

2021 Annual Report

Security - Community - Dignity

nexusrecovery.org



Joint Statement

We joyfully celebrated 50 years of serving women and children on their recovery pathways during 2021. Nexus was founded in 1971 by women in long-term recovery as High Hopes Rehabilitation Center, and we continue to carry this hope in our hearts and into our community with each woman that comes to Nexus. Nexus has proven its resilience throughout its history, just as our clients demonstrate extreme resilience in the face of poverty, homelessness, potential incarceration, and lack of access to adequate healthcare. Our clients fight for the lives they were meant to live. Nexus continues to fight through the impacts of COVID, both emotionally on our staff and financially, for the sake of the families we serve.

The reported number of overdose deaths in 2021 was the highest ever on record. Fentanyl is in nearly every street drug now. More than 100,000 lives were lost to overdose during the past year. These deaths are preventable. Women CAN and DO recover from substance use disorders. Overdose prevention is at the forefront of what we do at Nexus. We believe the only way for families to begin their recovery journey is to stay alive, to keep fighting and hoping, so we meet them where they are with integrity, compassion, and respect.

Those of us fortunate enough to witness miracles – the light returning to a woman’s eyes, a child bonding with her mother for the first time, or a family being reunited with the daughter they had written off as hopeless – continue to cherish these moments of hope and resilience. This is what we remain focused on when funding is tight, staffing is difficult, and showing up is downright hard. We focus on the miracle that is coming – we just have to keep going to see it.



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Financial Summary

Statement of operations for period September 1, 2020 to August 31, 2021.

Program Services

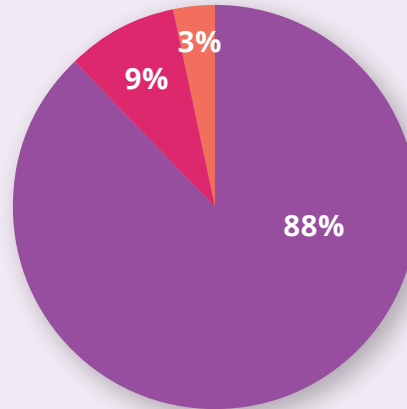
● \$9,841,380

General & Administrative

● \$1,020,878

Fundraising

● \$347,471



TOTAL EXPENSES

\$11,209,729

Staff

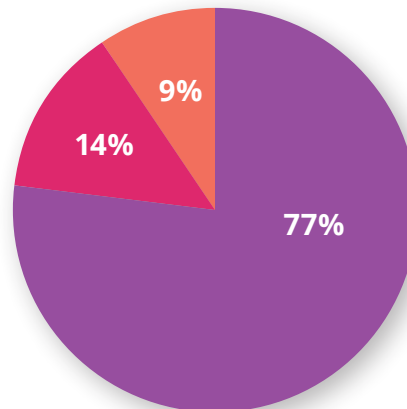
● \$8,115,717

Private Donations & Grants

● \$1,446,762

Other Revenue

● \$974,769



EXPENSES BREAKDOWN

\$11,209,729

Treatment Revenue

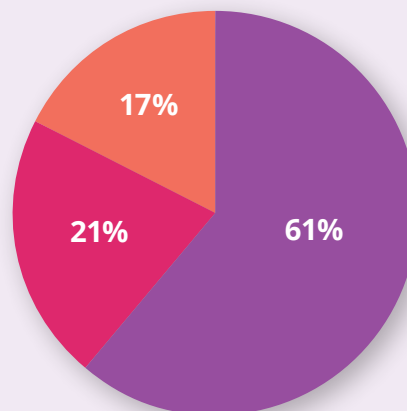
● \$6,723,532

Private Donations & Grants

● \$2,350,014

Other Revenue

● \$1,896,296



TOTAL REVENUE

\$10,969,842

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.

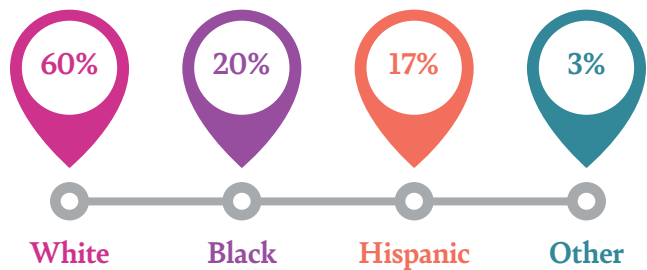
In 2021, Nexus served **2,287** adult clients and **177** of their accompanying children. We provided **39,705** residential treatment days in our Detox, Adult Women, and Pregnant and Parenting Women with Children programs.

- Approximately 98% are low-income
- Approximately 40% identify as persons of color.
- 83% of the women served had justice system involvement.

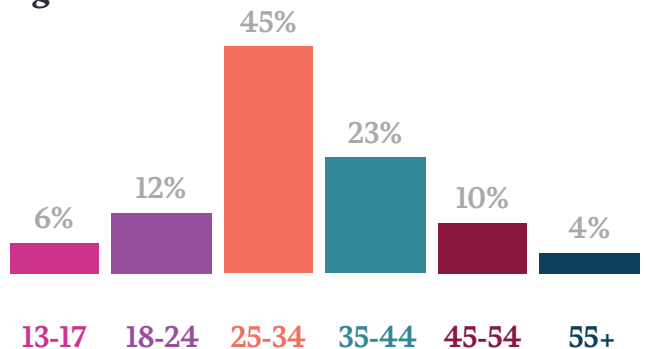


CLIENT DEMOGRAPHICS

Ethnicity



Age



Recovery on Campus

ADULT WOMEN

The **Adult Women (AW)** program serves adult women, ages 18 and older. Residential clients in the AW program work in tandem with licensed counselors to create a treatment program that is personalized for their needs. Clients' calendars are filled with one-on-one counseling and group treatment. Clients in AW also engage in activities that aim for the heart of their disorder. The goal is to treat their issues, as they continue to weave life skills and foster a like-minded community of sober people.

“One year ago today, I made the choice to truly start living my life a different way, filled with countless days of being uncomfortable — because change is uncomfortable. I knew that the way I had been living my life was not a way worth living nor one that I wished to continue trying to struggle through. I went back to Nexus Recovery Center one more time and begged for one more chance to detox.”

—*Courtney M.*



1,232
adult women
clients served



23
days as average
length of stay

PREGNANT AND PARENTING WOMEN WITH CHILDREN

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 Pregnant and Parenting Women with Children (PPWC) residential program, an Outpatient program, and Nexus Generations Pregnant and Postpartum Intervention (PPI).

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 0-11) with them into residential treatment. PPWC proudly served 259 clients, including 148 who were pregnant.



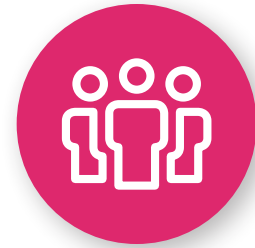
28

Nexus-born babies



148

Pregnant clients served



177

Children served

CHILD DEVELOPMENT CENTER

Nexus Recovery Center operates a licensed childcare center serving infants through school-aged children so that clients and alumni can rely on quality care while focusing on their recovery journey. The Child Development Center offers play therapy, speech therapy, occupational therapy, and physical therapy for children in our residential programs, and accepts childcare assistance through Childcare Group.

NEXUS GENERATIONS

Nexus Generations provides comprehensive services to pregnant and parenting women diagnosed with a substance use disorder. Through this program, each client participates in several hours of parenting education per week and attends support groups to help on her recovery journey and prepare for motherhood. Counselors and advocates work with each expectant mother to ensure that navigation through complex family systems is more seamless.

We partner with our Residential Women and Children Program to ensure best quality of care to our pregnant women and new moms. We provide wraparound services from pre-entry, during-services, and post-services. We have a parenting educational specialist, licensed counselor, and two recovery coaches on staff.

Health Services

DETOXIFICATION

For Nexus clients entering residential treatment with severe opioid, alcohol or benzodiazepine use, a medical detoxification process may be necessary. People may experience life-threatening symptoms as they go through withdrawal, so women in our detox program receive round-the-clock monitoring, medication, and care from nurses and work daily with detox-specific counselors.

Experienced and skilled in collaborating with clients on relapse prevention plans and overdose prevention plans, counselors use motivational interviewing to help clients develop a comprehensive recovery program that includes ongoing treatment after detoxification.



MEDICATION ASSISTED TREATMENT

Substance use disorder is a chronic disease that can physically, chemically, and permanently alter the brain. As with other chronic diseases, medication may be useful in treating substance use disorder. Nexus Recovery Center's Medication Assisted Treatment program provides medications in combination with counseling and behavioral therapies for the treatment of some substance use disorders.

Pregnant women enrolled in this program, even those in the late stages of pregnancy, have dramatically improved birth outcomes, allowing Nexus born infants a different chance at life than they would have experienced otherwise.



575

*clients received
detox services.*



247

*clients received harm-
reduction opioid treatment*



PSYCHIATRIC SERVICES

Nexus' approach to the treatment of substance use disorder involves meeting a woman where she is in her recovery journey and addressing all barriers to recovery. For some Nexus clients, Co-Occurring Psychiatric and Substance Use Disorders (COPSD) must be addressed together as part of their treatment.

Our medical providers offer psychiatric evaluations and medication management to this population. In addition, Nexus employs Master's level counselors who are equipped to address the complex needs of each client, and use evidence-based treatment methods to provide individual therapy to treat co-occurring disorders and the complex trauma that may underlie substance abuse.

In fiscal year 2021, Nexus served 544 clients with a co-occurring psychiatric and substance use disorder.



544

*clients received
psychiatric services*

BASIS-24 SURVEY OUTCOMES

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.

Overall, clients showed a 54% overall improvement on the BASIS-24 survey, signifying a clinically meaningful improvement in six major areas of difficulty and/ or distress, including: depression/functioning, relationships, self-harm, emotional lability, psychosis, and substance abuse. Clients showed an 79% improvement on the self-harm scale and a 60% improvement on the depression/functioning scale.



54%

*of clients showed
overall improvement*

Depression/Functioning:

60% improvement

Relationships:

40% improvement

Self Harm:

78% improvement

Emotional Lability:

45% improvement

Psychosis:

62% improvement

Substance Abuse:

54% improvement

Overall (all categories):

54% improvement



In The Community

OUTPATIENT

Nexus recognizes the importance of meeting women where they are on their recovery journey. Our Outpatient Program serves as a primary treatment for women or as a step-down from residential treatment. In fiscal year 2021, Nexus served 391 adult outpatient clients.

For alumni of our residential programs or clients who are best served through outpatient services for the duration of their treatment, off-campus programs provide individualized treatment and access to a support network for women managing their recovery alongside their lives, jobs and families. By engaging in ongoing group and individual counseling, clients develop coping skills that make for sustainable, long-term recovery.

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.



391

*outpatient
clients served*



59%

*59% of clients reported a life-
changing impact 60 days
after leaving treatment.*



89%

*of alumni reported
their family was
positively impacted*

RECOVERY SUPPORT SERVICES

Certified Recovery Support Peer Specialists offer experience, strength, and hope to women as they embark on their personal recovery journey. Peer Specialist remove barriers prior to, during and beyond the treatment episode. The team provides creative solutions, practical guidance, and education as well as employment and supportive housing assistance.

Using personal lived experience to connect with clients seeking long-term recovery, Nexus' Recovery Support Peer Specialists accompany participants on their personal recovery journey, effectively extending the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Philanthropic Partners

THE AUXILIARY OF NEXUS

The mission of the Auxiliary of Nexus is to support and promote the interests of Nexus Recovery Center, Inc. Members of the Auxiliary make our community a better place by putting in countless volunteer hours each year, planning and implementing special events to raise money for Nexus. This mission is accomplished using the following methods.

- By building a strong and active membership
- By stimulating public awareness
- By helping in the financial support of Nexus' services and projects

YOUNG SUPPORTERS COUNCIL

Nexus created the Young Supporters Council (YSC) to support our Child Development Center located on campus. As a unique circle for individuals (40 and under), the YSC is for people passionate about recovery and seeking social networks to support our North Texas community.



JUNIOR LEAGUE OF DALLAS

Nexus partnered with the Junior League of Dallas on two projects for 2020-2021: 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. In 2021, 723 volunteers contributed hundreds of hours supporting Nexus.



723

*hours of volunteer service
provided by Junior
League of Dallas*



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 \$10,969,842 for our organization during our 2021 fiscal year.

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