

# **2023** Annual Report



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Membership Dues Heart & Sole 5k Springtime in Paris 36th Annual ASC Luncheon Other Events **Total ASC Revenue** 

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# **Board of Directors**

Since 1971, **Nexus Recovery Center** has provided comprehensive substance use disorder treatment and trauma-informed care for women and their children. **Our mission is to serve as a community of hope and recovery for all women and their families who strive to live healthy, resilient lives**. As a 501(c)(3) nonprofit organization, Nexus is governed by a volunteer Board of Directors, who donate their time and talent to the organization. In fiscal year 2023, we created the Nexus Recovery Center Foundation, a supporting nonprofit that will allow us to better fundraise and plan for the future growth and stability of Nexus.

#### **OPERATING BOARD**

#### FY24 Officers

#### President

Sharon King

#### **President Elect**

Nickoria Johnson

#### Vice President Courtney Rottman

Treasurer

Billy Murray

## Secretary

Rani Garcia

#### **Member at Large** W. Bart Hamlin II

Member at Large

Rachel C. Ybarra

## FY24 Members

Miriam Armijo Jennifer Asplund Belinda Boling Kathryn Brand Louise Hallam Collins Adam Greenup Valerie Howell, LCDC-I Hayley Krahl Teresa Lin Renda Mathew Carin Mavrorasakis Tyler Riddell Alison Watros

## **Chief Executive Officer** Heather E. Ormand

# FOUNDATION

**Foundation Board** Billy Murray

Karl Nelson Raymond Faus Telisa Schelin Robb James Michelle Langenberg Sharon King *(ex-officio)* 

#### **Recovery Rising Committee**

Kristy Faus, *Co-Chair* Raymond Faus, *Co-Chair* Miriam Armijo Adam Greenup Louise Hallam Renda Mathews Steve Penrose Courtney Rottman Alison Watros

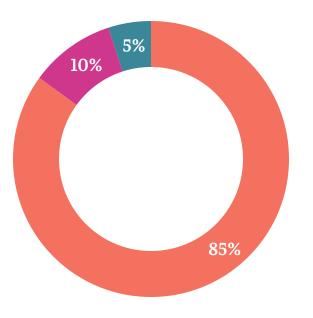


# **Financial Summary**

Statement of operations for period September 1, 2022 to August 31, 2023

TOTAL EXPENSES

\$13,744,810



**PROGRAM EXPENSES** 

# \$18,698,820

**TOTAL REVENUE** 



Program Services	
\$11,597,159	85%

# **General & Administrative**

\$1,396,717 10%
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#### Fundraising

#### Staff

\$8,817,081 <b>76%</b>	
------------------------	--

## Facility

#### **Basic Needs**

\$1,315,577	•	• •		•	•	•	•	•	•	•	•	•	•	•	•	•	••	11%

# Private Donations & Gov't Support

\$10,182,0595	5%
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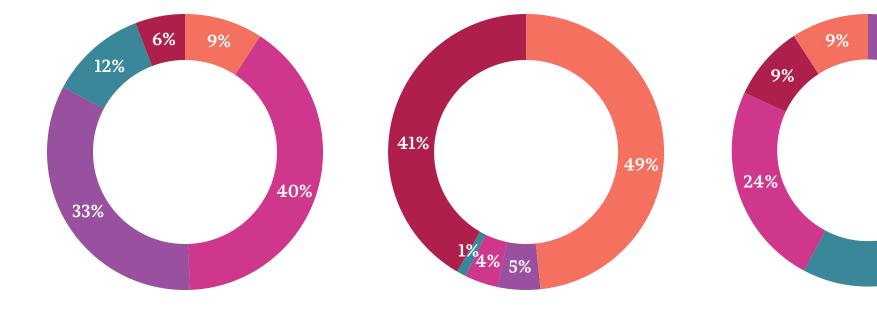
# **Treatment Revenue**

## Fundraising

\$586,162.	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	••	3%	5
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# **Client Demographics**

**Nexus Recovery Center** provides family-centered treatment to transform the lives of women and children impacted by substance use disorders. In fiscal year 2023, Nexus Recovery Center served **1,720** women and **210** children. Of the women we served: **87%** were low-income (making less than \$25,000 per year), **41%** identified as persons of color, and **26%** were homeless at the time of admission.



# **AGE OF CLIENTS**

18-24 years	9%
25–34 years	40%
35–44 years	33%
45–54 years	12%
55+ years	6%

# **COUNTY OF RESIDENCE**

Dallas County	
Collin County	
Denton County	
Rockwall County	
Other	

# **PRIMARY SUBSTANCE**

28%

30%

Meth/Amphetamines	30%
Heroin/Opioids	28%
Alcohol	24%
Cocaine/Crack	9%
Other	9%

# Adult Women

#### ADULT WOMEN PROGRAM

Nexus Recovery Center's Adult Women (AW) program serves women ages 18 and older who are not actively parenting during their treatment. While in residential treatment, clients' calendars are filled with individual counseling, educational sessions, and group sessions.

Our Adult Women clients engage in various activities that aim for the heart of their substance use disorder. The goal is to treat their symptoms, as they continue to weave life skills and foster a like-minded community of people in recovery.



1,107 adult women clients served



20 days as average length of stay



## **DELISA'S STORY**

**DeLisa**, 35, has been in recovery since May 12, 2020. She says her life before Nexus was "disconnected, destructive, and void." DeLisa started using pain pills when she was a teenager. After her deployment to Iraq ended in 2008, DeLisa's substance use disorder (SUD) progressively got worse. She started using heroin and crack, combined with "every substance in between." As her life fell apart, overdoses became a frequent occurrence, and DeLisa found herself buried under a mountain of legal troubles.

DeLisa had tried seeking recovery many times before, but this time was different. This time she turned to Nexus. After going through medical detox, DeLisa spent 30 days in the Adult Women residential program. At Nexus, DeLisa found herself surrounded by women who knew exactly what she was going through. Nexus offered her support groups, counseling, and informed trauma therapy, all in a safe place full of hope and acceptance.

As part of her recovery, DeLisa also participated in Nexus' Medication Assisted Treatment (MAT) program, which has been essential to recovering from opioid use. After completing the residential program, DeLisa chose to participate in the Intensive Outpatient Program (IOP). This extra layer of support helped her to transition into the new life she lives today.

Today, DeLisa works full-time for Amazon and has just completed her Associates of Applied Sciences in Social Services at Eastfield College. She is currently in the process of becoming a Licensed Chemical Dependency Counselor (LCDC), as she knows there are a lot of people out there still suffering and wants to be able to help in some way.

# Moms & Kids On Campus

#### PREGNANT & PARENTING WOMEN WITH CHILDREN

The **Pregnant & Parenting Women with Children (PPWC)** program serves adult women in all stages of pregnancy, as well as mothers with up to three children aged 0-12, with both mothers and their accompanying children living on campus during treatment.

Each PPWC client receives a comprehensive treatment plan that includes a full roster of parenting education classes, postpartum support, as well as family education sessions. Together with a team of licensed counselors, a child and family education specialist, a case manager, and recovery coaches, clients maintain a full schedule of activities designed to help them along their individualized pathways to recovery.

## CHILD DEVELOPMENT CENTER

Nexus' Child Development Center (CDC)

is a fully-licensed childcare center serving infants through school-aged children so that mothers in treatment can focus on their recovery journey. The CDC offers speech therapy and occupational therapy for children in our residential programs. After group sessions are done for the day, children in our PPWC program return to their mothers for the night, so they can heal and grow together as a family.

In addition to the children of our residential clients, the CDC is also open to outpatient clients, staff, as well as the community as a whole, accepting childcare assistance through ChildCareGroup.





# **Medical Services**

#### MEDICAL DETOXIFICATION PROGRAM

Clients entering residential treatment may experience life-threatening symptoms as they go through withdrawal, so our **Medical Detoxification Program** provides constant monitoring, medication, and care. After completing detox, clients go on to either our Adult Women (AW) or Pregnant & Parenting Women with Children (PPWC) programs.

Our experienced detox counselors use motivational interviewing to help clients develop a comprehensive recovery program that includes relapse prevention plans and overdose prevention plans to ensure longterm recovery.

## MEDICATION ASSISTED TREATMENT

Opioid (heroin, fentanyl) use disorder is a chronic disease that can permanently alter the brain, making dependence even harder to break. For some clients recovering from opioid use, Nexus uses **Medication Assisted Treatment (MAT)** to help ensure long-term recovery.

Nexus' MAT program provides clients with regular doses of medication to reduce cravings as well as the risk of overdose. Combined with counseling and behavioral therapies, Medication Assisted Treatment is an effective regimen for many clients with opioid use disorders.





4.3 days on average in medical detox







# **Psychiatric Services**

## **PSYCHIATRIC SERVICES**

Nexus Recovery Center's approach involves addressing all barriers to recovery. For some clients, this may include treatment for **Co-Occurring Psychiatric & Substance Use Disorders (COPSD)**.

Nexus' medical providers offer psychiatric evaluations and medication management to our clients, while our master's level counselors address the needs of each client, using evidence-based approaches to treat co-occurring mental health disorders and the complex trauma that may accompany substance use disorder.



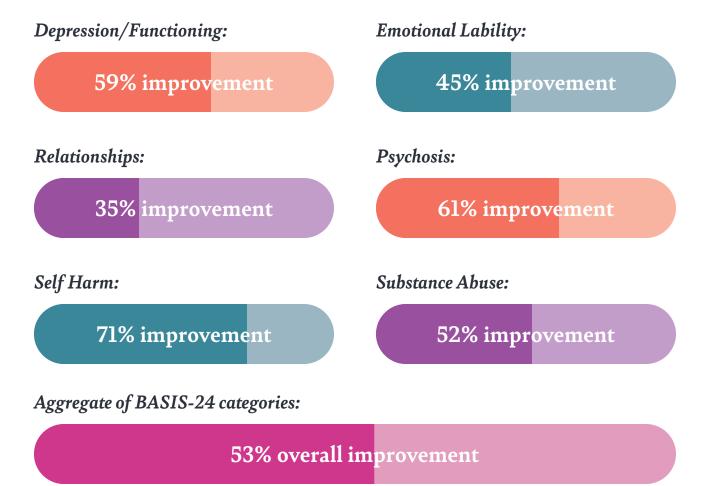
436 clients received psychiatric services

53% of clients showed overall improvement

## **BASIS-24 SURVEY OUTCOMES**

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

Comparing residential admissions surveys to discharge surveys, Nexus clients showed a **53%** overall improvement, signifying a clinically meaningful improvement in six major areas:



# **Outpatient Services**

#### INTENSIVE OUTPATIENT PROGRAM

Nexus' **Intensive Outpatient Program** (IOP) serves as a primary treatment for women or as a step-down from residential treatment. Our staff provides individualized plans and support networks for women managing daily living and recovery. By engaging in ongoing group and individual counseling, clients develop coping skills that make for sustainable, long-term recovery.

Last year, Nexus started holding monthly graduation ceremonies for clients who complete the IOP program, helping them to celebrate this major milestone as they move into long-term recovery!

## RECOVERY SUPPORT SERVICES

**Recovery Support Services (RSS)** offers experience, strength, and hope to women in recovery. Our certified Peer Specialists, many of whom are themselves Nexus alums, help provide creative solutions, practical guidance, and education as well as employment and housing assistance to women in long-term recovery.

Using personal lived experience to connect with clients, Nexus' Peer Specialists extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process!



outpatient clients served



49% of clients reported a lifechanging impact 60 days after leaving treatment.



74% of alumni reported their family was positively impacted



# Moms & Kids Off Campus

#### NEXUS GENERATIONS

Our **Nexus Generations** program provides parenting education and comprehensive services to pregnant and parenting women. Through this program, clients participate in several hours of parenting classes per week and attend support groups to help them on their recovery journeys and prepare them for motherhood. Counselors and advocates work with each expectant mother to ensure that navigation through complex family systems is more seamless.

#### MOM SQUAD

Nexus Generations includes a group called **Mom Squad** that is always doing fun activities with the mothers and children in the program. This year, we celebrated two years of the Mom Squad program with a Hawaiian themed roller skating night. Last year, Mom Squad hosted a variety of activities such as visiting the Dallas Zoo, the Dallas Arboretum, White Rock Lake, or even just hanging out at White Rock Coffee or Sonic. Mom Squad also holds baby showers for expectant mothers, where moms-tobe receive baby clothes, toiletries, and other supplies, all while celebrating their motherhood and recovery!



# **Philanthropy & Community**

As a 501(c)(3) nonprofit, Nexus Recovery Center relies on **donors like you** to help us provide the highest quality substance use treatment to women and their children, regardless of their ability to pay. As such, we have several ways that you can get involved:

- Make a tax-deductible donation
- Volunteer for Nexus
- Join the Auxiliary of Nexus
- Join the Young Supporters Council
- Host a fundraiser for Nexus
- Include Nexus in your planned giving

## UNITED WAY PARTNERSHIP

In addition to our many supporters across the community, Nexus Recovery Center is a proud partner of the **United Way of Metropolitan Dallas**.



**Metropolitan Dallas** 

## YOUNG SUPPORTERS COUNCIL

The **Young Supporters Council (YSC)** is a unique circle for individuals 40 and under who are passionate about recovery and seeking social networks to support our community. If this sounds like you, we invite you to join us as we hold mixers and fun networking events throughout the year!

## VOLUNTEERS

Nexus relies on the unwavering dedication and commitment of its **volunteers**, who take time out of their busy schedules to improve our campus, lead support groups, or help run fundraising events.

Last year, we welcomed **113** new volunteers, including volunteer groups from Charles Schwab, Chef to the Shelters, Frito-Lay, Southern Methodist University, and Texas A&M School of Dentistry.



new volunteers in 2023



# The Auxiliary of Nexus

**The Auxiliary of Nexus** helps support and promote the interests of Nexus Recovery Center by putting in countless volunteer hours each year, planning and implementing special events to celebrate recovery and raise money for Nexus, such as:

- Seasonal holiday parties for the children of Nexus' Child Development Center
- The Annual Mothers' Brunch & Bazaar, Nexus Recovery Center's flagship fundraising event

#### **MOTHERS' BRUNCH**

The Auxiliary of Nexus holds an annual luncheon around Mother's Day to raise money for Nexus. Our **2nd Annual Mothers' Brunch**, held on May 20, 2023, raised more than \$200,000, which directly supports the children of our Child Development Center!

Thank you to all of our sponsors who helped make the event a success, as well as the hard work of the volunteers who helped us make the event happen. Special thanks to 2023 Co-Chairs Lili Luth and Laura Sahliyeh and Honorary Chair Louise Hallam Collins for their dedication to Nexus!



# **Recovery Rising Campaign**

Nexus **Recovery Rising** campaign aims to raise \$86 million to address the most pressing capital, programming, and capacity reserve needs as part of a new campus vision that will transform Nexus' campus by 2031. This five-phase capital campaign includes:

#### Phase 1: Stepping Into Recovery

Phase 1 focuses on the Doswell Medical Building, which will form a new gateway to Nexus' campus, housing Admissions, Detox, and Medication Assisted Treatment.

#### Phase 2: Moms & Children

Phase 2 will build a new dormitory for our Pregnant & Parenting Women with Children program, as well as a new home for the Nexus Child Development Center.

#### Phase 3: Adult Women & Groups

Phase 3 includes new dormitories for our Adult Women programs, as well as improved group meeting spaces.

## Phase 4: Outpatient & Admin

Phase 4 of the Recovery Rising campaign will upgrade existing buildings for administration and outpatient services.

## Phase 5: Community & Support

Phase 5 will bring our off-site Recovery Support Services and Nexus Generations back to campus as well as create new spaces for community meetings and events.

As women and their children work together to rise up, regain hope, and retake control of their lives, the Recovery Rising campaign will transform the Nexus campus, raise the trajectory of client care and staffing, and most importantly, save lives.





# **Doswell Medical Building**

Located on the front parcel of the Nexus campus, the **Doswell Medical Building** will be the entry for all clients and visitors, and is the first project to come to life in the Recovery Rising campus vision plan. It is step one on their pathways to a brighter future. The approximately 10,000-squarefoot building will house:

- An expanded admissions area
- A waiting room that addresses privacy issues near the medication dispensary
- Sixteen detoxification beds with an adjacent nursing station
- Tranquil common areas
- Group counseling spaces for Medication Assisted Treatment
- State-of-the-art medical facilities for providers

With the mental health and substance use disorder crisis growing, and with the number of clients requesting admission increasing, the Doswell Medical Building will meet the service delivery that clients deserve and need. Security enhancements, benefiting clients and employees, are also planned for this portion of the campus.



# **Attorneys Serving the Community**

Throughout the 2023 fiscal year, Nexus partnered with **Attorneys Serving the Community (ASC)**, a volunteer organization of female lawyers, judges, law professors, and law students in the DFW area. This marked the second time that ASC selected Nexus as its beneficiary, with the first being in 1998.

Over the course of the year, ASC raised more than \$500,000 for Nexus Recovery Center though membership dues, donations, and a wide range of fundraising events.

#### **MEMBERSHIP DUES**

ASC's annual **membership dues** go directly to its beneficiary, which means that every dollar of dues paid came directly to Nexus. This year, ASC had a record number of more than 450 members, raising a total of \$70,000.

#### **HEART & SOLE 5K**

ASC held its **13th Annual Heart & Sole 5K** in February 2023. About 625 runners and walkers attended this fun and family-friendly event, which included live music, food from Laredo Tacos and La Madeleine, a bouncy house and more. Altogether the race raised \$55,000 for Nexus Recovery Center.

#### SPRINGTIME IN PARIS

In April 2023, ASC held its annual Silent Auction, with the theme of **"Springtime in Paris"**. Featuring a variety of auction items donated directly to Nexus, the 2023 Silent Auction was record-setting, raising over \$103,000. Thank you to everyone who sponsored, donated, attended, and purchased silent auction items!

#### **36TH ANNUAL LUNCHEON**

Nexus Recovery Center and Attorneys Serving the Community (ASC) hosted the **36th Annual ASC Luncheon** on Friday, June 16, 2023 at the Thompson Dallas to a soldout crowd. This event was the capstone for the year, raising more than \$250,000 for the critical work that Nexus does every day in our community.

The 2023 ASC Luncheon featured Beth Macy, New York Times-bestselling author of Dopesick and executive producer of its Hulu adaptation, alongside Emmy-Award-winning news anchor Jenny Anchondo. This bustling event had Maeghan E. Whitehead as ASC's 2023 Lead Chair, Jennifer Klein Ayers as Co-Chair, and Nexus Board Member Valerie Howell as the Honorary Chair.



# **Attorneys Serving the Community**

#### **OTHER EVENTS**

In addition to the 5k race, silent auction, and luncheon, ASC held a wide variety of entertaining and educational networking events for its members, including:

## ASC Goes Couture

ASC started the year-long partnership with a fashion show held in October 2022 at Neiman Marcus in Downtown Dallas.

## "Bee Merry" Holiday Market

In November 2022, ASC hosted a Holiday Market to raise funds and awareness for Nexus Recovery Center.

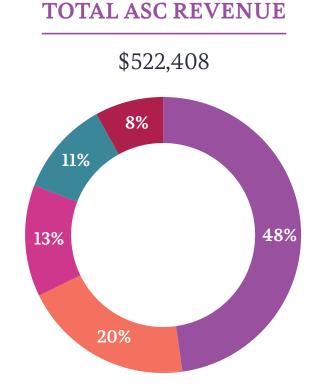
## ASC Wellness and Movement

Held in January 2023 at Bruce Wood Dance this event included yoga and exercise moves for ASC members.

## **ASC Goes to School**

ASC held a continuing education event for its members in March 2023 at the house of ASC co-founder Regina Montoya.

Nexus would like to give a special thank you to everyone who helped make our partnership with ASC a huge success!



# **REVENUE BY EVENT**

36th Annual Luncheon	48%
Springtime in Paris	20%
Membership Dues	.13%
Heart & Sole 5k	.11%
Donations & Other Events	8%



# Nexus In the News



#### Nexus Recovery Center Helps Women Recover From Substance Use Disorders

NBC DFW September 23, 2022



#### **Ormand Joins Prestigious Program**

White Rock Lake Weekly October 14, 2022



MySweetWishList: Attorneys Serving The Community's 36th Annual Luncheon

MySweetCharity December 22, 2022



Nexus' Pathways to Possibilities Luncheon Raises \$425,000

People Newspapers October 5, 2022



#### Nexus Recovery Center hosts holiday bazaar to benefit children

FOX 4 KDFW November 7, 2022



## The truth behind 'Dry January'

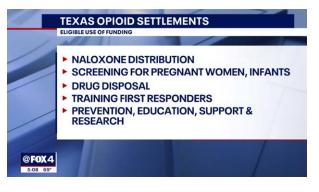
WFAA 8 January 4, 2023

# Nexus In the News



Doswell Foundation Donates \$4M for New Nexus Building

Park Cities People February 12, 2023



Dallas receiving nearly \$1M as a part of opioid settlement

FOX 4 April 25, 2023



Nonprofit helping mothers in recovery raises record-breaking \$200K

NBC 5 June 9, 2023



Mujer texana busca rehabilitarse por completo para darle una vida mejor a su hijo

Telemundo 39 March 16, 2023



Celebrating Mothers With Nexus Recovery Center

NBC 5 May 17, 2023



Winners Announced: D CEO's 2023 Nonprofit & Corporate Citizenship Awards

D CEO July 21, 2023

# **Thank You to Our Donors**

Nexus is so thankful for our donors who help improve the lives of thousands of women and children each year. Through their generosity, Nexus raised **\$6,385,916** during our 2023 fiscal year.

#### <u>A</u>

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