





THE NEXUS JOURNEY

THE MIRACLE OF RECOVERY

OUR MISSION

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

National Accreditation awarded to Nexus Recovery Center

After three years of planning and untold hours of dedicated staff time, Nexus Recovery Center earned a nationally recognized standard of excellence. Demonstrating its commitment to its clients' safety and quality care, Nexus Recovery Center attained the Joint Commission on Accreditation of Healthcare Organization's (JCAHO) Gold Seal of Approval™. Nexus received a three-year approval, which is the best outcome an agency could receive.

"This is something I've wanted to do for years," explains Nexus Executive Director Becca Crowell, "About 15 years ago, when I first arrived at Nexus, I read through the Joint Commission's standards and knew it was something Nexus should pursue."

JCAHO continued on page 3

Hello, Gorgeous! Clients Glow from Annual Day of Beauty

Indigent women addicts experience inner transformation every day at Nexus Recovery Center. Now they have experienced an outer transformation as well, thanks to the teamwork of Watermark Community Church, Paul Schmith, Velma B's Beauty Academy and other professionals from the area.

More than 115 volunteers - including 50 stylists from several local salons, students from Velma B's, make-up artists, manicurists, massage therapists, a dentist, an ophthalmologist and others - pampered 80 Nexus residential, outpatient and after-



A volunteer applies make-up to a Nexus client. Photo by: Suzette Reed

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Nexus Welcomes New Medical Director

In July, Carlos Tirado, M.D. joined the Nexus staff as Medical Director, but his first interaction with Executive Director Becca Crowell occurred nearly two years before he joined the Nexus staff.

"I met Dr. Tirado at a conference in Orlando a year and a half ago," Crowell explains, "and I thought 'that's who I would want to be our next medical director.' When it came time to look for a new medical director, I began talking to the necessary people at UT Southwestern about Carlos and, eventually, things came into place. I kind of can't believe it happened."

Dr. Tirado is an Assistant Professor of Psychiatry at UT Southwestern; the medical director position is a shared position between Nexus and the medical school. A Dallas native, Dr. Tirado is a board certified psychiatrist specializing in addiction treatment. After attending the University of Houston medical school, he trained as a resident in psychiatry at UT Southwestern and Parkland Memorial Hospital. He recently completed a clinical research fellowship in addiction psychiatry at

the University of Pennsylvania under a three-year, NIH-sponsored minority research-training grant.

"I come from the school of thought that addiction is a medical and psychiatric problem," Tirado says, "it's not just a bad habit, it's a real illness that requires ongoing treatment. There's the ongoing belief ... that addiction is a bad habit or is something that if someone tries hard enough they could 'just get over it,' but when you delve into research, addiction fits the profile of a chronic, incurable illness."

To illustrate his belief, Dr. Tirado compares addiction to diabetes. Just as there are different types of diabetics, there are different types of addicts. Some diabetics have very mild cases and are able to control their illness with diet. Another level of diabetics need insulin to normalize their illness, as counseling and a change in diet is not enough. In the most extreme



Dr. Carlos Tirado

cases, a diabetic may need intensive treatment and hospitalization. The majority of Nexus clients compares to chronically ill, severely insulin-dependent diabetics. Not all Nexus clients are able to make a sudden lifestyle change; they need medical attention and need to be in an inpatient situation in order to remove themselves from other influences.

Nexus has forward-thinking vision to bring that perspective to treatment, Dr. Tirado adds. "In a survey of 175 addiction treatment programs, only one had a medical director as a program director; only half had a relationship with a doctor to provide consultation to clients with severe mental


Medical Director continued on next page

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illnesses." According to Dr. Tirado, the vast majority of chemical addiction programs are managed by individuals who do not possess a master's degree. "That is why Nexus is such a special place and offers the highest level of care."

As medical director, Tirado conducts psychiatric evaluations for clients who have a history of psychiatric disorders or are currently experiencing emotional problems. Evaluations, which Tirado conducts in Spanish when needed, are administered during the first few days of a client's stay to stabilize any active problem so the client can better participate in the program. His other duties include prescribing medication to patients and conducting monthly, educational in-services for all staff. Tirado estimates that about half of the people at Nexus have psychiatric conditions that need medication.

Tirado's days are full with his extensive duties at Nexus and UT Southwestern, but he's happy to be back in Dallas. "It's nice to be home," Tirado says.

JCAHO *(continued from page 1)*

"Nexus Recovery Center's accreditation achievement is a demonstration of the organization's leadership and staff commitment to excellence," says Mary Cesare-Murphy, Ph.D., executive director, Behavioral Health Care Accreditation Program, Joint Commission. "Behavioral health accreditation by the Joint Commission requires organization-wide dedication to providing safe, client-focused care, treatment and services."

JCAHO helps an applying organization conduct a detailed audit on every aspect of the agency. Looking at an agency as a whole, JCAHO is interested in continuous improvement.

"JCAHO is always raising the bar on how you can do things better. Similarly, Nexus is always interested in how can we do better, and we decided to go beyond the state requirements for our agency," Crowell explains. "The Gold Seal applies the highest standards in every area that comes to bear on client services. Everything from small changes, like tighter controls on medications, to very high safety standards for the physical plant, are put into place."

Crowell notes that although Joint Commission accreditation is common among for-profit drug treatment centers, it is not common in the non-profit sector. "It can be an added expense to meet Joint Commission standards, so this is often difficult for a non-profit treatment center," says Crowell. "Nexus Recovery Center is well-supported in the community, by groups such as our own Women's Auxiliary and the United Way of Metropolitan Dallas. Because of this strong community support we were able to ready the agency for the accreditation process."

Nexus is proud of this newest distinction. Nexus staff and clients thank our community for their support in earning this achievement.

BOOK FAIR



Volunteer Stephanie Arterbery hosted a book fair for Nexus clients and their children Monday, September 4th in the Crystal Charity Childcare Center on the Nexus campus.



Stephanie, a girl scout, collected more than 2,000 books for Nexus Recovery Center for her Gold Award project. She is pictured here reading to one of the clients.



Each child had the opportunity to choose twenty books and more than 1,000 books were added to the Nexus library. Photos by Children's Services Director Tonjia Grady.

Alumni Activities

What can we do to help? This question runs through the minds of most people when they learn about the work done at Nexus. For one special group of women, this question is top of mind constantly. The Nexus Alumni program meets the second Sunday of every month to discuss ways to support new Nexus clients as they start on the road to recovery.

"The purpose of the alumni women's group is to support clients through spon-

sorship and hope," explains Valerie Monroe, alumni president. The alumni group believes in the therapeutic value of one alumna helping one client as a sponsor - as someone to talk to, someone who's been there before.

The alumni also provide recovery literature for clients, when needed, and speak about recovery to Nexus clients.

New officers will be elected at the October meeting of the alumni group.



Alumni President Valerie Monroe with Nexus alumna Sadie.

New Board Members installed

Nancy Bush is an attorney and a shareholder at the firm Munsch, Hardt, Kopf & Harr, PC. She's a member of the Junior League of Dallas and has been a member of St. Michael's and All Angels Episcopal Church since 1986 and has served on various committees there.

Kathy Donovan is a member of the Preston Center Rotary and has worked with Nexus through the Westapher Golf Charity and has been involved with Dallas CASA. She is the Senior Vice President of American Title Company in Dallas.

Jan Madigan is currently serving as a loaned executive to the United Way of Metropolitan Dallas Major Gifts Department and has previously served as the ExxonMobil Corporation United Way Campaign Chair in 1985, 2001 and 2005. She sings in the Highland Park United Methodist Church Chancel Choir and works to support the youth choir at the church. Jan has been with ExxonMobil for 26 years.

Jeannie Nethery is a realtor with Briggs Freeman. Jeannie is a former Nexus board member from 1988 and has a long history with Nexus beginning with her Junior League membership in the late 1980s. She is a tutor for Trinity River Mission, a sustainer for the Junior League of Dallas, and a member of Lovers Lane United Methodist Church.

Patricia Rodriguez is Vice President of Chase Bank. She has previous board experience with the City of Austin Library Commission and Friends of Big Bend National Park. She is also associated with the Jefferson Neighborhood Association and the Daughters of the Republic of Texas.

Shari Scott is the Director of Psychiatry at Children's Medical Center of Dallas. She is a Licensed Marriage and Family Therapist, Registered Nurse, and a Licensed Professional Counselor. She has served on boards for the Reunion Institute, the Salesmanship Club, and the Texas Association of Marriage and Family Therapy. She has

also been involved with the Texas Peer Assistant Program for Nurses. Shari has been a member of the Nexus Women's Auxiliary for a number of years.

Cynthia Urbanowicz spent 15 years in healthcare finance and has served on the Board of Directors for the SPCA in New Orleans. She has been involved with Jubilee Center, O.M. Roberts Tutoring, Arboretum Greenhouse, and is a member of the Nexus Women's Auxiliary.

Maria Viera-Williams currently works part-time as a financial consultant for Primerica Financial Services. She is also an independent education consultant and presents workshops for teachers and educators. She is currently the President of the American Association of University Women-Dallas Branch, and Secretary of the Eta Zeta Dallas Chapter of Delta Kappa Gamma, VP-Education of United Nations-Dallas, and AAUW liaison to the League of Women Voters voter registration campaign.

Day of Beauty *(continued from page 1)*

care clients for *Glow: The Third Annual Day of Beauty & Encouragement for Women*. On August 21, Nexus clients had the opportunity to have their hair cut, colored and styled; to receive manicures, facials, massages and professional make-up sessions; and meet with health and nutrition specialists.

Watermark Community Church sponsored this year's event and has truly adopted this day of beauty to make it something magical. Two years ago the event was held in the newly purchased, but yet-to-be renovated church building, with a few floors of the building transformed into a mini-spa for the day. Because the event was so successful, Watermark planned their building's renovation with a floor specifically designed for the *Glow* event.

Nexus is so thankful for the numerous volunteers who made this day of beauty possible. On behalf of our clients, whose lives you have changed, we extend a sincere thank you to the following professionals:

Paul Schmidth
Perry Henderson Salon
Blaine Spharler, Direct Beauty Group
Velma B's Beauty Academy
Rebecca Ponder,
Turtle Creek Eye Association
Ashly Cothorn, DDS
Blue Mesa Restaurant
Competitive Camera
Adam Fish, photographer
Mo Sadjadpour, photographer
Trish McEvoy, make-up sponsor

Stylists/Volunteers

Nancy Anderson
Shannon Bagby
Xandra Blevins
Bridgett Clifton
Rochelle Combest
Tony Delia
Ann Ekholm
Richard Flores
Rodd Gray
Millye Hale
Cemetria Hayes
Christine Howe
Jama Johnson
David Keralla
Lathosa Lacy
Chris Lawrence
Jennifer Lock
April Lopez
Corvacia Mathis
Becky McClosky
Wendy Miranda
Sarah Minckler
Kim Phillips
Jokeensia Sanders
Jasper Smith
Tabitha Smith
Camille Spears
Eddwinna Wilkerson
... and to the scores of other volunteers not listed, thank you!

GLOW



Volunteers provided manicures to Nexus clients during GLOW: The Third Annual Day of Beauty. All photos by Suzette Reed.



Volunteers from Watermark Community Church shampooed clients' hair and then sent them on to the stylists for cut and color.



One brave client agreed to a dramatic new look by having most of her hair cut.

United Way designation

In the late spring, the United Way of Metropolitan Dallas announced its funding designations to partner agencies.

Competition for United Way funding is high, and Nexus is honored to be awarded over \$327,800 from the priority needs grant process from United Way. This funding is through a competitive grants process. Nexus requested funding for four programs, and received funding for all four; two received full funding.

"It's a real recognition that the United Way volunteers see us as a significant

agency addressing addiction problems in Dallas," states Executive Director Becca Crowell. She adds that the United Way has few agencies that deal with addiction, even though it's a huge problem in our community. "The issue is real and we're perceived as an agency that is effectively dealing with it."

Nexus also received over \$147,800 for unrestricted use. Three years ago the United Way changed to a new method of designation, and now primarily funds specific programs. With the new process, Nexus' funding has more than doubled.

"We're pleased with the additional support from United Way," Crowell enthuses.

Each of the four grant applications were reviewed by a panel of United Way volunteers. Each panel came to Nexus separately for site visits of the agency. Preparing for the panel visits was a team effort of staff and clients, led by Nexus Director of Development and Public Relations Lora Brandis.

The four Nexus programs receiving funding are psychiatric services, the client care fund, the outpatient program and children's services.

Jack & Jill

The Dallas chapter of Jack & Jill, a national mothers' organization, generously gave \$1,500 of the proceeds from their spring fundraiser to provide educational software for children at Nexus.

Cynthia Arterbery, a Nexus Board member and President of the Dallas chapter of Jack & Jill, recommended Nexus for funding. "I felt that it was important to give back to an organization that supports women and their children."

She adds, "I think it could be a long-lasting relationship."

Over 80 mothers are in the Dallas group which provides monthly enrichment activities for members' children as well as children in the community.

Donor News

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

Since 2002, **Citigroup** has given a total of \$40,000 in support of Nexus programs. This year, Citigroup's gift of \$10,000 supports the Nexus Client Care Fund. The Fund exists to cover expenses for clients who need extended residential treatment, or who do not qualify for state funding.

Women of St. Michael and All Angels Church have been longtime supporters of Nexus and have made grants to Nexus since its inception in 1990. The Women of St. Michael's generous gift of \$10,000 this year is in support of our aftercare program. The Nexus aftercare program is a place for women to continue recovery by staying connected with other recovering women. 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.

The W.P. & Bulah Luse Foundation have been loyal supporters of Nexus since 1999. The Luse Foundation's most recent gift is \$5,000 for general operating expenses. By entrusting Nexus with their unrestricted gift, the Luse Foundation allows Nexus to apply their funds to the most pressing needs at the agency.

The employees of CNA Insurance, along with the **CNA Insurance Foundation** continue to support Nexus children's services with donations for school uniforms and school supplies.

ExxonMobil visits Nexus

Twenty volunteers from ExxonMobil visited Nexus Recovery Center September 14 as part of ExxonMobil Corporation's 2006 "Invest in What Matters" United Way campaign. Nexus Board member and ExxonMobil employee Jan Madigan led the volunteer project with the help of Patti Dunham, Senior Supervisor/Independent *Stampin Up* Demonstrator. Jan and Patti directed the volunteers in a project that engaged Nexus teen girls in a creative greeting card-making project.

"Each girl received individual attention," said Beverly Carroll, Nexus Adolescent Program Director. "The Day of Caring was exactly what the name says - a day that our adolescent clients felt loved and cared for. It was a day that the girls could tap into their talents and creativity; with the help of loving volunteers they were able to create something from raw materials and make it their own."

In addition to assistance provided by ExxonMobil volunteers, Nexus Recovery Center, as one of the agencies selected for the 2006 Day of Caring, will be eligible to receive a grant through the ExxonMobil Volunteer Involvement Program. This ExxonMobil program encourages employees, retirees and other eligible participants to actively contribute their time and talent to nonprofit organizations by providing contributions on the participants' behalf.

"As a new member of the Nexus board of directors and a longtime ExxonMobil employee, I was thrilled to see the enthusiastic participation of our ExxonMobil team in a cause that is so close to my heart," said Jan Madigan. Jan is also working to launch a mentoring program for Nexus teens with the help of ExxonMobil women volunteers. "Before the Day of Caring event I had about two inquiries regarding the mentoring program. Following the event everyone now wants to get involved in mentoring; seeing how well the girls responded to our card-making project inspired us all."



Nexus board member Jan Madigan, who also serves as the ExxonMobil Corporate Liaison to United Way of Metropolitan Dallas, led the volunteer project. She is pictured here with a Nexus client and John Gentry, ExxonMobil Day of Caring Coordinator. All photos this page are by Tim Sharp.

DAY OF CARING



Pictured from left to right with a Nexus client: Lisa Meyer, ExxonMobil Controller's Department and Curt Fitzgerald, Manager Benefits.



Judy Williamson, Safety, Health & Environment Department, Alison Dalton, PA and Donald D. Humphreys Senior VP & Treasurer, ExxonMobil United Way Campaign Chair.



Debra Drumheller, Manager Affiliate Finance and J. Stephen Simon, Senior VP ExxonMobil Corporation.

Share Your Talents

You can make a difference in the lives of women and children healing from the devastating effects of addiction. There are numerous opportunities to help out. For more information, contact the staff members below.

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

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

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

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

Holiday Parties - Volunteers are needed to organize Halloween, Christmas and Easter parties for clients and their children. For the Halloween party, contact: Don Farmer, ext. 2124, dfarmer@nexusrecovery.org. For the Christmas party this

year, we would like a separate party for the adolescents. For the kids: contact Tonjia Grady, ext. 2700, tgrady@nexusrecovery.org. For the adolescents: contact Beverly Carroll, ext. 2110, bcarroll@nexusrecovery.org. For the Easter party: contact: Tonjia Grady, ext. 2700, tgrady@nexusrecovery.org.

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

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

Outpatient Monthly Celebrations: The four outpatient counselors have requested cakes for their groups on a monthly basis for birthdays, celebrations, graduations,

etc. Contact: Sam Hilliard, ext. 2500, shilliard@nexusrecovery.org.

Outpatient Parties: Volunteers are needed to help decorate and arrange parties for Thanksgiving, Christmas Eve and New Years Eve. Contact: Sam Hilliard, ext. 2500, shilliard@nexusrecovery.org.

Parkland Partner: One to two volunteers per week are needed to accompany new clients to Parkland. Transportation will be provided by the Nexus van. Volunteers are needed in both the mornings and afternoons and will need to allow for up to four hours of their time. Contact: Lora Brandis, ext. 2104, lbrandis@nexusrecovery.org.

Volunteer Coordinator: A volunteer is needed to coordinate the volunteer program. This is a once a week, three to four hour commitment. For more information contact Lora Brandis, ext. 2104, lbrandis@nexusrecovery.org.

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



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