

2010 ANNUAL REPORT NEXUS RECOVERY CENTER




NEXUS
RECOVERY CENTER INC.

2010 ANNUAL REPORT

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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
DIFFERENCE OF
FEMALE ADDICTS.

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Photography: Natalie Ridley Baerwaldt, Kristina Bowman,
Cuyler Etheredge, Jessica Owens. Steve McWilliams

A MESSAGE FROM OUR LEADERSHIP

During a period of struggle in my life, a friend gently reminded me that “The story’s not over yet.” During times of great challenge, those words have been a great comfort. In our work at Nexus, they have special application.

To say our clients have low self-esteem is an understatement. Their addictions have led them to acts previously unthinkable and relationships severely damaged. Hope is lost.

Then they come to Nexus and are reminded...their story is not over yet.

Admissions represents a fork in the road. Will they choose treatment, learn new coping methods, and progress on the road to recovery? Or will they fall back into the pattern all too familiar to themselves and their loved ones by seeking escape through drugs? Every day is a decision. Our clients must be the heroes of their own stories.

While our clients must be their own heroes, they are far from alone. At Nexus, we walk with those seeking recovery, from residential treatment through outpatient and aftercare. In 2010, we served 1952 unduplicated clients and were proud to offer our first housing assistance through federal stimulus funding. Nexus has been called the miracle in-between addiction and recovery. We strive to empower anyone interested in starting a new chapter of her life with the knowledge and resources to make it triumphant.

You are among the people and organizations that make it all possible: donors, board members, foundations, businesses, Auxiliary members, volunteers, interested community members. Your interest and involvement remind our women and adolescents “the story’s not over.”

Here’s to a happy ending for all of our clients and the family members who love them. Here’s to Nexus.

Sincerely,



Chuck Schwartz
President of the Board



A. Rebecca Crowell
Executive Director



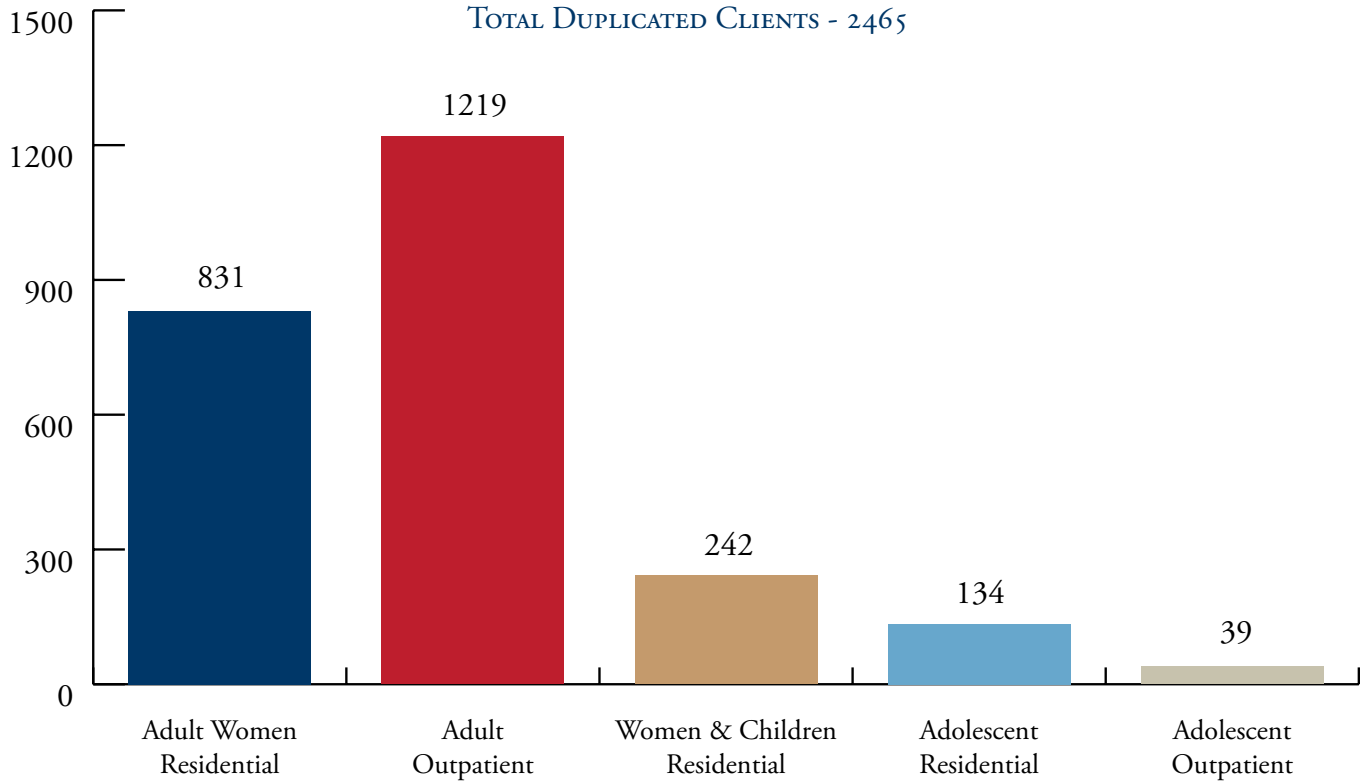
Board President Chuck Schwartz and Executive Director Becca Crowell.



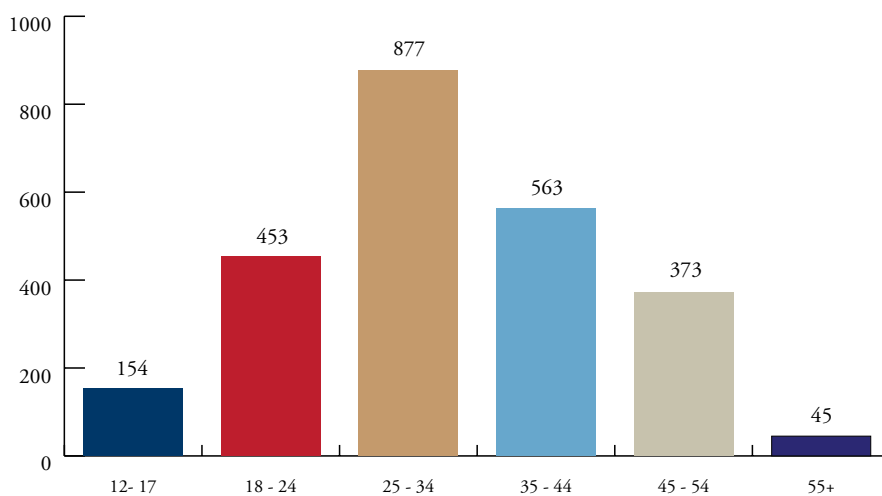
CLIENT STATISTICS

In Fiscal Year 2010, 1,952 women and adolescents entered Nexus Recovery Center Programs. Many utilized multiple programs in our continuum of care, resulting in combined program numbers of 2,465.

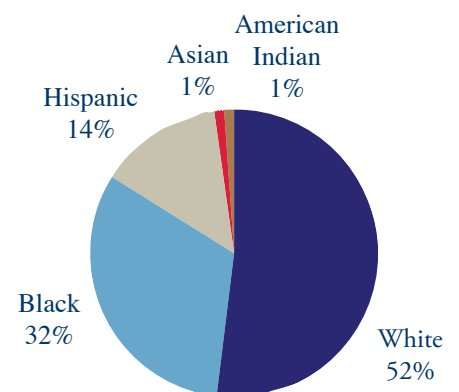
CLIENTS SERVED BY PROGRAM
TOTAL DUPLICATED CLIENTS - 2465



CLIENTS SERVED BY AGE

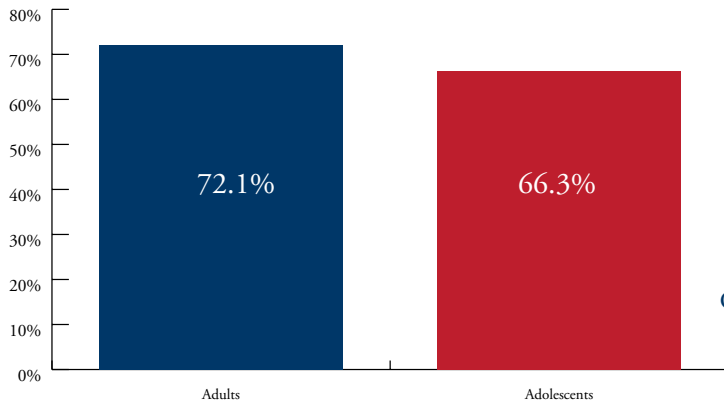


CLIENTS BY ETHNICITY

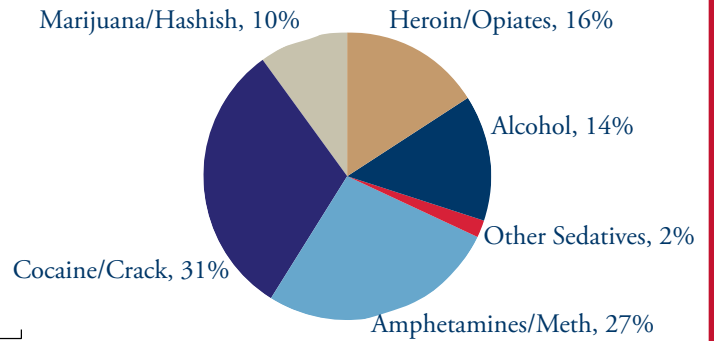


CLIENT STATISTICS

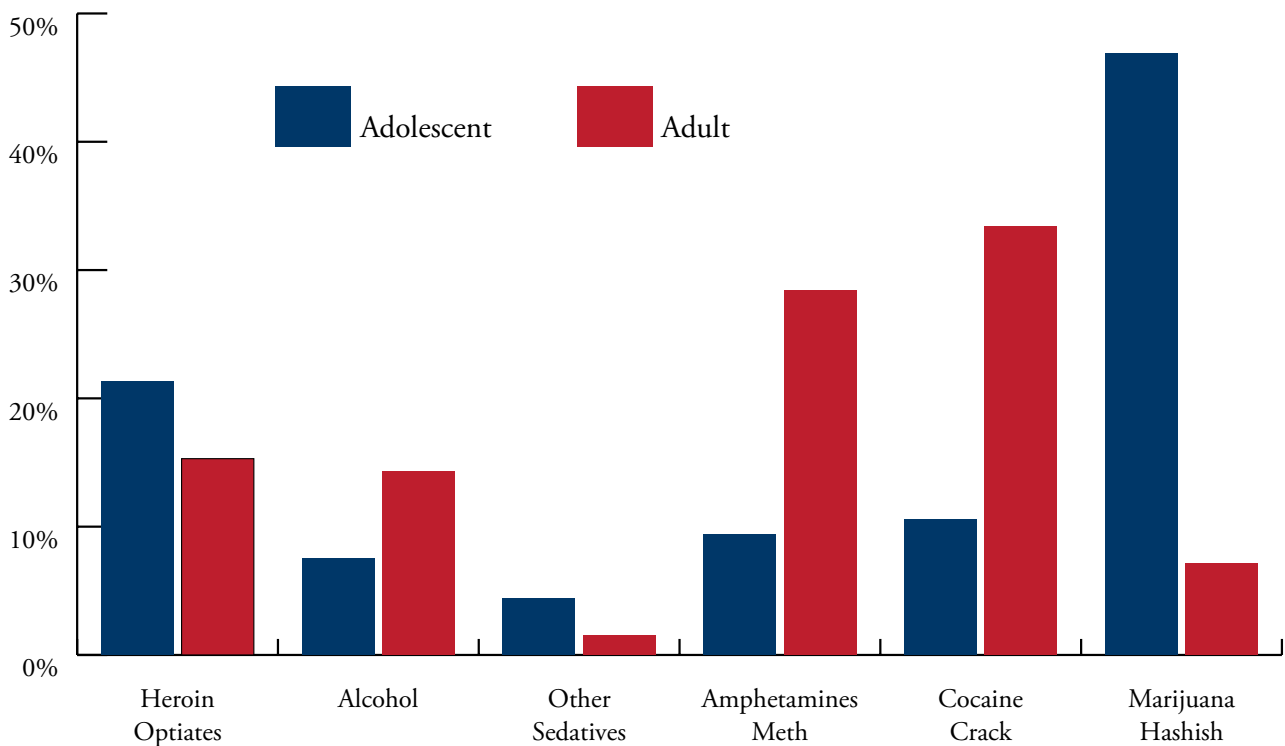
ABSTINENCE AT TWO MONTHS
POST-DISCHARGE



DRUG OF CHOICE
ALL PROGRAMS-DUPLICATED



DRUG OF CHOICE



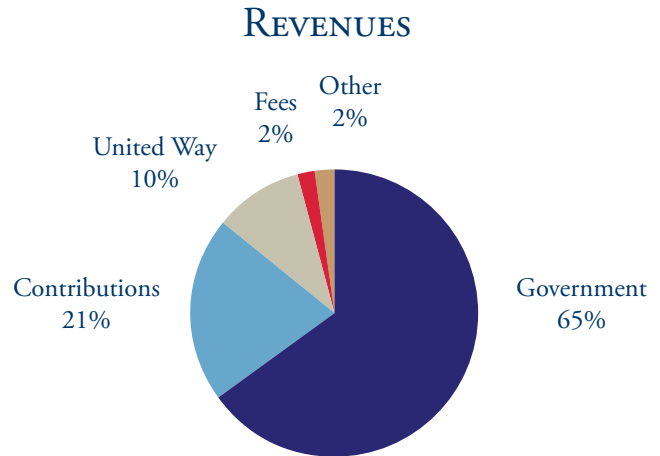
Agency wide, 31% cited cocaine as their primary drug of choice, making it the most prevalent drug, followed by methamphetamines. A closer look at adolescent users shows a preference for marijuana.

How NEXUS USES ITS RESOURCES

Financial Summary
September 1
, 2009 – August 31, 2010

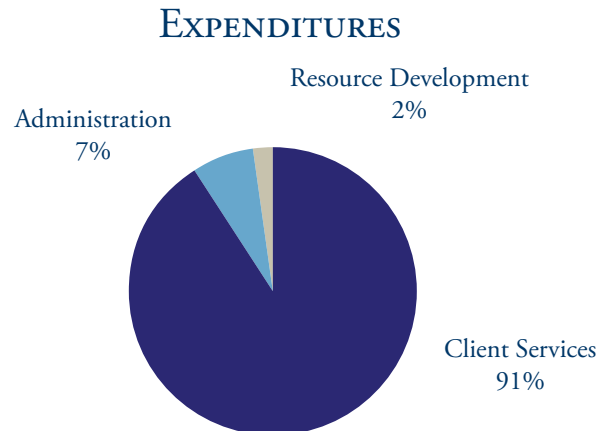
Revenues

Government (Contracts & Managed Care)	4,234,166
Contributions (Including Pledges)	1,346,626
United Way	624,724
Fees	129,647
Other	162,799
Total Revenues	6,497,962



Expenditures

Client Services	5,756,417
General & Administrative	428,690
Resource Development	128,944
Total Expenditures	6,314,051



Nexus Recovery Center is committed to the highest standards of stewardship of the resources and the trust of its donors. As such, 91% of Nexus' expenditures are applied to client services. To receive a copy of the complete 2010 audited financial statements prepared by Thomas Stephen & Company, LLP, please contact Nexus at 214-321-0156 ext 2104

ADULT WOMEN RESIDENTIAL

"I want to thank you for the love, peace, honor and joy. It's been a hard road to travel but through God, group meetings and my counselors I made it. So I can say goodbye Nexus. I will keep you all in my prayers and in my heart. You gave me a chance to be a clean and sober person."

Parting sentiments from an adult woman client

PROGRAM DESCRIPTION:

While living in the dormitory on the Nexus campus, women ages 18 and older participate in individual and group counseling on drug and alcohol addiction based on the tenets of Alcoholics Anonymous.

PROGRAM HIGHLIGHTS:

Enhanced trauma treatment

More than 80% of the clients in the Adult Women program have experienced traumas including physical and sexual abuse as a child or adult, domestic violence, or witnessing or experiencing violent crime. Nexus utilizes the evidence based "Seeking Safety" curriculum to address co-occurring Post Traumatic Stress Disorder (PTSD) and substance abuse. In FY2010 Staff began providing advanced therapies including EMDR, Mindfulness training, Yoga and mind-body connection modalities.

Expanded internship program

Adult Women Program Director Cindy Seamans, PhD, LPC, expanded the Nexus internship training program with university graduate students, Licensed Chemical Dependency Counselor Interns and Licensed Professional Counselor Interns. These bright, enthusiastic trainees bring energy, new ideas and person power to enhance treatment for our clients. The interns receive a dynamic hands-on training experience with intensive clinical supervision and relevant didactic trainings. Clients benefit through an improved staff/client ratio that translates into more counseling sessions. Historically, the adult women program had one intern; currently, the program enjoys five interns.



Clients provide mutual support and encouragement.



Counselor Kay Colbert leads a group session.

PREGNANT/PARENTING WOMEN WITH CHILDREN (PPWC)

"It (Nexus) gives children and mothers a chance to reconnect. It's a second chance really."

Nexus client and mother

PROGRAM DESCRIPTION:

Nexus' PPWC program is one of only a handful of centers in the state that allows women ages 18 and older to bring as many as three children with them while they are in residential treatment that focuses on recovery and parenting. In FY2010, 14 babies were born while their mothers were in treatment at Nexus.

PROGRAM HIGHLIGHTS:

Establishment of the Clean Air Club, a public, team-oriented smoking cessation program, with friendly competition and rewards between counselors caseloads. The clients are responding, as evidenced by increasing numbers of program participants.



Mom's lap is always a favorite place to be.

ADOLESCENT RESIDENTIAL

*"We get help and we learn about things I never knew."
"I can be me and knowing that I am not the only one."
"Being cared for and loved by the staff."
"Acceptance."*

*Adolescent client survey responses to
"What do you like best about Nexus?"*

PROGRAM DESCRIPTION:

Teenage girls, including those who are pregnant and parenting, live together in a family-like environment at Nexus while participating in individual, group, and family counseling on drug and alcohol addiction based on the tenets of Alcoholics Anonymous. The only program in the state that welcomes late term pregnant and newly parenting teens, Nexus clients attend school on-site with teachers provided by the Dallas Independent School District.



Director of Adolescent Programs Beverly Carroll shares a lighter moment with teen clients.

PROGRAM HIGHLIGHTS:

Adaptation of Seeking Safety Curriculum

Nexus utilizes the evidence based "Seeking Safety" curriculum to address co-occurring Post Traumatic Stress Disorder (PTSD) and substance abuse. In FY10, staff added additional grounding techniques as other options to help clients cope.

Increased Training

Thanks to new, on-line trainings from the state, staff was able to engage in 30% more training than in FY09. Nexus adolescent staff learned more about adolescent brain development, the impact of trauma on adolescents, and ways to prevent burnout, among other topics.

OUTPATIENT SERVICES

"She believes in us and loves what she does."

"My counselor always made me feel welcome in her office and I could depend on her."

"They were available to me and my needs and got me (enrolled in) NorthSTAR so I could go into treatment."

Client feedback on outpatient staff

PROGRAM DESCRIPTION:

Nexus offers outpatient treatment to women as a primary level of treatment or as the next step after residential treatment. Clients participate in group and individual counseling with a focus on maintaining sobriety while dealing with the stressors of daily living. Child care is available.

PROGRAM HIGHLIGHTS:

All outpatient counselors received 8 hours training on Seeking Safety, a treatment curriculum to address co-occurring Post Traumatic Stress Disorder (PTSD) and substance abuse.

Outpatient Clients began the Clinical Trials Network (CTN) 46 study to assess the impact of smoking cessation during substance abuse treatment. The study also investigates the impact of a Welbutrin/nicotrol combination on drug/alcohol abstinence.



Outpatient clients enjoy an outdoor setting for group.

" I chose to go to Aftercare to stay connected so I can stay clean. Aftercare for me reminds me that I'm not alone. Here are other women that struggle just like I do. Pain shared is pain lessened."

Mother of three, sober two years

PROGRAM DESCRIPTION:

The Aftercare Program assists clients with their transition back into the real world, providing support as newly recovering addicts address issues that can often trigger a relapse. The program coordinator convened two support group meetings weekly while also offering case management services to help clients overcome common barriers including criminal records, inadequate education, and affordable housing. A third meeting was added in April, 2010. Childcare and meals are available to clients and their children prior to the Aftercare meetings, and bus passes are provided upon request. Nexus served between 40-50 clients weekly through the Aftercare Program.

PROGRAM HIGHLIGHTS:

Nexus welcomed new Aftercare coordinator Valerie Monroe in October 2009.

In April 2010 Nexus added a Saturday group and saw weekly meeting attendance grow from 25-35 clients to 40-50 clients.



Aftercare clients celebrate at a baby shower.

"I love living with the girls (at Aspen Chase) because. . . if I have a problem or my thinking gets crazy, I run upstairs and visit with LaWanda and she'll calm me down and say 'let's go to a meeting,' or, this is a big one, 'let me watch your kids for an hour while you get your head straight.' Before my friends all used and that's all they had to offer. We have a network of friends, we're going through the same thing, and we can talk to each other about it."

Transitions Housing Program Tenant

PROGRAM DESCRIPTION:

On October 26, 2009 the first client moved into Nexus-supported housing at Aspen Chase Apartments, funded through HUD's Homeless Prevention and Rapid Re-housing Program. Nexus was awarded \$358,519 of federal stimulus money to serve those homeless and in recovery. An estimated 40% of Nexus clients will be homeless following discharge; that number jumps to 60% when including clients whose homes are incompatible with recovery.

Residents may stay a maximum of 18 months as long as they maintain sobriety, attend aftercare, and achieve treatment goals. Residents are aided by case manager Misty Harris, LCDC-i, who provides both individual and group support.

PROGRAM HIGHLIGHTS:

54 clients plus dependents received apartments

21 transitioned into their own apartments

18 reunified with their family

10 graduated out of the court system

Nexus was awarded an additional \$65,000 based on success in qualifying residents and positive audit results



A new place to call home, Aspen Chase Apartments.

CHILD DEVELOPMENT CENTER

When I first came here

I didn't know

Just what we'd do

Or where we'd go

You gently took my by the hand

And slowly helped me understand

Shapes, colors, numbers and letters

You cared for me as mom got better

But now it's time for us to go

As we leave we'll always know

The love you give that's from the heart

Gave mom and me a brand new start

Nexus mom, reflecting on
her daughter's experience

PROGRAM DESCRIPTION:

Children from birth through age 12 that accompany their mothers into treatment participate in therapeutic and educational activities. School-aged children attend DISD's Bayles Elementary School, and a licensed daycare is housed on campus in the Crystal Charity Child Development Center. Staff provide parenting classes and bonding labs to nurture the parent-child relationship.

PROGRAM HIGHLIGHTS:

The Child Development Center (CDC) benefitted from intensive one-on-one staff training and extra resources to accommodate children with developmental delays and other special needs as part of agency selection in the Inclusion Enhancement Support Program (IESP) of Easter Seals of North Texas.

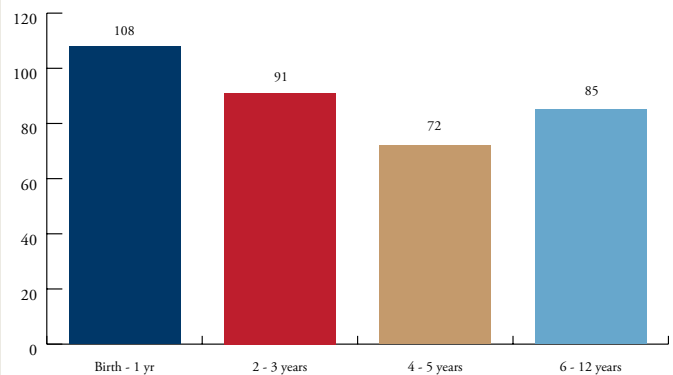
Four infant and toddler classroom teachers learned sign language and use it to communicate with preverbal children.

Federal stimulus funding allowed the Center to replaced worn books, toys, mats, rugs, nap mats.

STATISTICS:

Total 356 children served

AGE BREAKDOWN OF CHILDREN SERVED



Jordyn, 10 months.



Jill Dinges engages children in the CDC.

PSYCHIATRIC SERVICES

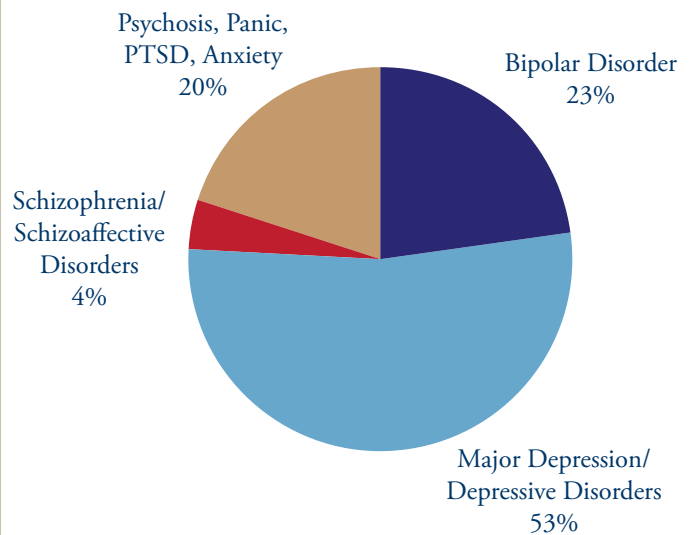
"I don't know how I would have gotten the help I received if I had not gotten help for my anxiety while in residential."

PROGRAM DESCRIPTION:

In partnership with UT Southwestern Medical Center, the Nexus medical director and psychiatric fellows provide treatment and education to clients with co-occurring mental illness and chemical addiction. Thirty-six percent of our clients are diagnosed with a co-occurring mental disorder, the most common being depression.

PROGRAM HIGHLIGHT:

In order to provide the care that best meets the needs of our population and to improve the competence of the staff in addressing mental health disorders, ongoing training is provided. Staff received fifteen trainings on psychiatric topics ranging from the use of psychotropic medication with women to recovery from co-occurring disorders of addiction and mental illness.



Medication room staff.



Dr. Eliot de Gravelles and Kay Harrison, Nurse Practitioner.

NEXUS PARTNERSHIPS

AGENCY PARTNERS

We couldn't do it without you...Partner Agencies, The Women's Auxiliary, and Donors

Nexus continuously seeks collaborations to enhance our scope of services and maximize community resources:

UT SOUTHWESTERN MEDICAL CENTER

Clinical Trials Network (CTN) - Beginning in 2005, Nexus & UT Southwestern Medical Center joined with other providers across the country to develop, validate, refine, and deliver new treatment options for clients. The mission of the CTN is to improve the quality of drug abuse treatment through science.

Psychiatric Fellows - Since 2008, Nexus has been a training site for doctors from UT Southwestern Medical Center to focus on addiction medicine. The arrangement allows clients greater access to mental health care and fellows access to a population struggling with dual-diagnosis issues.

Medical Director - For the past eight years, Nexus has contracted with UT Southwestern Medical Center for a medical director. The medical director provides medical leadership to the multi-disciplinary team at Nexus and ensures clients with a dual-diagnosis have a treatment plan established to treat both their mental health concerns and drug addiction. Our partnership with UT Southwestern Medical Center keeps staff current on the latest treatment options available in the management of addiction.

HIV/Hepatitis C testing through the Community Prevention and Intervention Unit

PARKLAND HOSPITAL

The **HOMES** van provides weekly, routine medical care to our clients on-site. In September 2009, a dental van began providing preventive and routine dental care for both children and adults, including extractions, root canals, and dentures.

Perinatal Intervention Program addresses client pregnancies, which are considered high-risk, and deliveries.

DALLAS INDEPENDENT SCHOOL DISTRICT (DISD)

Since 1991, Nexus has offered adolescent clients an accredited high school program on-site staffed by two DISD teachers.

DALLAS POLICE DEPARTMENT

Prostitution Diversion Initiative – Nexus is part of this DPD led initiative offering an opportunity for prostitutes to gain access to treatment programs as an alternative to further victimization and continued involvement in the criminal justice system.

BETTY FORD FIVE STAR KIDS PROGRAM

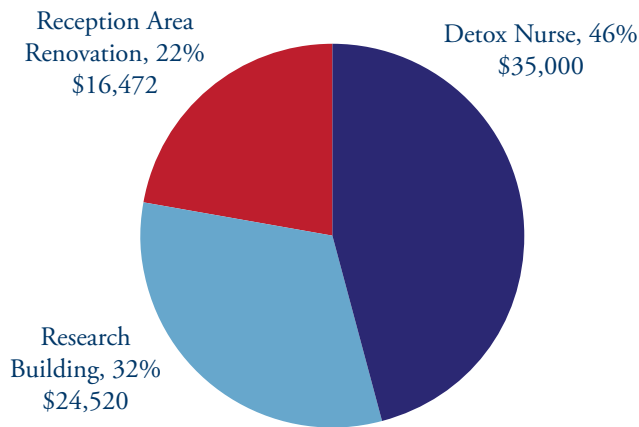
Five Star Kids serves children ages 7-12 affected by their mothers' addictions. The aim of the program is to help the children develop problem-solving, coping, and self-care strategies to take care of themselves and stay safe when they return home.

RAINBOW DAYS

Rainbow Days provides two groups for our clients and their children. The Family Connection Program provides support groups and supportive drug-free alternative activities and life enrichment services. The Communication Connection Program provides life skills education in support groups and classroom settings to children, youth and families living in high-risk situations in the Dallas metroplex.

WOMEN'S AUXILIARY OF NEXUS

WOMEN'S AUXILIARY FUNDING



The Women's Auxiliary of Nexus Recovery Center continued its fundraising support, raising \$75,990 through membership dues, the holiday bazaar and spring luncheon. These proceeds funded portions of the renovation of Nexus' reception area, salary for a detox nurse, and construction for a research building that houses the Clinical Trial Network (CTN) studies.

The Auxiliary is in the second year of a three year, \$300,000 fundraising pledge to the Nexus Capital Campaign. Auxiliary members successfully continued soliciting members and community leaders through their Spring Fundraising Campaign and look forward to the completion of their commitment in FY2011.

In FY10 the Auxiliary took a hands-on approach to providing holistic care to the clients at Nexus by implementing Massage Night and Yoga. Massage Night was started in the fall by female massage therapists who volunteer their time on a monthly basis to provide any interested Nexus client with a 15 minute chair massage. The yoga program began in the spring for all clients in the Adult Women program and was greatly appreciated.

A highlight of every year are the children's parties the Auxiliary hosts on Easter, Halloween, and Christmas. The only question is who has more fun, the children or the grown-ups?



Massage night.



Easter holiday party.



Christmas holiday party.

NEXUS PARTNERSHIPS

WOMEN'S AUXILIARY OF NEXUS

The mission of the Women's Auxiliary of Nexus is to support and promote the interests of Nexus Recovery Center, Inc. by building a strong and active membership, by stimulating public awareness and by helping in the financial support of Nexus' services and projects.

BOARD OF DIRECTORS

Officers

President	Beverly Barry
President-Elect	Beverly Barry
Vice-Presidents Holiday Event	Carole Steele and Lori Smith
Vice-President Membership	Giana DePaul
Vice-President Yearbook	Amanda Andrews
Recording Secretaries	Barbara Mullins & Barbara Nesbitt
Corresponding Secretary	Misty Smathers
Treasurer	Monica Alexander
Historian	Karen Otto
Parliamentarian	Caryl Madison

Committee Chairs

Fall Membership	Betsy Chambers and Cynthia Stone
Board Meeting Arrangements	Doris Jacobs
Spring Luncheon	Susan Griffiths and Dee Velvin
Publicity	Karen Luter
New Members	Stephanie Howard, Vicki Russell, & Carolyn Waghorne
Volunteer Programs	Caroline Casteel
Westapher Golf Charity	Sandra Kirk and Nancy Walker
Addressing	Lorraine Meenan and Mary Miller
Telephone	Carol Botefuhr and Carole Steele
Cultivation Events	Bobbi Fath
Massage Night	Gwen Brooks & Lori Smith
Clothes Closet	Barbara Shefferly

Members at Large

Bettye Alexander, Ella Banks, Rosemary Briggs, Margaret Goodnight, Linda Ivy, Dee Lenox, Jan Madigan, Ellen Moore, Wally Pendarvis, Katherine Phillips, Suzette Reed, Tricia Stammberger



Beverly Barry, President of Women's Auxiliary and Allie Beth Allman, Auxiliary member with Nexus clients.

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These lists reflect operating support received between September 1, 2009 and August 31, 2010, and capital campaign donations from inception through August 31, 2010. Please accept our apologies if there are any errors or omissions and contact 214.321.0156, ext. 2104 to make corrections.

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Up to \$499, continued

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