



Recovery Rising Campaign Case for Support

NEXUS RECOVERY CENTER

Nexus is a nonprofit organization dedicated to breaking the cycle of substance use disorder for women. Originally known as High Hopes Rehabilitation Center, Nexus was founded in 1971 by a group of women in long-term recovery. Each year, we now serve over 2,500 women with children ranging from ages zero to twelve. Even more notable, we invite women into treatment, at all stages of pregnancy, for care before and after childbirth.

With the belief that a woman is always welcomed through our doors into recovery, no matter how many times she returns, Nexus offers a community of hope, dignity, and recovery.

Based on a wide range of medical, psychological, social, residential, and outpatient services, Nexus offers a gender-specific, trauma-informed, continuum-of-care treatment program that helps women find their path to recovery and remain in recovery even after their stay at Nexus.

Accredited by The Joint Commission since 2006, Nexus offers women and children a thriving community. Here, they can rebuild their lives in our treatment program that offers them an array of comprehensive services – regardless of their ability to pay.

A HOLISTIC APPROACH

At Nexus, we take a holistic approach to treatment. We address a woman's substance use disorder (SUD), the factors causing it, and its consequences. To measure success, we follow the recovery capital model, which looks beyond the measure of sobriety to evaluate client success.

This model assesses and values reentering to societal norms, to home and job security, and, most importantly, to personal self-care – all of which lead toward a valued life. The goals set forth within this model include:

- The achievement of stable, sober housing
- Clean living in a sustainable, supportive sobriety community
- The number of reunifications with children and family members
- Economic security through gainful employment
- The continuation of recovery support and long term engagement with Nexus
- Access to the Medical Addiction Treatment (MAT) program for ongoing medication protocols

- The completion of probation service
- Nexus' service plan completion

OUR CLIENT PROFILE

Nexus' clients reflect our mission. Approximately 98 percent of our patients are low-income, with some 40 percent identifying as persons of color. Eighty-three percent of the women we serve have had some involvement with the justice system. For many, Spanish is their first language.

INCREASED NEED: THE PANDEMIC AND MENTAL HEALTH

The repercussions of the global pandemic on mental health are acute. The substance abuse disorder crisis is at an all-time high. At the beginning of the pandemic in 2020, a survey reported that 41.4 percent of 2,784 female respondents experienced at least one adverse mental or behavioral health condition. These conditions included symptoms of anxiety disorder, depressive disorder, and trauma-and stressor-related disorder.

This survey also considered the start or increase of substance use to cope with stress or emotions related to the COVID-19 pandemic. The opioid crisis, for example, was exacerbated by ongoing stress caused by the pandemic. The result was a record-setting number of overdose deaths in the United States. Data from the Center for Disease Control's National Center for Health Statistics (2022) reported over 100,000 known drug overdose deaths. During the twelve-month period ending in June 2021, approximately 75 percent of these deaths were due to opioids. In Texas alone, 4,701 deaths from drug overdose were reported for the same period. Reports today still continue to state that the pandemic triggered a 25-percent increase in the prevalence of anxiety and depression worldwide. Four in ten adults still report adverse symptoms, up from one in ten adults reported in 2019.

Understandably, the negative economic impact of the pandemic created a burdensome strain on people's mental health and erected new barriers for those already suffering from mental illness and substance abuse disorders. In fact, according to a 2022 Kaiser Family Foundation report, women reported higher rates of anxiety and depression; especially women with children, given school closures, a lack of childcare, the loss of employment, and/or the expense of and physical effects from contracting the virus.

The pandemic also disproportionately affected people of color. Non-Hispanic Black adults (48 percent) and Hispanic or Latino adults (46 percent) are more likely to report symptoms of anxiety and/or depressive disorder than non-Hispanic White adults (41 percent). Both those newly experiencing SUDs, as well as those already diagnosed, could face additional barriers.

Due to the financial crisis accompanying the pandemic, significant implications also exist for mortality due to "deaths of despair." A May 2020 analysis conducted by Well Being Trust projects more suicides and alcohol/drug misuse related to the pandemic's associated social isolation and economic downturn by 2029.

The increased need for recovery services will likely persist long term, especially for more women and their children. In Texas, Child Protective Services (CPS) cases involving substance use disorders

had already risen by more than 50 percent during the last decade before COVID-19. Young children under age two are disproportionately affected and make up more than one-quarter of the total Texas foster care population.

THE RESPONSE: A NEW CAMPUS VISION

For women with SUDs, Nexus knows the answer is rehabilitation alongside their children to rebuild their relationships and regain their trust. Across Texas, Nexus is one of only a handful of centers offering women rehabilitation and recovery with their children. Our holistic approach gives women the opportunity to achieve long-term recovery. It also offers early intervention for their children.

Currently, Nexus sits on an eleven-acre campus. Our programs operate out of fatiguing dorms and tired administrative buildings, once a part of Dallas Baptist College. Physically underwhelming and in dire need of renovation or replacement, the dormitories, cafeteria, meeting rooms, offices, and the child development center are at capacity. Except for the Waghorne dormitory renovation, little to no improvements have been made since 1990. Over this 21-year period, the buildings' operational needs were addressed with ongoing fundraising support, but few to no updates, nor refurbishments, occurred.

After the July 2020 hiring of Heather Ormand as CEO, a new strategic plan was adopted by the Nexus board of trustees in the spring of 2021. From that, a campus master plan was designed. Working with HKS Architects, the modern, ten-year master campus plan addresses a list of building woes and opportunities for growth utilizing vacant land on the La Prada campus behind the current old buildings.

This forward-thinking plan prioritizes clients and their medical care at Nexus. In the past, the inherited campus design included crowded spaces that prevented clients from receiving much needed and deserved privacy when discussing highly personal issues. On the horizon, Nexus plans a campus featuring newly designed spaces that support client privacy and meet Nexus' vision for delivering medical best practices in a calm, effective, and efficient space. The design also advances the partnerships with The University of Texas Southwestern Medical Center (UTSW)'s psychological fellowships, as well as the onsite family medical clinic and Parkland Hospital's services. Parkland Hospital's potential obstetrics and gynecological residency program would expand beyond the mobile health program in place. Additionally, Nexus also participates in clinical trials that can lead to new treatment protocols for SUDs, which is another key factor for improving the campus environment.

Located on the front parcel of the campus, a new medical building will be the first stop for all women. The 9,530-square-foot building will be accessible via a circular drive for outpatients and non-residents.

With a commitment to care with dignity, the modern building will house:

- A new admitting patient area
- A waiting room that addresses privacy issues near the medication dispensary
- Sixteen detoxification beds with an adjacent nursing station

- A commons area
- Offices for the medical director and nurse practitioner
- Dedicated medical exam spaces

For many Nexus clients, the first step in their recovery is detoxification. The escalating opioid crisis has been most readily felt across the medically supervised programs. In the 2021 fiscal year, Nexus served 654 clients in the medically supervised Detox program. Eighty-four percent of these clients then transitioned to residential treatment.

With the mental health and SUD crisis growing, and with the number of clients requesting admission increasing, the new medical building will meet the service delivery clients deserve and need. Security enhancements, benefiting clients and employees, are also planned for this portion of the campus.

Five and a half million dollars is needed to create the new medical building. An additional \$1.4 million is needed to fund operations and increase admission intake to seven days a week, currently at five days. With a generous seed gift of \$4 million from the Doswell Foundation, the campaign for Nexus' new campus will launch in Spring 2023. The construction for the new Doswell Medical Center is anticipated to be completed by the fall of 2024.

CAPACITY BUILDING

The global pandemic impacted the Nexus operations in significant ways. As COVID-19 shut down many other service delivery operations beginning in March 2020, Nexus continued to operate 24 hours a day, seven days a week, maintaining staffing at 2019 levels and preventing staff layoffs. Frontline essential workers tirelessly provided services to ensure the safety and dignity of the women and children assisted. Many clients experiencing trauma and housing instability had nowhere else to turn, allowing Nexus to be their place for recovery. To maintain the level of care needed, the cash reserves were depleted.

At the height of the pandemic, cases of COVID-19 unexpectedly impacted the organization, requiring the entire campus to quarantine for ten days. This "medical hold" on the campus prevented new admissions and caused the loss of daily public funding. With a low-income client base, Nexus relies on government funding for reimbursement of the cost of care. Today, public funding pays 78 percent of the actual cost, leaving 22 percent to be raised through other measures. The reimbursement gap relies on annual fundraising. Another way to meet the gap is to increase the admission of new clients from five days a week, Monday through Friday, to admitting new clients Saturday and Sunday. Higher staffing levels will be required in the medical treatment center and admissions team.

As substance usage and mental health concerns continue post-pandemic, more and more women are reaching out for recovery services. To address operational needs and build a staff to support the clinical and social needs of both women and children, Nexus must increase operational capacity. This includes building growth to provide quality and comprehensive medical and psychological services. For example, the highly competitive nurse and social service employment market requires Nexus to meet or exceed competitive salaries to hire across the region. The health, rehabilitation,

and social service sector across the nation is also experiencing increased turnover. Due to the high-stress environment of recovery centers and specialty needs, workers are reevaluating their own personal needs for employment, with some leaving the industry altogether. Additionally, Nexus must add nursing personnel to admit seven days per week and increase all staffing levels for weekend operations.

The Capacity and Operations goal for Nexus' comprehensive campaign is \$3.1 million. Nexus' previous operating model did not lend itself to addressing a mental health crisis. Looking ahead, the Nexus board and leadership team are moving toward a mindset of growth to create a best practice model of care for women and children, specifically within an environment that delivers dynamic medical service and fosters a loving, caring community.

YOU CAN MAKE AN IMPACT

Altogether, Nexus is embarking on the Recovery Rising campaign to raise \$10 million to address our most pressing capital, programming, and capacity reserve needs as part of the first phase of our new campus master plan.

Throughout our history, Nexus has strived to remove barriers that prevent women from accessing treatment services. These barriers include the cost, stigma, and a lack of childcare or any SUD services for pregnant women. Therefore, Nexus is a crucial resource for mothers and indigent women seeking to receive the support they need to rebuild their lives, as well as the lives of their families. Children greatly benefit from having mothers who they can now trust. Nexus is able to provide a safe, resilient culture where women can thrive along their road to recovery.

As women and their children work together at Nexus to **rise up, regain hope, and retake control of their lives**, we invite you to join our board and leadership by investing in our new vision of care. So many lives today are impacted by mental health and substance abuse disorders. As we have seen in 2022 post-pandemic, the number of these impacted individuals only continues to increase.

Nexus is prepared to help anyone who walks through our doors. Please join in welcoming them with compassion, respect, honesty, openness, and dignity. Your investment will transform our campus, change the trajectory of our client care and staffing, and save lives.

RECOVERY RISING CAMPAIGN BUDGET

The campaign budget was created based on the projected construction cost of \$5.5 million, the replacement of cash reserves \$1.375 million and a three-year projection of operations of the medical center and annual operations of \$1.750 million. The campaign cost includes a percentage of the salary of the CEO, CPO, CFO and development staff. Other costs include the cost of professional fundraising counsel, campaign marketing and donor cultivation, stewardship and recognition.

Campaign Budget		
Doswell Medical Center	\$5,500,000	Construction
	\$450,000	Operations
Capacity and Cash Reserves	\$3,125,000	\$1,750,000 Capacity \$1,375,000 Cash Reserves
Campaign Cost	\$925,000	Personnel, Counsel, Donor Recognition, Marketing
TOTAL	\$10,000,000	