



NEXUS

RECOVERY CENTER INC.

Change her life. Change the world.

2019 ANNUAL REPORT

FROM OUR LEADERSHIP



A. Rebecca Crowell
Executive Director



Kevin Crayton
Board President

Dear Friends of Nexus,

Kevin and I are pleased to report the completion of another successful year at Nexus Recovery Center.

In fiscal year 2019, Nexus served 1,900 women and adolescent girls, along with 364 of their accompanying children. We are proud to have served 225 pregnant women and adolescent girls at Nexus with an additional 55 served in our Pregnant Postpartum Intervention Program. Because of our partnership with Parkland Hospital, all of our pregnant clients received prenatal care and delivery services, allowing us to welcome 71 healthy newborn babies while their moms were in our care at Nexus.

We continue to offer new and expanded programs to better meet the needs of our clients. In 2019, we expanded our Medication-Assisted Treatment (MAT) program and offered educational trainings to help educate the community. We also reinstated our Psychiatric Fellows Program through UT Southwestern Medical School, thanks to support from the Dallas Foundation, to better serve our clients’ psychiatric needs onsite and help train psychiatric professionals in addiction treatment. Thanks to volunteers and funding from the Junior League of Dallas, we also launched a new exercise program for both adult and adolescent clients that emphasizes a healthy mind and body as part of their recovery.

In addition, we are pleased to report that our specialty therapies program within our Child Development Center is in full swing. Thanks to funding from The Crystal Charity, children who accompany their mothers into treatment can receive needed occupational therapy, physical therapy, speech therapy, and play therapy onsite in the Child Development Center, which is both a familiar setting and a comfortable environment for the kids.

Nexus is here to support our clients so that they can find a path to a healthier, happier, and more productive life in recovery, regardless of their ability to pay. We take pride in offering quality care that rivals what insured and self-pay clients receive in private treatment settings, but we cannot do that without your support.

As always, we are incredibly grateful for the support we receive from the United Way, the Auxiliary of Nexus, our volunteers, community partners, local foundations, and individual donors. We look forward to continuing our partnerships to help low-income women, adolescent girls, and their families affected by addiction in the years to come.

A. Rebecca Crowell
Executive Director

Kevin Crayton
Board President

WHO WE ARE

Based in Dallas, Texas, **Nexus Recovery Center** is a 501(c)(3) nonprofit agency that offers specialized substance abuse treatment services for adult women and adolescent girls, ages 13-17, as well as therapeutic treatment and care for their accompanying children in order to break the cycle of addiction. Founded in 1971, the mission of Nexus 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. Nexus has been accredited by the Joint Commission since 2006 and is the only treatment center in North Texas that accepts women and adolescent girls in the late stages of pregnancy and allows children to accompany their mothers into treatment.

THE NEXUS CONTINUUM OF CARE

Prevention and Intervention Services

Offers expectant mothers and mothers with young children the support they need to create healthy family relationships. Services include case management, infant care and safety classes, drug education, parenting classes and more. Nexus Generations (PPI) provides center-based, home-based, and outreach services for drug involved families and women at risk for substance abuse.

Medical Detoxification Services

Provides onsite detox services for alcohol, sedative, and opiate withdrawal. Medical staff monitors clients to ensure stabilization.

Residential Services

Adult Women Residential

Serves adult women, ages 18 and older. Typical length of stay is 14-45 days.

Pregnant/Parenting Women with Children Residential

Serves women in all stages of pregnancy. Women, ages 18 and older, may bring up to three children (ages 0-12) with them into residential treatment. Typical length of stay is 30-90 days.

Adolescent Residential

Serves adolescent girls, ages 13-17. Clients attend onsite classes taught by two DISD teachers. This is one of the few drug treatment facilities in the nation that accommodates a late-term pregnant or newly parenting teen.

Outpatient Services

Serves as a primary treatment for women and teenage girls or as a step-down from residential treatment. Clients participate in group meetings and individual counseling with a focus on maintaining sobriety while dealing with the stressors of daily living. Onsite childcare is provided.

Recovery Support Services

Provides ongoing peer support for women who have completed the program and keeps them active and connected to Nexus throughout their recovery journey. Recovery coaches begin working with clients at the beginning of the treatment process and offer experience, strength, and hope, as well as life skills training and links to additional counseling and vocational resources.

Specialty Services

Psychiatric Services

Meets the specialized needs of clients with a dual diagnosis of addiction and psychiatric disorder.

Child Development Center

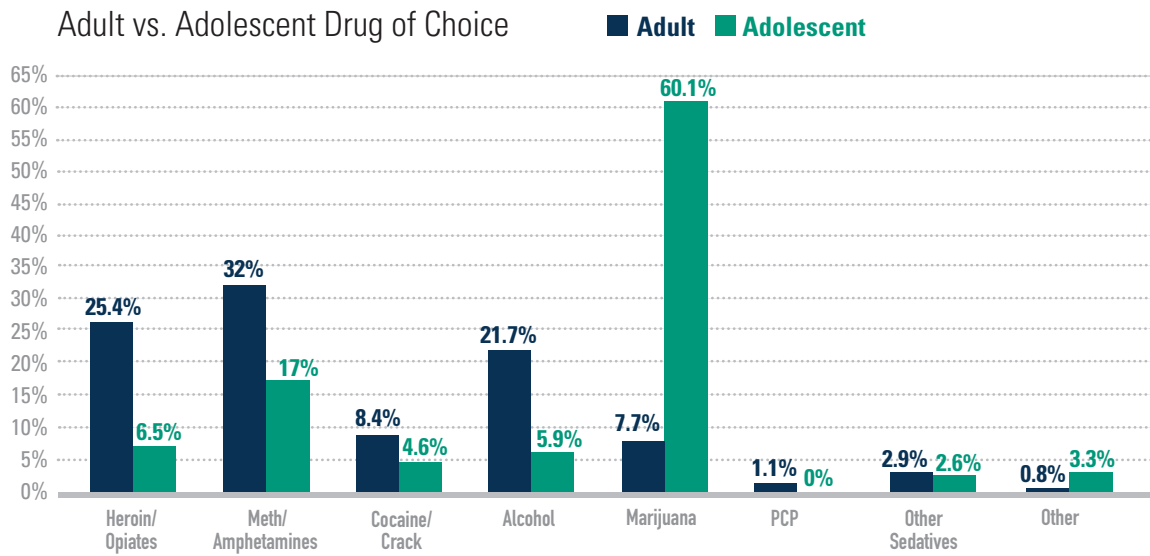
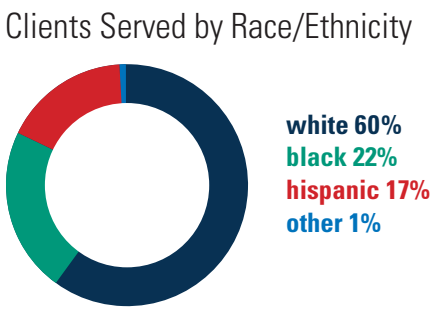
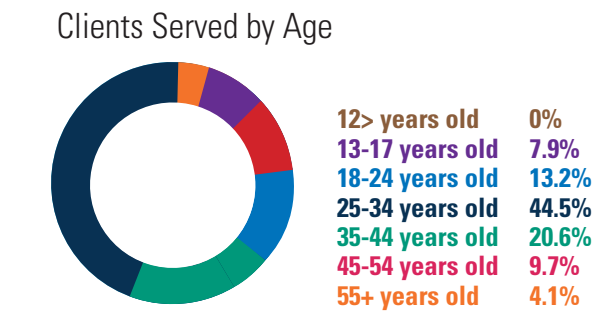
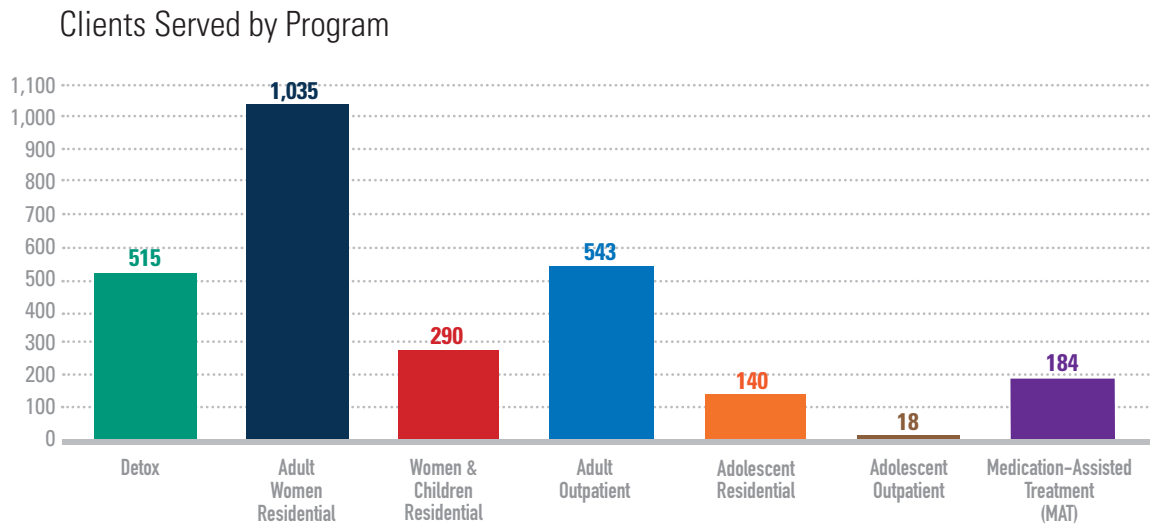
Provides clients’ children with therapeutic, prevention, and educational activities. Early childhood development is provided onsite, and school-age children attend DISD’s Truett Elementary.

Medication-Assisted Treatment

Provides medications in combination with counseling and behavioral therapies for the treatment of some substance abuse disorders.

CLIENT DEMOGRAPHICS

In fiscal year 2019, the number of duplicated clients, or clients counted in each level of care in which they participated, totaled 2,903. The unduplicated count was 1,900.



SOURCES AND USES OF INCOME

FINANCIAL SUMMARY September 1, 2018 – August 31, 2019

Revenues

Government (Contract and Managed Care):

Texas Health and Human Services Commission.....	\$3,185,519
North Texas Behavioral Health Authority & Lifepath	2,797,642
Medicaid – State of Texas Managed Care	978,011
County/Local Probation Programs.....	378,515
State Special Nutrition Programs.....	93,110
Child Care Assistance Program.....	82,230
Grants & Subcontracts.....	12,798

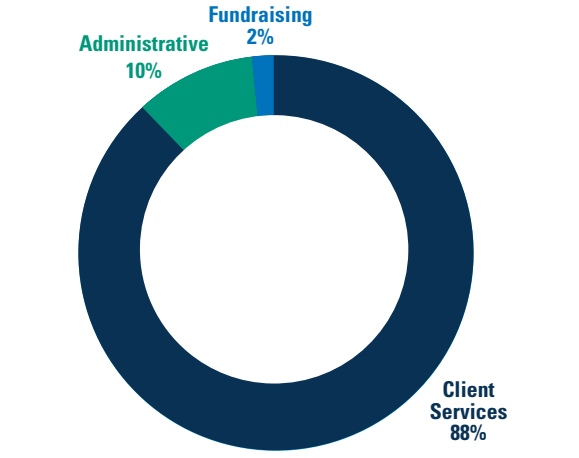
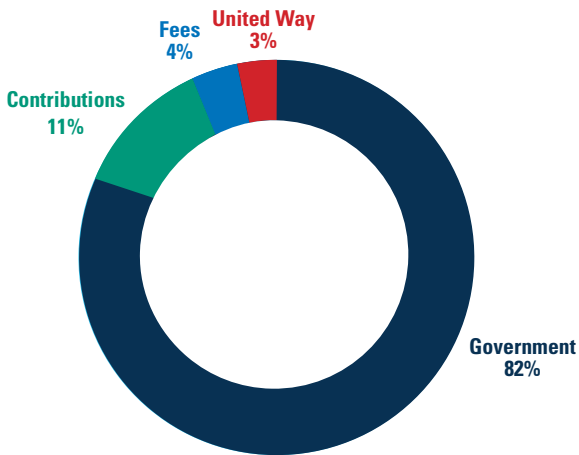
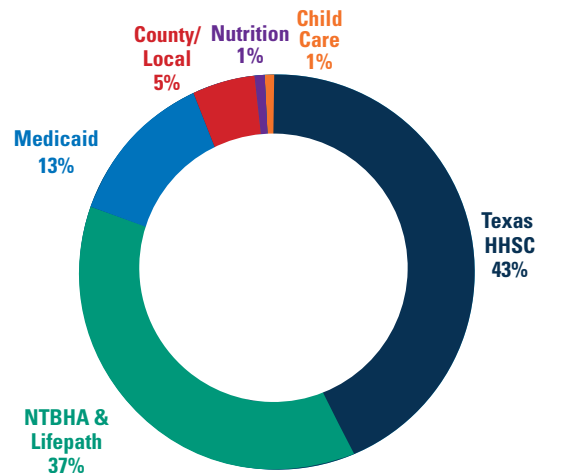
Government Subtotal.....	7,527,825
Contributions.....	1,022,485
Fees.....	339,208
United Way.....	329,690
Other.....	124,079
Total Revenues.....	\$9,343,287

Expenses

Client Services.....	\$8,693,926
General and Administrative.....	932,624
Fundraising.....	239,270

Total Expenses.....	\$9,865,820
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Nexus Recovery Center is committed to the highest standards of stewardship of the resources and trust of its donors. As such, 88% of Nexus' expenditures are applied to client services. To receive a copy of the complete 2019 audited financial statements prepared by Still Burton, LLP, please contact Nexus Recovery Center at (214) 321-0156, ext. 2104.



2019 NEXUS HIGHLIGHTS



Pictured: Nexus staff oversee the HIV information table and free testing at the Recovery Month Picnic.

RECOVERY MONTH PICNIC

In honor of National Recovery Month, Nexus held an annual picnic in September. Alumna, family, friends, and supporters were invited to the La Prada campus for food, fun, and fellowship in celebration of recovery.



Pictured: (Back row, left to right) Lauren Bryant, Alicia Peoples, Lindsey Sanders, Jana Brooks, Jonna LaGrone-Haynes (Front row, left to right) Ashley Tatum, Alesia Coffman, Jan Madigan, Karen Luter.



Pictured: Nexus MAT staff members - Shawna Bacon, Rameshwar Thapa, Dr. Julie Pittman, Audrey Crouch, and Ashley Klein. Not pictured: April Bravo.

JUNIOR LEAGUE OF DALLAS – CHILD DEVELOPMENT CENTER MURAL PAINTING & WORK IT OUT PROGRAM

Nexus renewed its partnership with the Junior League of Dallas in 2019. Provisional members designed and painted murals in two classrooms in our Child Development Center. With the help of Junior League volunteers, a year-long Work It Out Program also started in 2019 for adult women and adolescent girls to encourage healing through physical fitness.



Pictured: Provisional members of the Junior League of Dallas, working on murals in the Child Development Center.

2019 NEXUS HIGHLIGHTS



Pictured: Nexus staff and RSS clients at the 2019 NAMIWalks North Texas.

2019 NAMIWALKS

Nexus staff and Recovery Support Services (RSS) clients participated in the 2019 NAMIWalks North Texas in May. This 5K event raises awareness and funds for the National Alliance on Mental Illness. In order to remove barriers and build bridges to long-term recovery, RSS provides activities that introduce clients to a new and sober way to live in their communities.

INFRASTRUCTURE IMPROVEMENTS AT NEXUS

Nexus underwent two key infrastructure improvements in 2019 – the building of a new staff parking lot and the replacement of our HVAC system in several residential dorms on campus. The new parking lot for staff members increased parking at Nexus by 50% and was completed on August 30, 2019.



Thanks to the generosity of Lyda Hill, Nexus was awarded a \$100,000 grant to replace the outdated systems currently in use. The new HVAC systems are more environmentally-friendly and energy efficient and ensure that our dorms are temperature-controlled year-round.

NEXUS CORPORATE COUNCIL

The Nexus Corporate Council brings together industry leaders from all over the Dallas-Fort Worth metroplex, who support the pillars of ambassadorship, resource development, and service at Nexus Recovery Center. Meetings are held quarterly to learn about Nexus, its needs, and to plan service projects.

Corporate Council members performed several service projects at Nexus for our clients during fiscal year 2019, including holding a winter coat drive, a Halloween costume donation drive for the children of Nexus, decorating our residential dorms for the holidays, and holding a financial literacy workshop for our outpatient clients.



Pictured: Corporate Council members brainstorming at a quarterly meeting.



Pictured: Corporate Council members and Nexus staff at our end-of-year Mix & Mingle in August.

To join the Corporate Council or for more information, please contact Noelia Saenz, Development Specialist, at 214.321.0156 ext. 2102 or nsaenz@nexusrecovery.org.



Pictured: Corporate Council members in the Adolescent Dorm.



Pictured: Corporate Council members held a Financial Literacy Workshop for outpatient clients at Nexus.



Pictured: Corporate Council Winter Coat Drive.

FY2019 NEXUS BOARD OF DIRECTORS



Pictured: (Front row, left to right) Janet Ferguson, Dotti Reeder, Kevin Crayton, Karen Rogers, Cait Chapman, Jan Madigan; (Back Row, left to right) Ray Khirallah, Kristy Faus, Carole Steele, Karl Nelson, Kathy Donovan, Cynthia Kirven Arterbery, Dr. Lee Spencer, Nicole Blythe, Joseph Loretto.

2018-2019 NEXUS BOARD OF DIRECTORS

- PRESIDENT..... Kevin Crayton
- IMMEDIATE PAST PRESIDENT Nicole Blythe
- VICE PRESIDENT Dotti Reeder
- TREASURER..... Karen Rogers
- SECRETARY..... Reem Samra

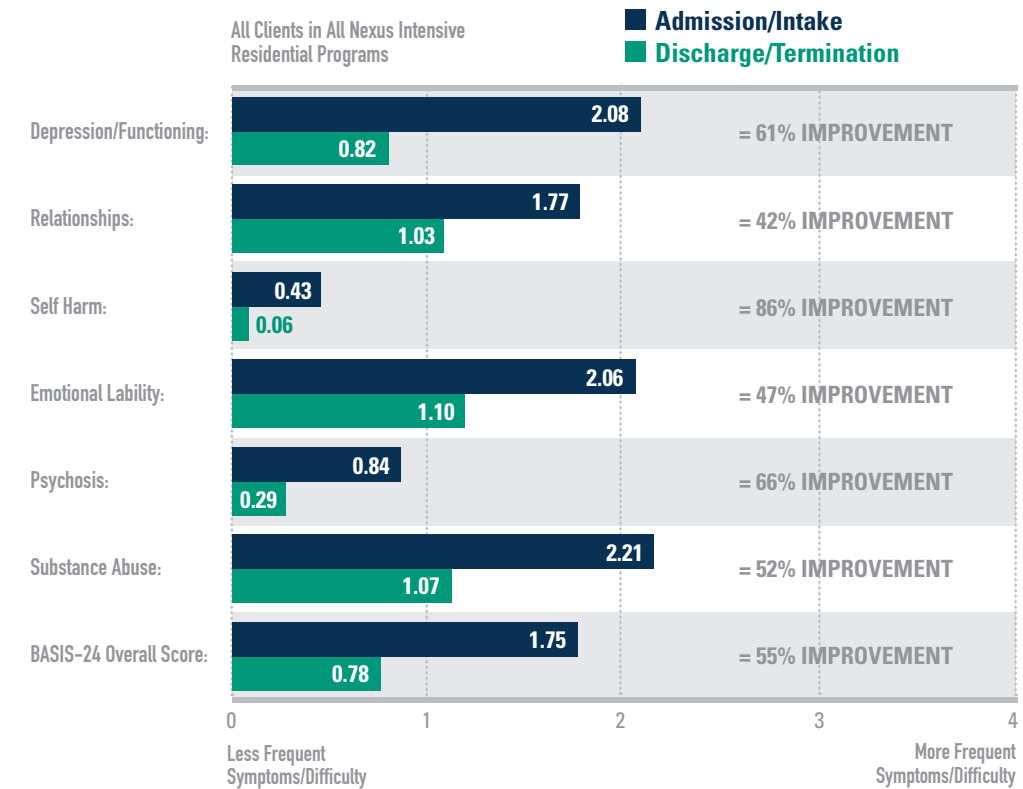
MEMBERS OF THE BOARD

- | | | |
|--------------------------------|----------------------|-----------------------------------|
| Cynthia Kirven Arterbery | Mary Anne Gallagher | Michael Reynolds |
| Lindsay Billingsley | Lauren Gillette | Chuck Schwartz |
| Cait Chapman | Ray Khirallah | Lee S. Spencer, M.D. |
| Steve Coman | Jonna LaGrone-Haynes | Carole Steele |
| Adriana dela Cruz, M.D., Ph.D. | Joseph Loretto | Gina Betts, Ex Officio |
| Kathy Donovan | Jan Madigan | Cambley Sassman, SMU Board Fellow |
| Kristy Faus | Karl G. Nelson | |
| Janet H. Ferguson | Bill Oberthier | |

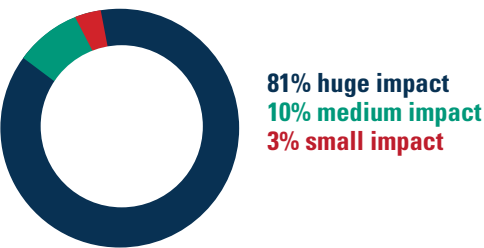
CLIENT OUTCOMES

BASIS-24 Survey Report

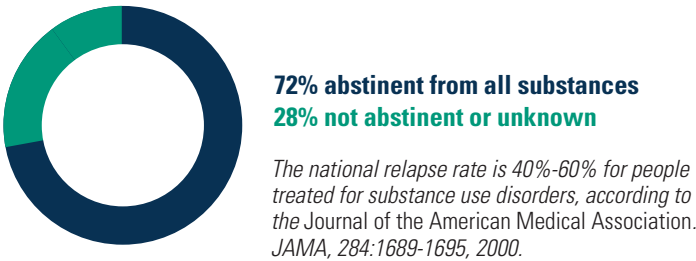
Adult clients in the Adult Women and Pregnant and Parenting Women with Children residential programs showed dramatic improvement on all seven subscales of the BASIS-24, which is administered at admission and again at discharge.



Nexus impact on clients based on survey of clients at discharge



Nexus client abstinence at 60-day follow-up



CLINICALLY SPEAKING

Substance use disorder is a complex, but treatable disease that affects brain function and behavior and exists in many forms. To be effective, substance use treatment needs to address all of the client's needs, including medical and mental health services, if needed. To better serve our clients, the Clinical Training Institute at Nexus Recovery Center offers training and experience in specialized substance abuse treatment for students and professionals seeking credentials, including licensed professional counselors, social workers, addiction counselors (LCDC), nurses, psychiatric nurse practitioners, as well as psychiatric fellows.

In July 2019, Nexus resumed its Psychiatric Fellows Program within the Clinical Training Institute. In partnership with UT Southwestern Medical Center, the Psychiatric Fellows Program's objective is twofold – to offer psychiatrists specialized training in female-only and pregnant populations, thereby increasing the number of mental health professionals trained in female-specific substance use treatment; and, to provide much needed access to dual substance use and mental health treatment for Nexus clients whose mental health needs may not have been previously addressed.

Psychiatric fellows at Nexus are fully licensed medical doctors, who have completed their psychiatric residency, and have elected to gain additional training in substance use treatment. Overseen by Nexus Medical Director, Dr. Julie Pittman, the psychiatric fellows work at Nexus two days a week seeing patients on the detoxification unit for alcohol, opioid, and stimulant use disorder and in the residential setting for a variety of psychiatric complaints. The fellows also shadow Dr. Pittman in our Medication-Assisted Treatment (MAT) program for opioid use disordered clients. This experience helps the fellows see how to best use their training to treat patients in an effective and efficient manner, while maintaining the highest possible quality of care. Patients benefit from the expertise brought to bear from fully trained, attending-level psychiatric professionals on campus and the trainees benefit from gaining a broader experience in treating substance use disorder in our unique patient population.

Counselor interns are paired with clinical staff, who mentor them daily through their six to nine month internship. Licensed Professional Counselor (LPC-S), Debra Castillo, is the intern coordinator for all of the counselor interns. As a counselor at Nexus for over twenty years and an LPC supervisor for over ten years, she is ideally suited to guide counselor interns on their skill development and arranges monthly training on various clinical



Nexus Counselor, Debra Castillo with counselor interns.

topics, such as trauma-informed care, motivational interviewing, mindfulness-based relapse prevention, and emotional regulation and PTSD. In addition, Debra provides a weekly supervision group that provides an in-depth study of substance use disorder and accompanying mental health disorders, combining theories, techniques, and diagnoses, with hands-on experience.

At any given time, there are 25 or more interns and fellows training in our Clinical Training Institute. The program is mutually beneficial, as it provides much needed clinical support for Nexus clients, while in turn providing clinical hours for interns to achieve their credentials and hands-on experience for our fellows. Our Clinical Training Institute also benefits the North Texas region as a whole by producing cohorts of specially-trained mental health professionals who can recognize and treat substance use disorder and who then go on to work at various agencies throughout the area.

Nexus would like to thank The Dallas Foundation for providing the initial grant to fund our Clinical Training Institute. We look forward to expanding it further in the future to train more substance use disorder specialists who can help meet the mental health needs of Dallas and its surrounding communities.

THE AUXILIARY OF NEXUS

The mission of the Auxiliary of Nexus, formerly the Women’s Auxiliary of Nexus, is to support and promote the interests of Nexus Recovery Center by building a strong and active membership, stimulating public awareness, and providing financial support for Nexus and projects.



Pictured: Spring Luncheon Chair, Chris Ozley, Becca Crowell, and honorary chairs, Carolyn and Rick Waghorne.



Pictured: Anne Lamott, author & essayist. Pictured: Lindsey Billingsley and Janina Solomon.



Pictured: (left to right) Barbara Nesbitt, Sarah Hutcheson, Tessa Dodds, Kal Grant, and Michelle Crum.

WOMEN’S AUXILIARY OF NEXUS 2019 BOARD OF DIRECTORS

2018-2019 OFFICERS:

PRESIDENT	Carole Steele*
DEVELOPMENT	Susie Simon
HOLIDAY BAZAAR.....	Anne Alford, Mary Lou Fleming
LUNCHEON	Chris Ozley
A NIGHT FOR NEXUS.....	Karen Luter
YEARBOOK	Joanna Iliff
MEMBERSHIP.....	Liz Pasquinnelli, Karen Otto, Vicki Russell, Stephanie Howard
RECORDING SECRETARY.....	Charlie Kuzmic
CORRESPONDING SECRETARY.....	Cynthia Carrington
PUBLICITY.....	Sara Brown
TREASURER.....	Phyllis Zubras
PARLIAMENTARIAN/HISTORIAN	Caryl Madison
STAFF APPRECIATION	Robin Bagwell

ADVISORY BOARD:

Betsy Chambers,
Chair
Robin Bagwell
Beverly Barry
Lauren Gillette
Cai Glackin,
Founding Member
Jan Madigan
Caryl Madison
Karen Otto
Liz Pasquinnelli
Diane Sealy
Susie Simon
Misty Smathers
Janina Solomon
Carole Steele
Carolyn Waghorne
Nancy Zogg

COMMITTEE CHAIRS:

ADDRESSING.....	Barbara Nesbitt, Sarah Hutcheson
BOARD MEETING ARRANGEMENTS	Karen Otto
CHILDREN’S PARTIES	Michelle Crum, Patty Owens
CLOTHING CLOSET	Anja Woodson, Ann Joseph, Susan Unger
MASSAGE NIGHT	Leslie Murphy, Patty Owens, Margaret Anderson
TELEPHONE.....	Ellen Moore
WORKING WOMEN COMMITTEE	Katherine McCarthy

MEMBERS AT LARGE:

Ella Banks	Susan Griffiths	Barbara Mullins
Lyndsay Billingsley	Janet Heutel	Genie Rousseau
Nicole Blythe	Ramona Jones	Chari Singleton
Linda Claycomb	Diane Lesselyong	Misty Smathers
Donna Damon	Mary Jo McKellar	Mary Spencer
Margaret Goodnight	Nancy Moore	Marty Baker Williams

BOARD OF DIRECTORS:

Anne Alford	Giana DePaul	Caryl Madison	Susie Simon
Robin Bagwell	Lauren Gillette	Katherine McCarthy	Chari Singleton
Gyrenna Barrera	Cai Glackin	Mary Jo McKellar	Misty Smathers
Beverly Barry	Margaret Goodnight	Nancy Moore	Janina Solomon
Lindsey Billingsley	Susan Griffiths	Ellen Moore	Mary Spencer
Nicole Blythe	Stephanie Howard	Barbara Mullins	Carole Steele
Fasi Boltchi	Sarah Hutcheson	Barbara Nesbitt	Susan Unger
Sarah Brown	Joanna Iliff	Chris Ozley	Carolyn Waghorne
Cynthia Carrington	Ramona Jones	Karen Otto	Marty Baker Williams
Betsy Chambers	Ann Joseph	Patty Owens	Anja Woodson
Linda Claycomb	Diana Lesselyong	Liz Pasquinnelli	Nancy Zogg
Michelle Crum	Karen Luter	Vicki Russell	
Donna Damon	Jan Madigan	Diane Sealy	

*Nexus Board of Directors Liaison

THE AUXILIARY OF NEXUS:
PROVIDING CONTINUOUS HOPE AND SUPPORT
FOR NEXUS WOMEN AND CHILDREN

Nexus Recovery Center acknowledges President Carole Steele, her committees, and the dedicated Auxiliary members for their compassion and support in 2019.

The Auxiliary of Nexus, formerly the Women’s Auxiliary of Nexus, was founded in 1996 to support and promote Nexus by building a strong, stimulating public awareness, and providing financial support for Nexus’ projects and services. In 2019, the Auxiliary changed its name to be more inclusive.

This year, the Auxiliary of Nexus raised over **\$175,000** for Nexus. These funds assisted in providing high quality, comprehensive care for Nexus women and children, including support for our Adolescent Activities Fund and additional support for our Client Care Fund.

The Spring Luncheon, held at the Hyatt Regency Dallas, was chaired by Chris Ozley, and her husband, Lamar. Carolyn Waghorne and her husband, Rick, served as honorary chairs. Nexus alumna, Lisa Gross, shared her profound story of recovery. The keynote speaker was bestselling novelist and essayist, Anne Lamott, who spoke about her addiction, and how finding faith and God helped her in recovery. The event included a live auction and a book signing by Anne Lamott.

The Holiday Bazaar was chaired by Ann Alford and hosted once again by Susie Simon. The bazaar featured fine jewelry, gifts, artwork, specialty foods, beautiful clothing and holiday decorations from 22 vendors, who each donated a portion of their proceeds to benefit Nexus women and children. Participants enjoyed fun holiday shopping, good fellowship, tasty treats and a fabulous raffle in support of Nexus Recovery Center.

In addition to hosting events, the Auxiliary also works to bring holiday cheer to the children of the Child Development Center, with parties at Easter, Halloween, and Christmas.

On behalf of the staff and Board of Directors at Nexus, many thanks to the Auxiliary for their 23 years of dedication and support.

Membership in the Auxiliary is open to the public. For more information or to join, please visit www.nexusrecovery.org/membership.



Pictured: (Back row, left to right) Nancy Zogg, Ellen Moore, Barbara Mullins, Donna Damon, Nancy Moore, Beverly Barry, Misty Smathers, Sarah Hutcheson, Phyllis Zubras, Ella Banks, Mary Lou Fleming, Jessica Shaw (Front row, left to right) Leslie Mertz, Chris Ozley, Carolyn Waghorne, Carole Steele, Lauren Gillette, Caryl Madison, Patty Owens.



“If Nexus was not here, I think I would have died. I really mean that. I had nowhere to go.”

Nexus Alumni, Kimberly Moore

CLIENT SUCCESS STORY: KIMBERLY MOORE

Nexus alumna, Kimberly Moore, is a mother, grandmother, and enthusiastic driver for Uber and the State of Texas, where she drives to different hospitals collecting newborn screenings and sending them to Austin in order to count how many babies are born in Dallas. These two jobs allow her to be her own boss and provide the freedom and flexibility she needs as a single mom and grandmother. In addition to her work as a driver, she is active in Narcotics Anonymous as a sponsor, mentor, and friend to many in recovery.

Born and raised in Middletown, Ohio, Kimberly was number 5 in a family of 6. Designated as an All-America City in 1957, Middletown was located between Cincinnati and Dayton and seemed like an ideal place to raise a family. Her parents were married. Her father was an entrepreneur and built his own chauffeur and butler service in spite of having a limited education. It was a family business and all the children pitched in to help. The family lived in a nice home with a very structured environment.

The Spiral of Addiction



Pictured: Kimberly in high school, 1976.

Growing up, she was bullied by her siblings at home and by her classmates at school because of how she looked. Because of the constant name-calling, she had low self-esteem and a desperate need to be liked and fit in. Hoping for acceptance, she developed a pattern of saying “yes” to things when she really wanted to say “no.” She started drinking with her friends at age 13. This behavior also impacted her relationships with men and eventually led to heavier drug use, like smoking crack cocaine.

She continued to party and use drugs while attending Ohio State University in Columbus, Ohio. She dropped out of school when she became pregnant with her oldest daughter. Her drug use continued throughout her 20s and 30s.

In 1986, she moved to Washington, D.C. to work for the U.S Department of Labor. She eventually met a man and they had two daughters. Everything seemed fine for a few years, but eventually, their drug use started to spiral out of control. Determined not to get high anymore, she moved back to Ohio to live with one of her brothers. When she started experiencing paranoia, she checked herself into a treatment center in Cincinnati for 90 days. While in treatment, she attended Narcotics Anonymous meetings.

After finishing treatment, Kimberly continued to drink and hang out with her friends, thinking that as long as she avoided harder drugs, she would be fine. Eventually, she resumed smoking crack and everything started to go downhill again. In 1996, her oldest brother died from an overdose. Kimberly knew that she would share his fate if she didn’t stop using, but found it difficult to quit. In 2001, she decided to relocate to Texas with her two youngest daughters, now 8 and 10 years old, to get a fresh start. Her oldest daughter had graduated from high school in 2000 and was attending Tyler Junior College, which provided Kimberly the extra incentive to move.

Arriving at Nexus

Kimberly had arranged to live with her sister until she got back on her feet. However, life at her sister’s house had too many temptations. Determined to stay clean, she packed up her children and went to the Martin Luther King, Jr. Community Center for help. They referred her to Nexus and she reluctantly agreed to enter treatment. Reflecting back, Kimberly says, “I just didn’t think it was going to work for me. I thought I was a lost cause.”

Kimberly and her two daughters arrived at Nexus on March 27, 2001. She was scared and weary of everybody and very protective of her two kids. Her previous experience with treatment in Ohio had not been effective or the best of experiences, but she was blown away by the structure and the help she received.

Nexus also re-introduced her to a program that would ultimately change her life. She began attending Narcotics Anonymous meetings while at Nexus and started hearing people tell stories that were similar to hers. Meeting people in recovery who had faced her dilemma and found a way out was enlightening.

Soon after, Kimberly began buying NA literature and doing the 12 Steps with a sponsor.

She also started going to different functions and learned to have fun without drinking or doing drugs. While initially reluctant to participate, she ended up staying at Nexus for 45 days.

(continued)



Pictured: Kimberly leaving Nexus, 2001.

Reflecting back, Kimberly admits that coming to Nexus “was the best decision I ever made. They took care of my children.”

Life after Nexus

After graduating from the PPWC program in 2001, she immediately became involved in Narcotics Anonymous. For the past 17 years, she has sponsored roughly 100 women and men. She has been invited back to Nexus over the years to teach the 12 Steps and share her story and has also taught recovery classes at Hutchins State Jail. In addition, she regularly speaks all over the country in order to help people by sharing her story and serving as an example of someone who made their way out. Through her work with Narcotics Anonymous, Kimberly also refers clients for treatment at Nexus.

Kimberly is modest about her accomplishments and notes that she has experienced many ups and downs throughout her recovery process, including her own daughter’s struggle with addiction. She is grateful that she can raise two of her granddaughters in

her home and keep them safe. In spite of the many challenges, she has been able to stay in recovery and looks forward to celebrating 19 years of sobriety in March. She credits Nexus and the 12 Steps of Narcotics Anonymous with giving her the tools that helped her maintain her sobriety.

“I’m grateful and I’m thankful for the donors keeping the doors open all of these years and doing this for women like me . . . I thought I was going to OD and die just like my brother did and I’m still here.”



Pictured: Kimberly with her grandchildren.

THE ADOLESCENT PROGRAM

The **Adolescent Program** at Nexus Recovery Center is an inpatient 26-bed program for adolescent girls ages 13-17, including pregnant teens and adolescent mothers with children. The program offers individual, group, and family sessions for English and Spanish-speaking clients and their families.

Families are integrated into the therapeutic process to develop assertive communication to improve the family dynamic at home and help create healthy reunification after treatment. In addition to treatment, adolescent clients participate in alternative activities that promote a healthy lifestyle and life skills and also receive onsite instruction from two Dallas ISD teachers to stay in school.

“The Adolescent Program promotes a safe and educational environment to help clients achieve their potential. [We] provide services that help create self-awareness and empower the adolescents to take control of their addiction,” notes Jerry Mercado, Adolescent Program Director.



Pictured: Nexus held its first high school graduation ceremony on campus in May 2019.

**NEXUS GENERATIONS
PREGNANT POSTPARTUM INTERVENTION (PPI)**

Nexus Generations Pregnant Postpartum Intervention (PPI)

is a state-funded program that provides parenting, prenatal, and postnatal education for at-risk female populations. PPI provides parents with the knowledge, resources, and support needed to build healthy and nurturing families through recovery-sensitive parent education, parent/child bonding activities, onsite child care, family and child safety education, prenatal and postpartum education, case management, and health education.

“The goal of PPI is to give at-risk mothers a support system to help rebuild their family dynamic and help their children become aware of their risk factors in order to avoid the cycle of addiction,” Sarah Gonzales, Office Coordinator.

The Parenting Program is divided into site-based, home-based, and outreach curriculums. The onsite curriculum at Nexus Generations is 10 weeks in duration, while home-based curriculums are offered on the main La Prada campus for residential and outpatient clients, as well as at client’s homes for maximum convenience. PPI staff also provide an outreach curriculum for teens at Promise House.

PPI staff work closely with Child Protective Services (CPS), who refers mothers to its parenting education classes because they are intensive and offered at no cost. Program completion helps demonstrate a mother’s commitment to the safety and wellbeing of her child.

Like the Parenting Program, the Mommies Program is an integrated state program, but its services are geared towards pregnant women with opiate addiction in order to reduce the lengths of stay in Neonatal Intensive Care Units (NICU) in area hospitals for infants born with neonatal abstinence syndrome (NAS).

Clients in the Mommies Program participate in prenatal and postpartum education, as well as classes on child development, life skills, and nutrition. Additional services include case management, referrals for medical and housing, individual sessions, and transportation support for prenatal appointments, lab appointments, and CPS drug testing.



Pictured: (left to right) DeRisa Payne, Catherine Wright, Sarah Gonzales, Jaquita Johnson, Rose Ann Vecera, Amber Fisher, and Gina Ahn.

The Mommies Program is largely a community outreach program, since clients do not have to be in treatment at Nexus to participate. Classes for the Mommies Program are held weekly at Parkland Hospital and area methadone clinics, including My Second Chance, MedPro Treatment Center, West Texas Treatment Center, and STEP Med. Program staff will also visit clients in their home, if they cannot attend a class.

The majority of new clients are referred to the program by Parkland Hospital, but new clients are also referred by community partners as well as word-of-mouth from former program participants. In 2019, the Mommies Program increased admits from 26 clients to 39 clients.

“I absolutely love this program. I don’t know where I would be without it. I would not have had a chance to have my baby with me if not for the Mommies Program and my inpatient treatment,” client in the Mommies Program.

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WHAT OUR CLIENTS SAY

"Nexus changed my life! 4 years off dope and loving life. Thank you!!"

"Nexus is amazing. It really changed me and helped me accept things that are out of my control. Gave me tools to keep my sobriety when I'm going through difficult situations. I'm so grateful for the opportunity to go here. I love all the women and all the staff. I wish I could just move in. LOL. I recommend everyone and anyone to get help here."

"The MAT program! Dr. Pittman and Shawna are very knowledgeable and they genuinely care! They don't just give you meds, it's completely centered around recovery."

"Nexus Recovery Center saved my life and taught me so much about the nature of my disease."

"I love this program. I recommend it to any females seeking help in recovery. Thank you to all the staff. Y'all are amazing people, doing amazing work."

DONOR HIGHLIGHT: The Saxon Family

For more than 30 years, the Saxon family has invested its time, effort, and financial support in helping Nexus provide treatment for low-income women and their families affected by addiction.

The Saxon's support of Nexus Recovery Center began in 1989 when Wylodean Saxon, wife to Bill D. Saxon and mother to Sandy Saxon Brice, Steve Saxon, and Sheri Saxon Foah, joined the Board of Directors, determined to help the agency grow. In 1996, Wylodean helped found the Women's Auxiliary of Nexus Recovery Center, which continues to serve as one of Nexus' most dedicated benefactors.



Pictured: Wylodean with Sandy, looking at her father in uniform.

For the Saxons, Wylodean's involvement with Nexus was a family affair. Bill and their children often attended the Auxiliary's fundraising events, which helped instill the importance of family and giving back. Sandy, their oldest daughter, recalls that her mother greatly identified with mothers at Nexus because she had spent more than a year on her own as a young mother, while her husband was away in Korea. During that time, "she couldn't have had any assurance of what her future and her child's future would be...and she knew how deeply her newborn child needed her to be there no matter what happened." Sheri adds, "My mother thought that the relationship between the mother and child was sacred and... she wanted to support Nexus because mothers would be kept with their children."

After Wylodean's passing in 2003, Bill and all three of their children, now adults, continued to support Nexus in various capacities in order to carry on her legacy. The family established the Wylodean Saxon Endowment Fund in 2004 to honor her memory by providing ongoing support for the agency she so tirelessly championed. Bill contributed to Nexus until his passing in 2014. In addition to his patronage, Steve served on the Board of Directors at Nexus Recovery Center from 2004 through 2018, including a term as Board President.



Pictured: (Back row, left to right) Sheri Saxon Foah, Steve Saxon, Sandy Saxon Brice, (Front row, left to right) Bill and Wylodean Saxon, at their 50th wedding anniversary celebration.

As philanthropists, Steve and his wife, Cathy, support local organizations, like Nexus, because they can see the impact of their contributions on those that need it. They plan on remaining involved with Nexus for the rest of their lives and have even included Nexus in his will. And as for his kids, Steve is confident that the Saxon's involvement with Nexus "will continue on with that generation as well."

To donors, Sandy says, "If you've ever been a mother or had a mother, you should understand the work of Nexus. It creates the ability for women who need help with addiction to be able to stay connected to their children and for their children to stay connected to them." Steve adds that "helping the mother of the family has such a great impact on the entire family. Their lives are better...because she's better."



Pictured: Cathy and Steve Saxon.



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