with mother Leigh) raised money at her school to provide hats, scarves and gloves for Nexus children. Photo: Tonjia Grady

We are also thankful for the in-kind donations from: Clampitt Paper Company, Dallas Chapter Winners Circle, Freddie Mac, Friendship Missionary Baptist Church, Gospel Tabernacle Church, Lakepointe Church, Leigh and Jennifer Olson, Metropolitan Baptist Church, Mr. and Mrs. John Esch, The Potter's House, Renaissance Capital Group, Saturn Road Church of Christ, Skyline High School, Watermark Church, Xerox Corporation. A special thank you to the Women's Auxiliary for their support year round, especially at Christmas.

HUB *(continued from page 6)*

When clients enter the Outpatient program they have completed residential treatment and are oftentimes moving into a new home, gaining employment and starting their lives over. Many clients are focusing on furnishing their homes with the necessities: beds, cookware, sofas, etc. HUB decided that in addition to the clothing and toy drive they would also host a food drive. This too was a huge success! The employees of HUB honored the hard work the women are doing and decided food, at least, shouldn't be a concern. Clients in our Outpatient program had the opportunity to stock their pantries and lighten their load.

Having already made such an impression and a huge difference in the lives of our clients, HUB decided to keep going. The Nexus Adult Women program is one of our largest programs and serves close to 1,000 women each year. Many women enter our program with the clothes on their back and not much else. The employees of HUB came together to deliver toiletry bags to the Adult Women clients.

The kindness and commitment from the employees of HUB Financial Services was humbling. It is only through the support of companies and individuals like HUB that we are able to serve so many. Gifts and donations certainly filled the needs of our clients. The employees of HUB brought something much more than items, they brought the spirit of Christmas.

MANY THANKS



Volunteers from HUB Financial Services deliver holiday gifts and food items for residential and outpatient clients.



A child in residence with her mother is happy to receive a Christmas gift from Gospel Tabernacle Church volunteers.



Nancy and Larry Petty deliver blankets for Nexus babies from the Second Baptist Church "Newborns in Need" program.

Share Your Talents

You can make a difference in the lives of women and children healing from the devastating effects of addiction.

There are numerous opportunities to help out. For more information, contact the staff members below.

Accounting Assistant: The business office needs help with a fixed assets accounting project. Contact: Glenda Jones, ext. 2112, gjones@nexusrecovery.org.

Business Office Assistant: The business office needs help once a week with general office duties including filing. Contact: Glenda Jones, ext. 2112, gjones@nexusrecovery.org.

Classroom Helpers: One to two volunteers are needed per week to help out the DISD teachers in the Adolescent classroom. Contact: Beverly Carroll, ext. 2110, bcarroll@nexusrecovery.org.

Document Imaging Assistants: Help is needed scanning medical records in the admissions department. Training will be provided. Contact: Sheree Isett, ext. 2106, sisett@nexusrecovery.org.

Holiday Parties: Volunteers are

needed to provide activities at Halloween, Christmas and Easter parties for clients and their children. Contact: Tonjia Grady, ext. 2700, tgrady@nexusrecovery.org.

Mentors for Teenage Girls: Volunteers are needed to provide monthly activities and emotional support. Orientation and training provided. Volunteers must be females over 21. A one-year commitment is required. Contact: Beverly Carroll, ext. 2110, bcarroll@nexusrecovery.org.

Outpatient Donations: Each counselor requests various small donations like toiletry items, journals, meditation books, etc. to reward clients. The counselors have also requested specific books. Contact: Sam Hilliard, ext. 2500, shilliard@nexusrecovery.org.

Outpatient Monthly Celebrations: The four outpatient counselors have requested cakes for their groups on a

monthly basis for birthdays, celebrations, graduations, etc. Contact: Sam Hilliard, ext. 2500, shilliard@nexusrecovery.org.

Parkland Partner: One to two volunteers per week are needed to accompany new clients to Parkland. Transportation will be provided by the Nexus van. Volunteers are needed in both the mornings and afternoons and will need to allow for up to four hours of their time. Contact: Natalie Ridley, ext. 2101, nridley@nexusrecovery.org.

Volunteer Coordinator: A volunteer is needed to coordinate the volunteer program. This is a once a week, three to four hour commitment. For more information contact Natalie Ridley, ext. 2101, nridley@nexusrecovery.org.

"Nexus showed me how to live without drugs - and have a fulfilled life. I could not imagine taking a drug ever again. Thank you Nexus!"



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