**John Walters, Director of National Drug Control Policy, Visits Nexus Recovery Center**

John Walters, Director of National Drug Control Policy (ONDCP), and President Bush's "Drug Czar," visited Dallas May 13. During his visit to Dallas, Director Walters toured the campus and was briefed by Nexus staff. He also met with two current clients who shared their stories and experiences with recovery here at Nexus.

Executive Director Becca Crowell briefed Director Walters on the history and background of Nexus. Medical Director Dr. Lenae White discussed dual-diagnosis issues and shared the statistics regarding the high percentage of clients we see here at Nexus who must be treated for both mental illness along with substance abuse. Clinical Director Stacy Burns addressed the need for continued funding for women and children's programs, particularly the need to intervene with the children and to provide them with prevention services. Adult Women's Program Director Connie McCarty presented the challenges we face providing comprehensive drug treatment under the managed care model.

Director Walters engaged in an intriguing dialogue with two Nexus clients who had volunteered to share their stories with him. One client, who was in the residential Pregnant/Parenting Women with Children's Program, asked her mother to be present for the Director's visit - it was her mother who had intervened and insisted that her daughter go to Nexus. The other client shared that she had been using drugs since childhood and that she had been living on the streets for two years prior to coming to Nexus. Both clients shared the information and new skills that Nexus was teaching them.

We are always grateful for the opportunity to share the Nexus story. We were honored to be chosen by Director John Walters and his staff to be a part of his Dallas visit. The visit has given us the chance to begin an ongoing conversation with the ONDCP about the various issues affecting Nexus, including funding and treatment issues specific to women and children.
Creative Partnership Donates New Web Site to Nexus Recovery Center

Internet Strategist Liz McCann partnered with Cesar Sanchez of Imaginaria Creative and Jason Osburn of MODE Design Studio to create a new web site for Nexus Recovery Center. Liz managed the project, Cesar created the design, and Jason gave more than 200 hours in web development for www.nexusrecovery.org. We are very grateful to Liz, Jason and Cesar for donating considerable time and talent to provide the new web site.

The new web site features an updated user interface, more user-friendly navigation and dynamic content. The site was designed so that agency staff could easily update the site using content management software. This allows the agency to keep the content fresh and to avoid future costs associated with maintaining a web site.

The content is directed towards chemically dependent women seeking treatment, family members seeking information, referral sources, and potential donors and volunteers. Visitors to the site will be inspired by client testimonials, educated about addiction and given the chance to sign up for a volunteer opportunity or to donate online. The goal of the site is to not only give potential clients information about Nexus, but to also serve as a community resource.

You are cordially invited to attend an Open House at Nexus Recovery Center celebrating the formation of our Faith Partners in Recovery.

Thursday, October 20, 2005
4:00pm until 6:00pm

Come and find out more about our recovery programs and partnership opportunities. Ministers, youth ministers, and faith-based recovery program directors are encouraged to attend.

RSVP by October 15 to
Lora Brandis 214.321.0156, ext. 2104
or lbrandis@nexusrecovery.org
Clients participating in the aftercare and alumni programs gathered with their families and Nexus staff for a picnic June 5. Many old friends were reunited and staff members were happy to see former clients who were continuing to be successful in their recovery.

The goal of the Aftercare Program is to transition our clients back into society as they face real world issues that can only be talked about while they are in residential treatment. Nexus understands that participation in aftercare correlates heavily with continued sobriety and the long-term effectiveness of treatment. Government funding does not usually reimburse for aftercare programming, but because Nexus is committed to providing a continuum of care to our clients we use existing staff and resources to offer this important service. The program serves women who have completed residential or outpatient treatment and would like to continue receiving support in a group setting.

We are grateful to the Women of St. Michael & All Angels Episcopal Church and Recovery Circles Foundation for underwriting the Aftercare Program this year. After completing two years of aftercare many women continue their involvement with Nexus through the Alumni Program.

The Nexus Alumni Program is informally organized to best meet the needs of our graduates with longer lengths of sobriety. The picnic was a chance for alumni to come together and formalize some of their structure. They have recently begun meeting regularly and have elected officers.

Alumni members stay connected to each other and to Nexus through volunteer projects, serving as clients’ sponsors and recovery celebrations. The Nexus Alumni Program is a chance for our graduates to give back to their community and inspire current clients with their success stories.
Perry Henderson Salon and Watermark Community Church presented GLOW: The Second Annual Day of Beauty & Encouragement for Women, to support the women of Nexus Recovery Center, Monday July 18. More than 115 volunteers including hair stylists, manicurists, and massage therapists provided a day of pampering to 70 Nexus outpatient and aftercare clients.

Last year the event was held in Watermark Community Church's newly purchased, but yet-to-be renovated Park Central II Building, so it was easy to transform a few floors into a mini-spa for the day. This year, with many of the renovations already complete, the event took place on a floor specifically designed with the GLOW event in mind. Nexus clients had the opportunity to get their hair cut, colored and styled; receive manicures, facials, massages and make-up; take a self-defense class; and have their dental needs assessed.

Paul Schmidt, an associate stylist with Perry Henderson Salon and a member of Watermark Community Church, spearheaded the creation of the event last year. Stylists from the salon along with beauty professionals from other area salons volunteered for the event. Velma B's Beauty Academy provided students and staff to help out and Mary Kay Inc. provided skin care products for each Nexus client attending the event. Other generous donors included: Lakme Cosmetics, Van Nest Coleman & Associates and the office of Ashly Cothern DDS.
In Memory of Ceri Litterio (1959-2005)

On Sunday August 28, Nexus employee Ceri Litterio was killed in the shootings that took place in Sash, Texas. Ceri and her friend, Holly Love Brown, were returning home after a day of riding horses when they encountered the gunman who had just shot two men in front of the Sash Assembly of God Church. Ceri leaves behind two sons, Sean 15 and Michael 21, and a loving extended family. She also leaves behind her Nexus family that has known her for the past twelve years. She will be greatly missed.

Ceri first worked in daycare for Nexus when she started in 1993. She later worked in the Women and Children's dorm and then became the weekend charge person. Weekend work suited her well, as it gave her time to spend with her beloved horses. The staff is still coming to terms with her untimely death.

Here are just a few remembrances, which we hope will serve to honor her memory.

"She was a little girl who had a big punch - she was good as gold until you crossed her! She was good with the little ones. She taught me how to wrap a baby like they do in hospitals. She had a calming effect on the toddlers, because of her nurturing experience as a parent. When she calmed the little ones down everyone calmed down - the clients and the staff." --Elaine Robinson

"Ceri was a free spirit with great compassion for our clients and her peers. She was very dedicated to Nexus with boundless energy, toughness and endurance. She had a mother's love for her beautiful boys. I shall miss her - her spirit lives on." --Angie S. Higgins

"I only had to work with her for a short time before I developed an enormous amount of respect for her. She's irreplaceable." --Marty Bowling

"Ceri was one of those employees every supervisor wants to have. She was loyal, dedicated to quality client care and responsible. She had the ability to handle all types of crises well and had excellent judgment. In twelve years of working with her I can't recall any negative comment made about her by other employees or clients. That is quite a feat when working with such a difficult population. She will truly be missed by all." --Stacey Burns

"Ceri was very well liked and respected at Nexus. She was liked because of her great attitude; she was always energetic, cheerful and nice to everyone. She was respected because she was so capable and worked so hard. She had a great work ethic, good judgment and initiative. It was clear that she was invested in our mission and the clients we serve. We always knew Nexus was in good hands on the weekend when Ceri was in charge." --Becca Crowell

Elsie Jordan Retires After Twenty-five Years of Service

Elsie Jordan, "Miss Elsie," saw a lot of changes take place at Nexus during the past twenty-five years. When she started as a Chemical Dependency Tech Nexus was still located in the small house on Fairmount Street that had seventeen beds. Miss Elsie saw the addition of the Pregnant/Parenting Women with Children's Program and the Adolescent Program, but she stayed with Nexus' original program serving adult women. Program Director Connie McCarty remembers Miss Elsie as a very dedicated and committed employee. "She loved the clients and called them 'my girls.' She believed in the clients and taught them how to believe in themselves," recalls Connie.
ExxonMobil Community Summer Jobs Program

Each summer, ExxonMobil Foundation provides 75 local nonprofit agencies with grants designated to hire current undergraduate college interns for eight weeks during the summer. Students are introduced to nonprofit social, cultural and health service organizations in the hope that they will consider careers or volunteer leadership positions in the nonprofit sector. The Volunteer Center of North Texas administers the ExxonMobil Community Summer Jobs Program (CSJP) in Dallas County on behalf of the foundation. Nexus is grateful to ExxonMobil and the Volunteer Center of North Texas for giving us the opportunity to work with intern Amy Schwalm this summer.

Amy served as the Vocational Coordinator for the Adolescent Program providing vocation and life skills, including character development, citizenship, and learning about higher education and careers. Amy, who is originally from Plano, is currently a senior at TCU majoring in psychology with a minor in sociology, and plans to attend graduate school in psychology. Amy shares that, "my internship at Nexus helped me learn how to deal with people different from myself, especially those that come from a different background. The girls at Nexus exposed me to some experiences different than my own, and it helped me to look at things in a different light."

Amy taught the girls about general health and nutrition, accompanied them on field trips and introduced them to the possibility of college. "One activity we did was a virtual tour of colleges where the girls looked up a specific college online and then answered questions about the university. As a follow-up, we took a tour of Eastfield Community College, which got the girls on a college campus and thinking of college as a possibility for themselves," reports Amy. Amy reviewed the new food pyramid with the girls and then they created a healthy food menu with good-tasting items that make up a balanced diet. Afterwards, Amy shared the documentary "Super Size Me" with the girls so they could understand how food choices can ultimately affect their health.

One of Amy's favorite, funny memories was when she accompanied the girls to the Dallas Aquarium at Fair Park. "We were all peering into the seahorse tank watching them spit some kind of creature out of their mouths. There were hundreds of these little creatures floating around in the water, so we thought these were seahorse babies and the seahorses were in the process of giving birth! We all watched this in amazement and with much excitement. On the way out we asked the Aquarium employee if these were seahorse babies, and he told us that they were only the sea monkeys that they eat for food!"

"Amy truly bonded with the girls and they got as much out of her being here as Amy did," says Adolescent Program Director Beverly Carroll. "Nexus was a great experience for me," continues Amy. "I learned a lot from the staff and from the teens themselves. I experienced firsthand how hard teaching can be, especially when you have students who may not want to be there and may not care much about school. I have more appreciation for teachers in general now, but especially those who work with at-risk kids and in lower-income areas. Furthermore, I now have a better understanding of the way non-profit organizations work, and particularly a better sense of drug treatment programs and how they work."

Thanks to our Volunteers

We had several groups help out with painting projects during the past six months. Many thanks to the GE Elfun Volunteers, fraternity members from Phi Delta Theta at Southern Methodist University (SMU) and about 50 employees from Saville, Dodgen & Company for brightening our administrative offices, group rooms and dormitories with a fresh coat of paint. Pictured clockwise: GE Elfun, SMU, Saville, Dodgen & Company.
Donors

The St. Barbara's Philoptochos Society of the Holy Trinity Greek Orthodox Church recently granted $1,000 to Nexus from the proceeds of their annual luncheon.

Congratulations to President Roxiann Woody and the Women's Auxiliary of Nexus on a successful year, during which members raised more than $150,000 for Nexus programs.

We are grateful to the following donors for on-going support of Nexus. The Lakewood Service League donated $1,000 in support of the Client Medication Fund. The Women of St. Michael & All Angels Episcopal Church, which has made grants to Nexus for more than fifteen years, recently donated $8,000 in support of the Aftercare Program. The Citigroup Foundation provided $5,000 in general operating support.

DISD Common Cents is a student-led coin collection effort designed to raise money for charity and non-profit organizations while encouraging good citizenship and social responsibility in school children. This is the second time Casa View Elementary has chosen Nexus as a recipient of the Common Cents monies they raised. This year's donation provided updated software for computers purchased with the previous Common Cents' donation. Many thanks to teacher Robin Worthey and her students for their continued support.

The Eastfield Young Democrats club held a benefit concert featuring students from Eastfield. About forty Nexus clients were able to attend the event at the college. Brenda Streat, a staff member in the Adult Women's Program, shared the Nexus story with concert attendees.

Many thanks to Wal-Mart Supercenter Store #2667 for donating items ranging from diapers to women's clothing.

The Wish List

Nexus is in need of the following items:

- Board games for school age children
- IBM Wheelwriter
- Personal hygiene products
- Sleepwear
- Talcum powder/deodorant
- Crib blankets and sheets
- Infant walker toys
- Shampoo/hair accessories
- Socks
- Undergarments

Are you a Tom Thumb shopper? When you check out, use your Reward Card and ask the clerk to link your purchases to #415. That’s it! Nexus will automatically receive a percentage of your total grocery bill every time you shop. Thanks for making a difference!
The Preston Center Rotary Club will present the 40th Annual Westapher Golf Charity benefiting Nexus Recovery Center Monday, October 10. We are excited to announce that Fox 4 Health Reporter John Hammarley has graciously agreed to serve as this year’s honorary chairman. The tournament will be held at the Northwood Club, 6524 Alpha Road. Underwriting sponsorships ranging from $1,250 to $25,000 are available. Individual playing spots are $300 each. As an underwriter you will receive various benefits including signage on the course and special name recognition in advertising and printed materials. All players will enjoy delicious meals prepared by the club, a silent auction and an awards ceremony. For more information contact Nexus Director of Development and Public Relations Lora Brandis at 214.321.0156, ext. 2104.

The Nexus Journey is published by Nexus Recovery Center, Inc. For comments, suggestions, or more information, please call (214) 321-0156 x2101. Editor: Lora Brandis  Layout and Design/Photography: Kathy Lucas

“Continuing to learn how to live my life sober, happy, joyful and free.”

Nexus Client