



nexus

Empowering Women.
Restoring Families.

**2024
annual
report**



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Nexus Leadership

Since 1971, **Nexus Family 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.** In Summer 2024, Nexus changed its name to Nexus Family Recovery Center to better reflect our expanded services and mission. Originally focused on individual care, we have significantly broadened our offerings to support entire families, including programs for pregnant and parenting women, children, and a wide range of recovery support services. The new name highlights our comprehensive care approach and aligns with our strategic goals to more effectively communicate our commitment to supporting families affected by substance use disorders.

FY24 Operating Board

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Sharon King

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Courtney Rottman

Treasurer

Billy Murray

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Rani Garcia

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Raymond Faus, *Co-Chair*

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Louise Hallam

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Executive Leadership

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Chief Clinical Officer

Stacey Burns, LMSW, LCDC

Chief Philanthropy Officer

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Chief Human Resources Officer

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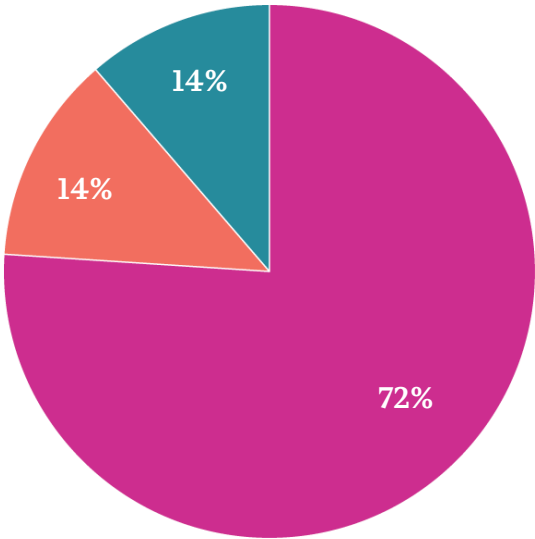


Financial Summary

Statement of operations
for period September 1,
2023 to August 31, 2024

PROGRAM EXPENSES

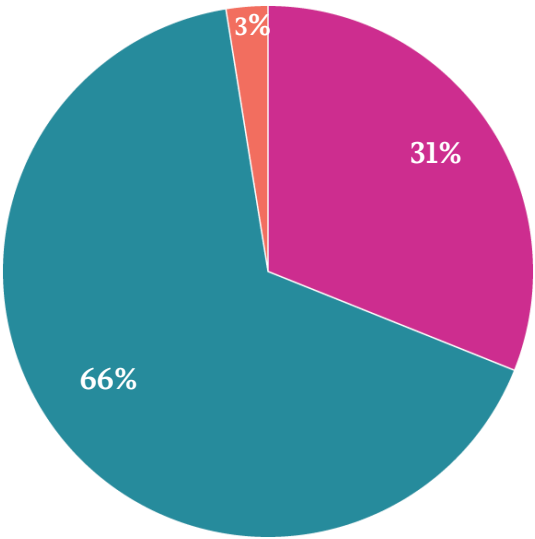
\$ 12,880,971



Staff	
\$9,376,376	72%
Facility	
\$1,739,283	14%
Basic Needs	
\$1,765,312	14%

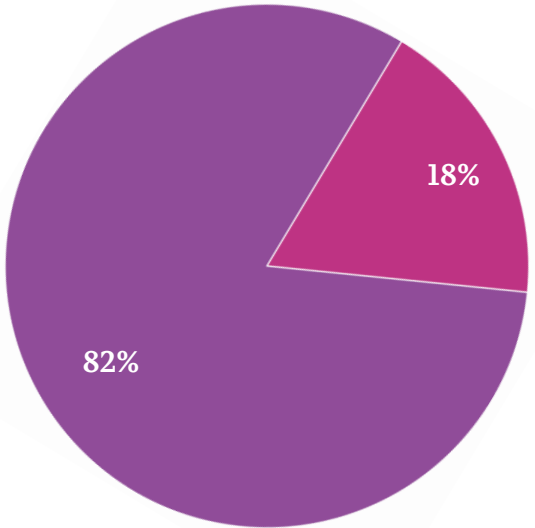
TOTAL REVENUE

\$ 13,566,480



Private Donations & Gov't Grants	
\$4,213,853	31%
Treatment Revenue	
\$9,007,309	66%
Other Revenue	
\$345,318	3%

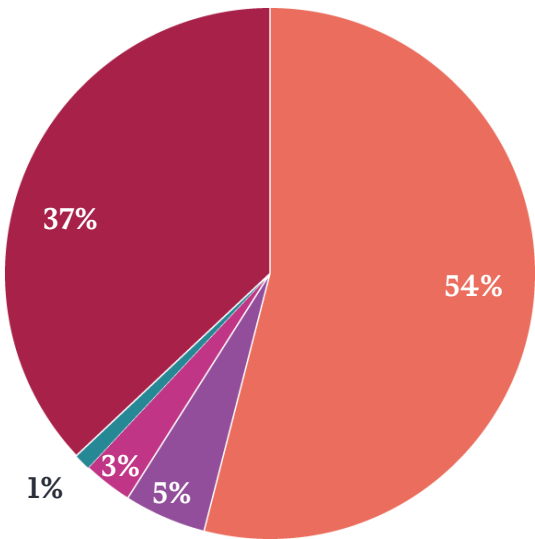
WHERE YOUR SUPPORT GOES



Over **82%** of revenue goes directly to **Nexus' program and services**, ensuring that the majority of funding supports the women and families we serve on their journey to healthy, resilient lives.

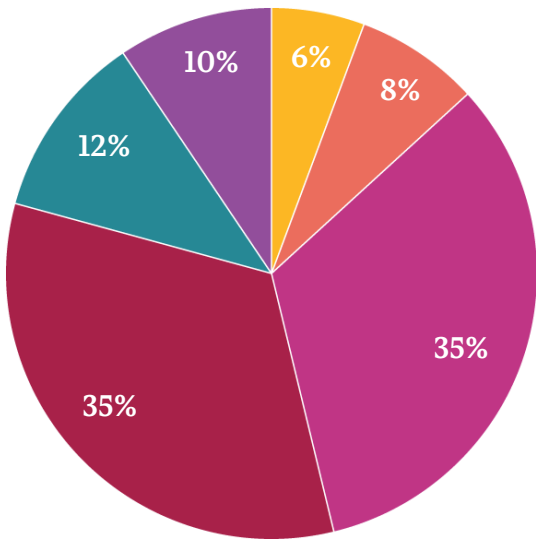
Client Demographics

Nexus Family Recovery Center provides family-centered treatment to transform the lives of women and children impacted by substance use disorders. In fiscal year 2024, Nexus Family Recovery Center served **3,365** women and **217** children. Of the women we served: **96%** were low-income (making less than \$25,000 per year), **45%** identified as persons of color, and **33%** were unhoused at the time of admission.



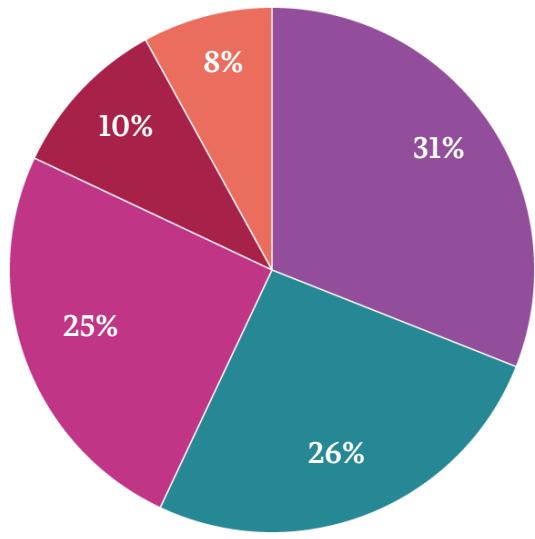
COUNTY OF RESIDENCE

Dallas County	54%
Collin County	5%
Denton County	3%
Rockwall County	1%
Other	37%



AGE OF CLIENTS

0-18 years	6%
18-24 years	8%
25-34 years	35%
35-44 years	35%
45-54 years	12%
55+ years	10%



PRIMARY SUBSTANCE

Heroin/Opioids	31%
Meth/Amphetamines	26%
Alcohol	25%
Cocaine/Crack	10%
Other	8%

Residential Services

ADULT WOMEN PROGRAM

Nexus Family 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 therapy sessions.

Our AW clients engage in various activities that target the root of their substance use disorder. The goal is to treat their symptoms as they continue to develop life skills and foster a supportive community of people in recovery.



3,365
*women clients
served*



20
*days as average
length of stay*



JESSICA'S STORY

Jessica had been living with substance use disorder (SUD) for much of her adult life. When she was pregnant with her second child and taking care of her 6-year-old daughter, Rayne, someone in her life contacted the Department of Family & Protective Services (DFPS). Terrified of losing her children, Jessica knew she had to find a way to turn her life around. She turned to Nexus to finally overcome SUD and keep her family together.

At Nexus, she began receiving prenatal care—prior to arriving at Nexus she had had no prenatal support. While in residential treatment, she gave birth to her son, Llyam, and completed the Pregnant Parenting

Women with Children program (PPWC). Both Llyam and Rayne stayed with her, receiving the care and therapy they desperately needed to establish healthy bonds with their mom.

After completing the residential program, Jessica's children continued attending the Nexus Child Development Center (CDC). Llyam, who had physical and developmental delays, received occupational therapy. She remembers the joy she felt watching him crawl for the first time, his little legs finally strong enough to carry him. He soon met all his milestones, a testament to the care he received.

Rayne, too, found healing at Nexus. Through play therapy, she processed her childhood trauma. Jessica watched her daughter transform, her laughter returning as she played. Rayne still visits the CDC during school breaks, summers, and holidays, cherishing experiences like field trips to the Dallas Zoo and the sense of belonging she feels there.

Jessica often reflects on how the staff and counselors at Nexus taught her to be a mother. She found solace in the daycare and parenting classes, and Nexus's unwavering advocacy with DFPS gave her hope. Nexus communicated regularly with her caseworker, ensuring she had the support she needed to keep her family intact. Her heart swells with pride and gratitude as she watches her children continue to thrive, knowing Nexus played a crucial role in their journey.

PREGNANT & PARENTING WOMEN WITH CHILDREN

The **Pregnant & Parenting Women with Children (PPWC)** program provides residential treatment to adult women in all stages of pregnancy and mothers with up to three children ages 0-12. Nexus is one of a few residential treatment facilities in Texas that invites women to bring their children to treatment.

Each PPWC client receives a comprehensive treatment plan with parenting and education classes, postpartum support, and family education sessions. Alongside a team of licensed counselors, a child and family education specialist, a case manager, and recovery coaches, clients follow a full schedule of activities to support their individualized recovery journey.



34

Nexus-born babies



260

Pregnant and parenting women served



217

Children served

CHILD DEVELOPMENT CENTER

Nexus' **Child Development Center (CDC)** is a fully-licensed Texas Rising Star childcare center serving infants through school-aged children so mothers in treatment can focus on their recovery. 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.



Medical Services

MEDICAL DETOXIFICATION PROGRAM

Some clients require medically supported detox due to the severity of their withdrawal symptoms. Our **Medical Detoxification Program** focuses on detoxification and stabilization to help individuals safely rid their bodies of harmful substances while addressing immediate withdrawal symptoms. The program provides medical supervision to ensure safety and comfort throughout the detox process.

After completing detox, Nexus' treatment model encourages clients to continue onto residential treatment, through our Adult Women and PPWC programs where women receive more intensive therapy and support.



697

*clients received
detox services*



4.3

*days on average in
medical detox*



214

*clients received medication
assisted treatment*

MEDICATION ASSISTED TREATMENT

Opioid use disorder (e.g., heroin, fentanyl) is a chronic disease that can permanently alter the brain, making dependence harder to break. For some clients, Nexus uses **Medication Assisted Treatment (MAT)**, proven effective in reducing or eliminating opioid use, managing withdrawal symptoms, and preventing relapse.

MAT combines FDA-approved medications like methadone, buprenorphine, or naltrexone with counseling and behavioral therapies to address both physical and psychological aspects of substance use disorder. This approach improves treatment retention, reduces overdose risk, and supports long-term recovery by helping individuals stabilize and rebuild healthier habits.



Psychiatric Services

PSYCHIATRIC SERVICES

Nexus Family Recovery Center's approach involves addressing all barriers to recovery. For many 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.



583

clients received
psychiatric services



52%

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 **52%** overall improvement, signifying a clinically meaningful improvement in six major areas:

Depression/Functioning:

58% improvement

Emotional Lability:

43% improvement

Relationships:

40% improvement

Psychosis:

58% improvement

Self Harm:

74% improvement

Substance Abuse:

53% improvement

Aggregate of BASIS-24 categories:

52% overall improvement

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, outpatients develop coping skills that support sustainable, long-term recovery.

Each month, Nexus celebrates outpatients who complete the IOP program with a graduation ceremony helping them to celebrate this major milestone as they move into long-term recovery!



365

outpatient
clients served



95%

of alumni reported
believing that
their treatment
goals were met

RECOVERY SUPPORT SERVICES

Recovery Support Services (RSS) offers experience, strength, and hope to women in recovery. Our certified Peer Specialists, many of whom are 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 outpatients, Nexus' Peer Specialists extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery.

"Nexus helped me lay a solid foundation for my recovery. I was able to find inner strength and healing while at Nexus. I've gained a sense of freedom that I never thought was possible."

-DeLisa, Nexus alumni



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 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 an alumni group called **Mom Squad** that provides fun activities with mothers and children in the program. This past year, we celebrated three years of the Mom Squad program with an 80s-themed party and hosted a variety of activities such as visiting the Dallas Zoo, the Dallas Arboretum, White Rock Lake, and hanging out at White Rock Coffee and Sonic.

Throughout the year, Mom Squad also held baby showers for expectant mothers, where moms-to-be received baby clothes, toiletries, and other supplies, all while celebrating their motherhood and recovery!



Community

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

- Make a tax-deductible donation
- Volunteer with 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 North Texas community, Nexus Family Recovery Center is a proud **United Way of Metropolitan Dallas** Service Provider.



VOLUNTEER WITH NEXUS

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 **202** new volunteers, including volunteer groups from Charles Schwab, Chef to the Shelters, Frito-Lay, Southern Methodist University, Bank of Texas, and Communities Foundation of Texas.

Nexus has flexible volunteer opportunities for those who wish to support women's recovery! Available volunteer activities on campus include:

- Weekend Story Time
- Baby Showers
- Campus Beautification
- Self-Care and Yoga Classes
- Essential Skills Class
- Serving Meals and Kitchen Assistance
- Lead an Arts and Crafts Project
- Chairing 12-step meetings



202

new volunteers in 2024



The Auxiliary of Nexus

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

- Seasonal holiday parties for the children at Nexus' Child Development Center
- The Annual Mothers' Brunch & Bazaar, Nexus' flagship fundraiser
- Annual Nexus Staff Appreciation event

In 2024, The Auxiliary of Nexus hosted the 3rd Annual Mother's Brunch and Bazaar on April 15 at the Dallas Country Club. The event raised over \$215,000 to support the children at the Nexus 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 the 2024 Honorary Chairs, Lili Luth and Laura Sahliyah, and Co-Chairs, Rachel Stacy and Lauren Savage, for their dedication to Nexus.



Philanthropy

YOUNG SUPPORTERS COUNCIL

Nexus Family Recovery Center's **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.

The YSC made a splash with their inaugural Duck Derby, raising funds for the Child Development Center. Liv Tracy and Sam Tracy served as honorary chairs for the event. Guests enjoyed food from Palmers Chicken and listening to a live DJ. Everyone cheered as rubber ducks raced toward the finish line, with prizes awarded to the winning duck!

The inaugural event supported Nexus' Child Development Center (CDC), providing essential childcare services for mothers in recovery.

"This event is not just about racing ducks—it's about coming together as a community to make a meaningful impact."

-Duck Derby Co-Chairs and sisters Liv Tracy and Sam Tracy



PATHWAYS TO POSSIBILITIES

Pathways to Possibilities is a yearly fundraising event designed to give guests insight into the core values of Nexus' mission. This complimentary event motivates participants to join the Pathways Donor Society, helping women and their children to heal and rebuild their lives. Nexus proudly held its 3rd annual luncheon August 14, kindly hosted by Dallas College at their Eastfield Campus. Attendees were moved by powerful client stories and the transformative journey shared by our keynote speaker, Shannon Kennedy. Following the event, guests had the opportunity to tour the Nexus campus.

NOONTIME WITH NEXUS

Noontime with Nexus offers a free one-hour tour that allows attendees to explore the heart and soul of our mission. Guests hear personal client stories and visit the Child Development Center as well as the Pregnant and Parenting Women with Children dormitory.

Attendees also receive behind-the-scenes updates about the organization and learn about ways to engage and contribute to the mission of 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

Grand Opening of the Doswell Medical Building, scheduled May 1, 2025, forms a new gateway to Nexus' campus, housing Admissions, Detox, and Medication Assisted Treatment.

Phase 2: Moms & Children

Set to break ground in 2026, 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 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.



Phase 1 Update

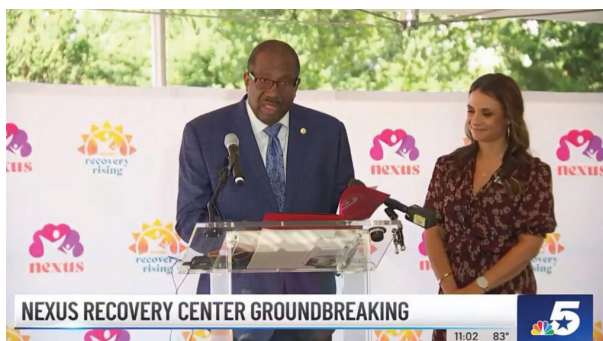
Thanks to the extraordinary generosity of supporters, including Kristy and Raymond Faus, March Family Foundation, Doswell Foundation, Stallings Foundation, Mrs. Margot Perot, Constantin Foundation, and numerous other donors, the **Doswell Medical Building** forms a new entry to the Nexus campus.

The Grand Opening of the Doswell Medical Building, scheduled May 1, 2025, combines Admissions, Detox, and Medication Assisted Treatment. The brand new 10,000-square-foot building houses:

- An expanded admissions area
- A waiting room that addresses privacy issues near the medication dispensary
- 16 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



Nexus In the News



Dallas nonprofit breaks ground on treatment facility during Fentanyl Poisoning Awareness Month

NBC 5
October 3, 2023



New chapter underway for Texas' largest female-only addiction treatment center

CBS 11
October 3, 2023



Nexus Family Recovery Center broke ground to renew campus

Advocate Magazine
October 20, 2023



Nexus Family Recovery Center breaks ground on medical facility

FOX 4
October 3, 2023



Nexus Family Recovery Center kicks off \$86M campaign to expand and renew East Dallas campus

The Dallas Morning News FWD DFW
October 6, 2023



Stallings Foundation Donates \$1M to Nexus Family Recovery Center

People Newspapers
October 23, 2023

Nexus In the News



A Foundation of Philanthropy

Frisco Style
December 1, 2023



Project Beauty Empowering Women in Recovery

FOX 4 DALLAS
July 3, 2024



MySweetSchoolDaze: Nexus' First Annual Duck Derby

MySweetCharity
August 22, 2024



Dallas Holocaust and Human Rights Museum Announces its “In Her Shoes” Honorary Women

PR NEWSWIRE
May 1, 2024



Recovery is a Family Affair

Spectrum News
August 22, 2024



Nexus Family Recovery Center's Rebrand

D Magazine
September 9, 2024

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 **\$3,006,224** during our 2024 fiscal year (September 1, 2023 to August 31, 2024).

A

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