

2020 Annual Report

Security - Community - Dignity



nexusrecovery.org

Joint Statement

There is not a person alive today who will soon forget 2020 and all its twists and turns. The COVID-19 pandemic has been especially impactful for those seeking and actively in recovery. Shelter-in-place ordinances resulted in social isolation by limiting in-person, face-to-face interactions, which is a crucial component of long-term recovery. Although we have yet to see the full impact of this isolation on our society, reports have shown an escalation of mental health disorders, including anxiety and depression, over the past year, as well as increases in binge drinking among women, relapse rates, and a record-setting number of overdoses nationwide.

Now more than ever, women and their families need a place where they can seek help when there are no options left. As a healthcare organization providing life-saving, evidence-based treatment, Nexus had an obligation to remain fully operational throughout 2020. We are proud that our COVID mitigation protocols and safety procedures ensured we had no clients test positive for the virus while in our care during our 2020 fiscal year.

The Nexus Board of Directors and Executive Leadership want to thank each staff member that walked along side our families this year on their recovery journeys, as well as our community donors who ensured we remained ready and able to serve others. In spite of the challenges this year, Nexus also had its share of miracles in 2020 and that is what we will choose to remember.



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Heather E. Ormand
Chief Executive Officer

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Financial Summary

Statement of operations for period September 1, 2019 to August 31, 2020.

Program Services

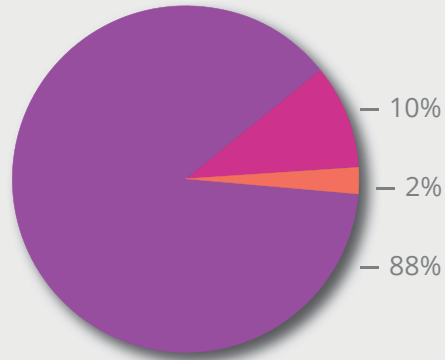
● \$9,255,156

General & Administrative

● 1,022,920

Fundraising

● \$259,172



TOTAL EXPENSES

\$10,537,248

Staff

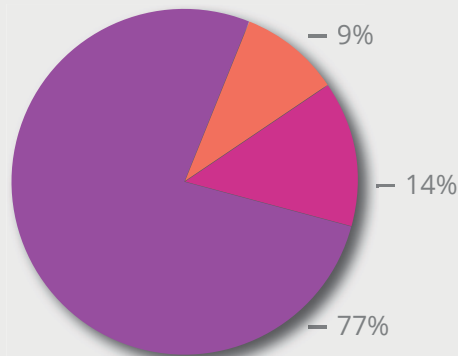
● \$8,115,717

Basic Needs

● \$1,446,762

Facility

● \$974,769



EXPENSES BREAKDOWN

\$10,537,248

Treatment Revenue

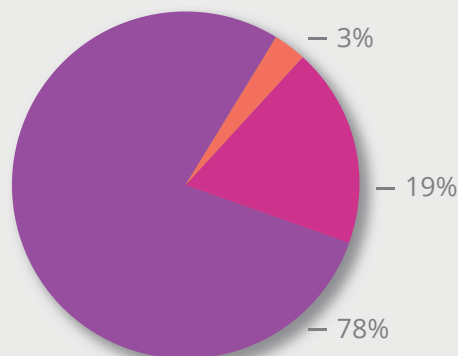
● \$7,692,387

Private Donations & Grants

● \$1,822,965

Other Revenue

● \$274,537



TOTAL REVENUE

\$9,789,889*

*Nexus received a federal Paycheck Protection Program (PPP) loan of \$1.1 million in May 2020. The loan was fully forgiven in January 2021. This amount is not reflected in total revenue.

The Auxiliary of Nexus

We would also like to express our appreciation for **The Auxiliary of Nexus** whose contributions to Nexus in fiscal year 2020 and over the past 24 years are without measure. The mission of the 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' projects and services.

The Auxiliary brought holiday cheer to the children of the Child Development Center with parties at Halloween and Christmas and provided staff appreciation gifts, snacks, and lunch to our staff throughout the year.

In addition to volunteer support, the Auxiliary typically holds two fundraising events each year – a **Holiday Bazaar** and a **Spring Luncheon**. Because of the pandemic, Nexus had to cancel our annual Spring Luncheon organized by The Auxiliary of Nexus. In spite of this cancellation, The Auxiliary of Nexus raised a total of **\$77,270** in fiscal year 2020 in support of the women and children of Nexus.

Junior League of Dallas



Nexus partnered with the **Junior League of Dallas** on two projects for 2019-2020: the year-long Work It Out Program and a weekend service project where provisional members painted murals in two classrooms of the Child Development Center. Approximately **35** volunteers contributed hundreds of hours supporting Nexus.



Nexus Partners



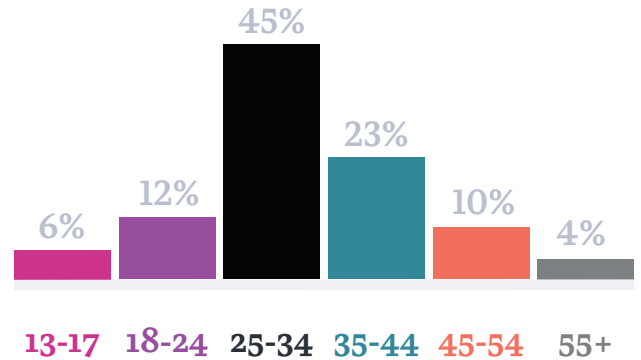
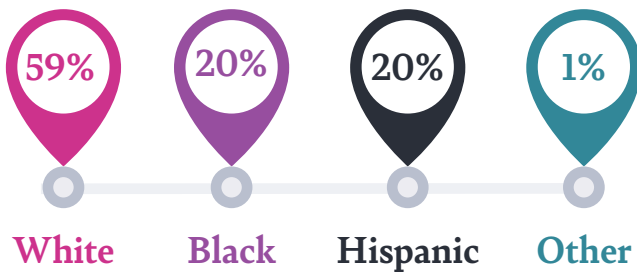
Metropolitan Dallas

Recovery on Campus

OUR CLIENTS

Nexus provides a gender-specific, trauma-informed continuum of care treatment program that helps women find their path to recovery. Our holistic approach to treatment not only addresses a woman's substance use disorder, but also the factors causing it and its consequences.

Client Demographics



Nexus served **1,844** adult and adolescent clients as well as **266** of their accompanying children. We provided **39,090** residential treatment days in our Detox, Adult Women, Pregnant and Parenting Women with Children, and Adolescent programs.

1,844
clients served

20%
faced homelessness at admission

79% reported that Nexus had a significant impact on their lives
77% reported abstinence from substances 60 days post-discharge

Adolescent Program

The Adolescent Program serves adolescent girls, ages 13-17. In conjunction with treatment services, clients attend onsite classes taught by two DISD teachers. The Adolescent program is one of the few programs in the state that accommodates a late-term pregnant or newly parenting teen. In FY2020, Nexus served 85 unduplicated adolescent clients.



PREGNANT AND PARENTING WOMEN WITH CHILDREN

The Pregnant and Parenting Women with Children (PPWC) program serves adult women in all stages of pregnancy and invites women to bring up to three children (ages 0-12) with them into residential treatment. PPWC proudly served **263** adult clients, including **163** women who were pregnant.



|
61
Nexus Born
Babies



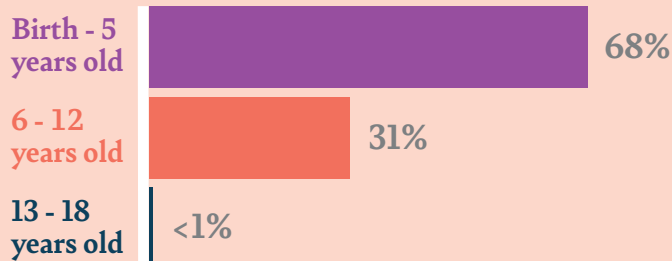
|
48,450
Meals Fed
to Children



|
266
Children
Served

CHILD DEVELOPMENT CENTER

Our Child Development Center provides counseling, care, and basic needs to children who accompany their moms, whether in residential or outpatient treatment at Nexus. Nexus is one of the few treatment facilities in the state of Texas that provides comprehensive treatment services for pregnant women and allows parenting women to bring up to three children with them into treatment. Nexus offers several programs to meet the needs of women and their families, including our PPWC residential program, an Outpatient program, and Nexus Generations Pregnant and Postpartum Intervention (PPI) and Mommies programs.



81% of children receiving specialty therapy services were ages 0-6 years old

87% of Nexus-born babies had a healthy birthweight



ADULT WOMEN

The Adult Women (AW) program serves adult women, ages 18 and older. Together with her counselor, each woman in the AW program develops and implements a personalized treatment plan, which charts the course of her treatment. The client and counselor update the treatment plan regularly throughout residential treatment. Clients are encouraged to continue in outpatient treatment and recovery support services, following their residential stay.



"Nexus has shown me self-love. The more love I gave myself, the more I felt happy of where my life is now. Nexus has given me hope for better days with a healthy mindset. I can have so much more and feel so great. Greater than I can ever remember.

I can forgive those who I let hold me back or let control my feelings. I can let go of anger and turn it into love. I thank Nexus every day for showing me the potential in a sober lifestyle and teaching me how to love the little girl inside of me."

- AW Client



954

*Adult Women
Clients Served*



23

*Days as Average
Length of Stay*



Health Services

DETOXIFICATION

Our Detox program provides medically-supervised detoxification services onsite for alcohol, sedative, and opiate withdrawal. Medical staff monitor clients to ensure stabilization. In fiscal year 2020, clients in the Detox program had a completion rate of **83%**, which exceeded our target goal of **70%**. In addition, **84%** of clients transitioned into a lower level of treatment (i.e. residential, outpatient, or both) after completing Detox.



"For anyone who battles the disease of addiction making the choice to submit yourself into treatment can be a very scary first step to sobriety. As an addict, many of us have experienced withdrawals from our drug of choice outside of a treatment center, which that alone can deter one from making the choice to enter a recovery center simply due to the fear of the uncomfortable detox process." - Detox Client



542
Clients Received
Detox Services

PSYCHIATRIC SERVICES

Our Psychiatric Services meet the specialized needs of clients diagnosed with a co-occurring psychiatric disorder and substance use disorder. In fiscal year 2020, Nexus provided specialized mental health counseling to **279** clients with a co-occurring psychiatric and substance use disorder and provided **1,008** mental health appointments.



279
Clients Received
Psychiatric Services

One of our clinical assessment tools is the 24-item Behavior and Symptom Identification Scale, **BASIS-24**, which is a leading behavioral health assessment tool designed to assess the outcome of mental health or substance abuse treatment from the client's perspective. Our clients showed the following:

- **52% improvement** in 6 major areas including: depression/functioning, relationships, self-harm, emotional lability, psychosis, and substance abuse.
- **79% improvement** on the self-harm scale
- **57% improvement** on the depression/functioning scale

MEDICATION ASSISTED TREATMENT

Our Medication-Assisted Treatment (MAT) services provide medications in combination with counseling and behavioral therapies for the treatment of opioid use disorders. Nexus provided medication-assisted treatment services to 186 unduplicated clients in fiscal year 2020.

186

clients received harm-reduction opioid treatment



Dr. Julie R. Pittman, MD, PhD
Medical Director

"When I started as a Medical Director, medication-assisted treatment didn't exist as a treatment option. Cost made access a problem and there weren't enough buprenorphine providers in the North Texas area.

Nexus started providing MAT services because we needed more availability. Initially, I started seeing patients one-on-one, but eventually we formed groups in order to see more people. Generic options are now also available that make buprenorphine more affordable.

I am happy that our MAT program is doing very well and our clients are doing really well. We have some MAT clients who have been in recovery for 3 years. We're expanding as fast as we can in a responsible way so that people get really good, quality care."

"The M.A.T program has made sobriety possible. It truly has saved this mom's life. Thank you."

– Heather

"It's been a huge help in my life. The counseling and meetings with Dr. Pittman have changed my life and I am grateful for that." – Tiffany

"I LOVE the MAT program!!! I have been sober 19 months now. [I] got my children back, have my own home, a nice car, and an amazing job!! Thank you so much!! Couldn't have done it without Nexus and the MAT program!!" – Kim

"The program has enabled me to focus more on re-establishing my place as a productive member of society without the added stressors that come along with out-of-pocket costs for a private doctor. The group interaction also helps me feel connected to other women like me [who are] facing similar challenges. Thank you." – Carity

"The MAT program has helped me tremendously. I just celebrated one year clean and I could not have done it without this program. I am so thankful for the counseling services and other resources that are provided. Not only has this program saved my life but it has completely transformed it for the better. I have grown so much, learned to love myself, and love life. Thank you, Nexus and all of my MAT counselors!" – Kayla

In The Community

OUTPATIENT

Our Outpatient program serves as a primary treatment for women and adolescent 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.



96%

of clients receiving outpatient services abstained from drug and alcohol throughout treatment



60 days after leaving treatment, 79% of clients reported a life-changing impact



88% of alumni reported their family was positively impacted

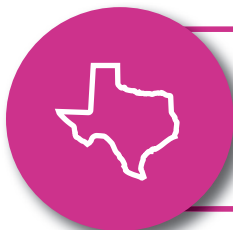
OUTCOMES

Our Outpatient program was greatly impacted by the shelter-in-place ordinances resulting from the COVID-19 pandemic. Nexus began offering services via telehealth, allowing our clients to shelter-in-place and still receive the treatment services and support they needed for their recovery.

In fiscal year 2020, Nexus served **455** adult and adolescent outpatient clients and provided a total of **20,043** hours of outpatient services, including **7,132** conducted via telehealth.

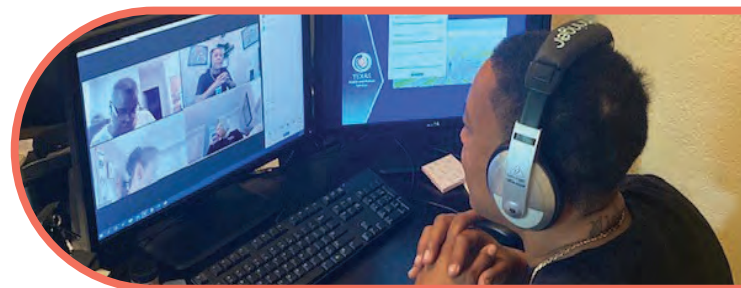
RECOVERY SUPPORT SERVICES

Recovery Support Services (RSS) provides ongoing peer support for women and keep them active and connected to Nexus throughout their recovery journey. Peer Support Coaches start building relationships 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.



20

RSS clients attended a statewide Narcotics Anonymous Convention



Events & Activities

Program Director, Niki Prince, and her team organized Nexus' annual Recovery Picnic, during National Recovery Month in September 2019, which brought together more than **500** clients, including **49** Nexus alumnae, as well as their families, and members of the recovery community for a day-long celebration featuring food, music, and informational booths on educational opportunities and other recovery resources.

COVID-19 Impact

Period from March 1, 2020 to August 31, 2020:

- Implemented emergency paid sick leave to ensure staff were not economically impacted
- Provided virtual learning services to school-aged children in order to keep them safe
- Offered treatment services via telehealth to allow clients to continue receiving support
- Experienced increase in clients reporting being homeless from 1 in 5 to 1 in 4



0%
positive COVID-19
cases among clients



24/7
remained open
and operational

COVID-19 Timeline

March

April

May

June

July

August

March 9
1st Risk
Assessment
Meeting

March 12
County issues
Shelter-in-Place
Ordinance

March 14
Outside visitation
cancelled

March 18
OP & RSS move
to telehealth

April 6
Auxiliary
Luncheon
cancelled

April 18
Masks required
by all staff and
clients

May 13
Receive \$1.1
million from
CARES Act PPP
Loan

June 1
Adult Women
program waitlist
reaches 17 clients

June 11
1st facility-wide
COVID-19
testing

July 1
Implement
retroactive sick-
leave for staff

August 26
Board of
Directors raise
staff minimum
wage and increase
health benefits

August 31
Remained fully
operational
& ended the
fiscal year with
no positive
COVID-19 cases

Changing Lives for 50 Years

Join a select group of 50 community members dedicated to providing miraculous, life-saving services at Nexus.

Your commitment to the 50 for 50 Campaign will ensure women seeking sobriety and long-term recovery from substance use disorder have a safe place to turn in the future. By being a part of our mission, you are saying change is possible, grace is available for those that seek it and resilience can overcome addiction and despair.

You are giving children back their mothers' love and protection, offering parents back the daughters they long to reconnect with, and providing the world with strong, grateful women that will serve and lead others. The gifts we receive through the 50 for 50 Campaign will help provide Security, Dignity and Community.

nexus50for50.org



Leadership

Becca Crowell joined Nexus Recovery Center in 1990 as its Program Director. Shortly after joining the organization, Becca was promoted to Executive Director and successfully led the organization for 30 years. Becca's clinical background served as the catalyst to grow Nexus' substance use disorder treatment services for women, pregnant women and women with children to be groundbreaking and renowned in the recovery industry.

When asked what she wanted her legacy at Nexus to be, Becca said, "I wanted us to make sure women were able to seek treatment alongside their children. I wanted a legacy of keeping families together, and I was able to accomplish that during my time at Nexus."

Heather Ormand was selected as Nexus' next leader through a national search conducted by a committee of the Nexus Board of Directors with direct input from Becca and the Nexus leadership team. Heather's passion for Nexus' mission is equally strong, and her commitment to women seeking sobriety stems from her personal recovery journey and desire to give back. She brings a strong financial and operational background to Nexus, as well as expertise in building and leading strong teams. One of Heather's first priorities upon joining Nexus was coordinating with the Board on improving health care benefits and increasing the 2021 fiscal year operating budget to support raising Nexus' minimum wage to \$15.00 per hour.



Thank You to Our Donors

Nexus is so thankful for our donors who support our mission and help improve the lives of thousands of women and children each year. Through their generosity, Nexus raised over \$1.8 million for our organization during our 2020 fiscal year.

Becky and C. Thomas Abbott
John Abrams
Laila Abuawaida
Julie Ackerley
Nicola Ackerman
Rosalee Ackerman
Sunny Ackerman
Adams Communications Public Relations
Adleta Corporation
Gina Ahn
Stephanie Al Otaiba
Albertsons Safeway
Cora Alexander
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Amazon Smile
American Legion Post 504
America's Charities
Paul Amiel
AMVETS Riders Post 23
Amy Leber Designs
Elizabeth Anderson
Margaret Anderson
Steven Andrews
Anonymous
Beth Anschuetz
Apartment Association of Greater Dallas
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Judith Arnette
Judy Arras
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Irene Ballengee
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Susan Barnes
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Kinfolk Motorcycle Club
Darline King

Merrie King
Sharon King
Tammy King
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Rodger Kobes and Michael Keller
Romain Komorn
KPMG, LLP
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Jacqueline Kraatz
Jeneec Kreider
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Jonna LaGrone-Haynes
Steve LaSala
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Stacie Linnear
LeeAnne Locken
Michelle Lomax
Lombardi Family Concepts
Charles Loretto
Joseph Loretto
Leslie Lugo Mashburn
Lyndsey Lukovich
Karen Lurcott
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Lyda Hill Philanthropies
Susan Lynch
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Nancy O'Connor
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Christy Opella

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Sue Rogers
Robin Rose
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The Rosewood Foundation
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Justine Rowan
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Choyce Russ
Dana Russell
Vicki Russell
Noelia Saenz and Erick Fife
Laura Sahliyah
Michael Salazar
Molly Salmon
Salum Restaurant
Reem Samra
Victor Sanchez
Savor
Cathy and Steven Saxon
Henry Schlachter
Charles Schwartz
Kristine Schwope
Scorpions Motor Cycle Club
Nancy Scott
Shari Scott
Scott Sealy
Locie Sebastian
Heather Selitremnikoff
Sevy's Grill
Wanda Shannon
Jessica Shaw
Kristy Shaw
Stephanie Shelby
Nancy Shelton
Shinsei
Carole Shumway
Nancy Shutt
Simmons Sisters Fund
at Texas Women's Foundation
Susan Simon
Simply Grace
Helga and Ray Sims
Lyndell Sinclair
Chari Singleton
SMART Southwest Gulf Coast Regional
Council
Misty and Steven Smathers
Janet Smith

Jeff Smith
Lori Smith
Susan Smith
Diane Snow
Sandra Snyder
Janina and Charles Solomon
William Solomon
Sonny Bryan's Smokehouse
Southern Dawgs Motor Cycle Club
Southwest Airlines
Ashli Sowels
Sparks Osteopathic Foundation
Lauren Spradling
Sprinkles Cupcakes, LLC
St. Pius X Church
Linda and Joe Staley
Tricia and Eric Stammberger
Justyna Staniumas
Stayn' Alive Succulents
Carole Steele
Trudy and Don Steen
John Sterling
Anne Stodghill
Stone Legends
Deborah Stowe
Poppy Sundeen
Super Star Cutz
Char Sutherland
Suze
Swoozie's At Preston Center
John Talmadge
Talulah & HESS
Phil Tanner
Sally Tarride
Ashley Tatum
Rodney Taylor
Byrd Teague
Teamsters Motor Cycle Club
Caryn Tebbe
Terilli's Restaurant & Bar
Texas Brisker Biscuit
Texas Instruments Foundation
Texas Naloxone Opioid Initiative
Texas Prochemical Soil Stabilization
Alyson Thompson
Diane Thompson
Jere Thompson
Linda Thompson
Michael Thompson
Shelley Thompson
Erma Thomson
Cynthia Treece
Tribal Vapor Dallas
Nicole Trussell
Holly Tucker
David Turner
Greg Turner
Joanna Turner
John Turner

Unique Software Development LLC
UPS
United Way of Metropolitan Dallas
Susie Uphues
Sheri Vaden
Michelle Valdez
Lana Valenta
The Vapor Club, INC.
Dee and Trey Velvin
Sharman Vesecky
Kerensa Vest
VFW & AUX Post 8785
Meghan Vlach
W. P. & Bulah Luse Foundation, Bank of
America, N.A., Co-Trustee
Carolyn and Rick Waghorne
Angie and Rush Waghorne
Janie and Stephen Waghorne
Angela Wagner
Colleen Walker
Lacey Walker
David Walthall
MarQuita Washington
Bill Weaver
Andrea Weber
Maryanne Weber
WeePee Play Tents
Herschel Weisfeld
Marilyn Wessel
Jane Wetzel
William Whaling
Cheryl Wheatcroft
Kay Whelan
Abigail White
Nan White
Paul Whitman
David Wilgus
Lisa Williams
Marty Williams
Paul Williams
Steve Williams
David Willis
Janice Willis
Warren Wingert
Wolverines Motor Cycle Club
Women's Evening Alliance of First Unitarian
The Woodhouse Day Spa
Crystal Woods
Anja and Jeff Wooson
Roxiann Woody
Catherine Wright
Amber Wrye
John Wunderlick
Myra Wyckoff
Kim and Evan Wyly
Yardbird
Angela Young
Christopher Young
Nancy and Jack Zogg



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