Courage to Change: A Message of Hope and Inspiration

The Women’s Auxiliary of Nexus’ annual Spring Luncheon, chaired by Ellen Rhodes Moore and Karen Luter, was held on May 12 at Brook Hollow Golf Club. Over 270 people attended and more than $50,000 was raised to support programs and services at Nexus. This year’s luncheon, titled Courage to Change, featured Caroline Rose Hunt as the Honorary Chair and Dr. Joseph ‘Skip’ Ryan as the keynote speaker.

Mrs. Hunt was honored for her contributions as a founding Auxiliary member and for the immense impact she has had on the Dallas community. Dr. Ryan, former Senior Minister of Park Cities Presbyterian Church (PCPC), shared his personal story of addiction and the miracle of recovery.

As a key leader at PCPC, Dr. Ryan had led the church to enormous growth; yet addiction presented him with one of the largest challenges of his life. Dr. Ryan spoke poignantly of the adverse feelings he had toward those who loved him and for life in general as he struggled with this personal crisis. He recounted his path into addiction, the intervention of loved ones, and the courage required to begin his path to recovery.

After stepping down as Senior Minister at PCPC, Dr. Ryan found that his personal experience with addiction had disclosed his future ministry. Along with his wife, Dr. Ryan began ministering to
Our New Board Members

Cindy L. Chadwell, AIA, RRC

Ms. Chadwell is the Owner and President of Rooftech, a 25 year old Architectural Engineering firm that specializes in solving roofing and building envelope problems. She is a Principal Architect and has over 25 years of experience in planning, design and construction on commercial projects. She attended the University of Texas at Arlington and has been a registered Texas architect since 1996. Ms. Chadwell has specialized in roofing/waterproofing design for the last 15 years. She is number 304 of only 420 registered roofing consultants in the United States, registered by Roof Consultants Institute.

Jane Geisse, B.J., J.D.

Ms. Geisse is a community volunteer who served as an attorney in St. Louis, MO before moving to Dallas. She attended University of Missouri, Columbia, and Washington University. She has a background in fundraising, event planning and has participated in several leadership programs. Ms. Geisse recently relocated to Dallas from San Antonio where she served on several boards, including Alpha Home, a substance abuse treatment center for women.

Kevin Impelman, Ph.D.

Mr. Impelman is an industrial/organizational psychologist and works for Batrus Hollweg International (BHI) as a research consultant. At BHI, he consults with organizations to help them select and engage talent at all levels. He actively participates in the Big Brothers Big Sisters program, Leukemia and Lymphoma Society and is affiliated with the American Psychological Association and the Society for Human Resource Management. Mr. Impelman attended Southern Methodist University and the University of North Texas.

Kristin Timmer, B.S., J.D.

Ms. Timmer is an attorney for Haynes and Boone, LLP, and practices intellectual property law. She attended Purdue University and Thomas M. Cooley Law School; Ms. Timmer was admitted to practice in Michigan in 2004 and in Texas in 2007.
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those caught in alcohol and drug addiction. Dr. Ryan has committed himself to helping individuals, families, and communities understand the power of addiction and the promise of recovery.

Among the attendees at the luncheon was Carol Baker. Ms. Baker is a member of Park Cities Presbyterian Church and heard about the event through the church’s bulletin. Ms. Baker is a Nexus graduate. She entered Nexus in the late 1980s and has stayed sober since. While the Nexus programs have evolved since her stay, the mission has remained the same. Ms. Baker said she was thankful to have the opportunity to get sober with other women. She is still using principles she learned at Nexus in her life today.

Pajama Party for Adult Women

Becky Whitaker and Ann Taylor have long been supporters of the women at Nexus. During the holidays and times in between, if they have had a donation that will benefit women, they call Nexus. Not surprisingly, then, Ms. Whitaker contacted the development office in April; but this time she asked what our women most needed. Pajamas were in scarce supply, especially for clients in the Adult Women program. Some clients come to Nexus from jail, and others come in with only the clothes on their back. We have a clothing closet where women can get the items they need, but sleepwear is often hard to come by.

The Whitaker/Taylor team said they were going to make sure every client in the Adult Women program had a new pair of pajamas. They made this happen by forgoing gifts for a recent celebration of their own and instead asked for a donation to Nexus. On June 15, Ms. Whitaker and Ms. Taylor came to Nexus and presented each Adult Women client with her own pair of new pj’s. Our heartfelt thanks to Becky Whitaker and Ann Taylor-- for the pajamas, of course, but also for creating another meaningful moment for the women at Nexus.

Donor News

The following groups and foundations have provided grants and contributions in support of our programs: Anonymous Foundation - $40,000 to purchase two new mini-vans; Dallas Women’s Foundation - $20,000 to the Adolescent Program; Embrey Family Foundation - $7,500 to the Adolescent Program; Enterprise Rent-a-car - $1,500 for general operating support; George and Fay Young Foundation - $10,000 to the Play Therapy Program; Jack & Jill Foundation - $2,500 to Children’s Services; Junior League of Dallas - $2,840 for emergency IT expenses; Kimberly-Clark - $10,000 for general operating support; Texas Instruments - $1,500 for general operating support; Women of St. Michael’s - $6,000 to the Aftercare Program. Thanks go, as well, to the many individuals and organizations that have donated clothing, toiletries, household items, and toys throughout the year. Your generosity is greatly appreciated by the women and children we serve.

This list reflects contributions received between October 2008 and June 2009. If there are any errors or omissions, please contact 214.321.0156 ext. 2102.
Executive Director Becca Crowell Selected to Participate in the Women’s Addiction Services Leadership Institute

In April, Becca Crowell was selected as an Associate for the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT)’s Women’s Addiction Services Leadership Institute (WASLI). The goal of the Women’s Leadership Institute is to develop a group of leaders who will advocate for, develop, and spearhead initiatives that provide for the needs of women with substance use disorders, their families and their communities. This national nomination process was the first of its kind for professionals working within the women’s addiction services field. Of the more than 130 nominations submitted nation-wide, only 18 Associates were selected. The criteria for selection included the nominees’ individual accomplishments and future aspirations, as well as the attributes and contributions they will bring to the formation of the first class of Associates. We applaud Becca for this accomplishment and for her unflagging commitment to developing high-quality, empowering health services for women and their families.

Holiday Donations Spread the Cheer

Every holiday season we are astounded by the level of support the community offers the women and children at Nexus. This year was no exception. We have had ongoing support from Saturn Road Church of Christ, whose large church bus arrives annually at Nexus filled to the roof with gifts for clients and their children. Planet Tan also returned as a partner this year. Approximately 20 Planet Tan employees donning Santa hats line up between the parking lot and the Children’s Center and toss toys down the line until the Center is overflowing with gifts. The sense of fun and holiday spirit overflow, too, when the Planet Tan crew is here! Also continuing in their support this year was the Wish Tree at Stein Mart. Each year the Stein Mart at Mockingbird Lane and Abrams Road in Dallas sponsors a tree for all the kids in residence at Nexus.

We were delighted by the show of new support this year, too. From individuals and organizations, many came out to spread holiday cheer to the clients and children of Nexus. The generosity of toys and gifts made this holiday season a memorable one. Thanks go to Batrus Hollweg, Creative Hands Ministry, Dave Perry-Miller & Associates, Jack & Jill Clubs of America, PC Connection, and ValueOptions. A very special thank you to the Women’s Auxiliary of Nexus for their continued support year round, especially at Christmas.
Full-time Nurse Practitioner Joins the Team

Nexus recently added a full-time Psychiatric Nurse Practitioner (PNP) to the medical team. Sandra Debiparshad, RN, MEd., PMHNP-BC, joined Nexus in March and has been performing psychiatric evaluations, facilitating groups with dual-diagnosis clients, and providing medication management for our clients.

Ms. Debiparshad has worked in the mental health arena for nearly 12 years with many different populations, including children and adolescents, clients with chronic mental illness and dual diagnoses. She received her training from McGill University in Montreal, Canada and Drexel University in Pennsylvania. Ms. Debiparshad previously resided in New York State.

As a Joint Commission accredited facility, Nexus is required to provide a physical examination to all clients within 5 days of admission. Ms. Debiparshad is well qualified to facilitate these physical examinations, ensuring our compliance with The Joint Commission. Her presence has also made it possible for Nexus to decrease a client’s wait time to begin receiving psychiatric treatment. When dual diagnosis clients begin to stabilize, treatment becomes more effective sooner.

The staff at Nexus is excited to have Ms. Debiparshad as part of the team. Her experience and expertise in the area of mental health and substance abuse have been a great asset to our clients.

DonorBridge Matches Nonprofits with Donors and Supporters

Nexus has joined in a new endeavor to help North Texans become better-informed donors and nonprofits better collaborators. DonorBridge is a new online database that makes mutual connections between nonprofit organizations, donors and supporters. It features hundreds of local nonprofit agency profiles. The Website aims to simplify the process of gathering reliable information, making charitable gifts, and addressing the needs of the community.

Dallas Giving Day on May 20th marked the launch of DonorBridge. To get the first-ever Dallas Giving Day off to a swift start, the Communities Foundation of Texas and The Dallas Foundation matched dollar-for-dollar donations made online through DonorBridge that day. The experiment was a huge success. By taking part in this event the public raised over $4 million for local charities, Nexus being one of them.

Our special thanks to everyone who participated in Dallas Giving Day through DonorBridge.
Spotlight on Children’s Services

Since the addition of the Crystal Charity Children’s Center in 1999, we have been able to offer programs specifically designed to meet the physical, mental, and emotional needs of the children who enter treatment with their mothers. Prior to the construction of the children’s center, children’s programs consisted of caregivers babysitting children throughout the day while their mothers were in treatment. The goal of the Children’s Services program at Nexus is to help children develop character and life skills while healing from the effects of their mother’s addiction.

Children’s Services provides developmentally appropriate activities in a therapeutic environment. We maintain lesson plans in each classroom which target each individual child’s development. The children’s center contains an infant nursery, toddler and preschool classrooms, and a homework and activity room for the school aged children. In addition, a therapeutic room for developing gross motor allows children to practice the skills necessary for their developmental age.

Nexus staff offers ongoing prevention and intervention programs including Building Blocks for a Healthy Future Kit for three to six year-olds and the Children’s Program Kit (supportive Education for Children of Addicted Parents) for school age children, both published by the Center for Substance Abuse Prevention. This summer we will implement a substance abuse prevention curriculum in the preschool classroom that will help break the cycle of addiction.

We also collaborate with several local organizations to provide on-going prevention and intervention programs. The Betty Ford Center provides the “Five Star Kids Children’s Program,” a three-day intensive workshop offered every other month for children six to twelve. Through art, games, group discussion and fun activities, children learn that they are not alone— that other children and families have similar experiences. Healthy Families Group provides a weekly program, and Rainbow Days delivers the Kids Connection Program on campus weekly.

In addition to offering a multitude of therapeutic programs, the Crystal Charity Children’s Center is licensed by the state as a formal childcare facility. As a state-licensed facility, we maintain lesson plans in each classroom and meet child/caregiver ratios that ensure children are adequately supervised. “We strive to maintain the highest standards possible,” commented Natalie Ridley Baerwaldt, Children’s Service Director. “For example, all the child development staff has the Child Development Associate (CDA) credential, which shows that they have completed extensive training and college courses related to child development. This credential brings a level of professionalism to the center that reflects our commitment to quality care for our at-risk population.”

Recognizing this commitment to quality, the Texas Rising Star Provider Certification awarded the Crystal Charity Children’s Center “Four Stars” for maintaining the highest possible level of childcare.

Children’s Services collaborations include: Betty Ford Center 5 Star Kids Program, Rainbow Days, DISD Homeless Education Program, Captain Hope’s Kids, Campfire USA, Eastfield Community College, Salesmanship Club, ChildCareGroup, Thriving Minds/ Big Thought, Dance to Live, Partner’s for Children, Dallas Association for the Education of Young Children, University of Texas at Dallas, Early Childhood Intervention, and DISD Child Find.
The Serenity Garden Opens

On June 5th the Nexus Serenity Garden officially opened for clients to enjoy. The year-long project began as the vision of board members Sarah Jane Francis and Patti Flowers. Over the past year we have enlisted the support of various corporate volunteer groups, individual donors, and civic groups. Deloitte’s IMPACT Day group was especially helpful as they were the first group to begin work on the garden and the group that completed the final phase.

The eight distinctively-planted rooms within the garden were designed by individuals and volunteer groups who sponsored the garden. The garden’s center contains a labyrinth for walking and meditation. Throughout the garden’s development, we had the support of Outdoor Home Living, a local landscaping company whose owner, Kristi Miller, is a Nexus supporter. With Kristi’s help, we developed a list of native plant life that would make the garden beautiful without excessive irrigation.

The Serenity Garden allows us to continue to provide a holistic approach to our clients. It invites quiet reflection, meditation, prayer, and family time. You will often see clients in the early morning and cool of the evening reading recovery literature, writing in their journals, or swinging on one of the bench swings.

Our sincere thanks to those who participated in this project with your monetary contributions, time, and hard work. Donors include Will and Sarah Jane Francis, Patti Flowers, Deloitte, Saville Dodgen, Mrs. Gloria Hammack, Catherine Corrigan, Texas Instruments, and Outdoor Home Living.

Nexus will hold an official dedication of the Serenity Garden in mid-November to formally acknowledge donors and supporters. For more information about the Serenity Garden or if you would like to support the garden, please contact the development office at 214.321.0156 x 2102.

Upcoming Events

September 1-30, 2009
Saks Fifth Avenue, Galleria Dallas
Outposts within the store detailing the story of Nexus and our supporters. Contact the development office for more information at 214.321.0156 ext. 2104

October 11 & 12, 2009
Westapher Golf Tournament and Auction
Dinner & Auction – October 11
Kathy Donovan & Robert Jordan’s home
Golf Tournament – October 12
Golf Club of Dallas

November 2009
Serenity Garden Dedication
Nexus Recovery Center
Check our website for date and time.
The Preston Center Rotary Club is gearing up for the 44th Annual Westapher Golf Charity. Once again, Nexus is the beneficiary of the event, and funds raised will support our programs and services. This is the sixth year that Nexus has been the beneficiary of the Westapher Golf Charity. We are grateful to the Preston Center Rotary Club for their continued commitment and look forward to another great tournament this year.

Last year’s tournament and auction helped raise $50,000. More than 200 guests attended the dinner and auction which featured two First Class tickets on American Airlines, a stay at the Franz Klammer Lodge in Telluride, Inns in the California wine country, and many other exciting items. Thank you to all of the sponsors, participants, committee members and volunteers who made last year’s event a success.

This year the dinner and auction will take place on Sunday, October 11, from 5 to 9 p.m. at the home of Kathy Donovan and former U.S. Ambassador Robert Jordan. Auction items include two Business Class tickets on American Airlines anywhere in the world, tickets to the new Cowboys Stadium, jewelry, and many other must-have items. The tournament will take place on Monday, October 12, at the prestigious Golf Club of Dallas. Registration will begin at 11 a.m. followed by lunch and a shotgun start at 1 p.m. Sponsorships are available. For more information, go to www.westapher.org or contact Julie at 214.321.0156, x2102.

"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!"