



Nicole McKinney

## CLIENT SUCCESS STORY: NICOLE MCKINNEY

Nicole McKinney is a vibrant 36-year-old hairdresser who loves doing hair, meeting new people, and singing in her church choir. She has been sober since arriving at Nexus in April 2018.

Her road to recovery started one Thursday night when she decided to walk to Nexus from South Dallas, a journey that took her two hours. She had spent five years on a drug-fueled downward spiral, the last two spent living on and off the streets. She was drained, malnourished, and ready to get her life back.

She was admitted into Nexus' detox program the following morning. Nicole credits Nexus' friendly staff for making her feel welcome and offering her encouragement and motivation to beat her addiction. After detox, she enrolled in the Adult Women residential program and then outpatient. This program structure helped her stay focused on recovery. Of her time at Nexus, she says, "Nexus prepares you for outside life. It helps you recover and mend your life back together so that you can be independent."

Since graduating from Nexus, Nicole spends her time running her own business, participating in activities in her church, and staying involved with Nexus' Recovery Support Services (RSS) program. She eventually hopes to work part-time at Nexus and looks forward to being in recovery for two years in order to be eligible. She is determined to stay sober so that she can coach other women who have been through abuse and addiction and give them the courage and strength they need to recover.

She is grateful to the donors who make treatment possible at Nexus and who helped her get to where she is now.

**"Without your help, so many women would have no hope. I appreciate everything you have done [and do] for Nexus."**

**"Because if I can do it, anybody can do it."**

*Nicole McKinney*

## UPCOMING EVENTS

### October

- 21 – The Auxiliary of Nexus New Member/General Meeting
- 24 – Pepsi/Frito Lay United Way Day of Caring and 10<sup>th</sup> Anniversary Party
- 25 – Children's Halloween Party
- 25 – A Night for Nexus

### November

- 16 – Holiday Bazaar and Extravaganza

### December

- 13 – Children's Holiday Party

## LIFE ON CAMPUS



**NEXUS MISSION:** To serve as a link to sobriety, independence and dignity for low-income women and their families affected by addiction. We inspire hope, offer respect, and honor the unique differences of female addicts.

# VOLUNTEER SPOTLIGHT: JESSICA SHAW

Dallas native, Jessica Shaw, has been an energetic and passionate member of The Auxiliary of Nexus Recovery Center since joining in 2015.

Upon her arrival at Nexus, she saw the need for an on-campus library for clients and their children. To grow the library, Jessica reached out to both Half Price Books and Barnes and Noble, who donated books for adults and children. The opening of the Nexus Recovery Center Library was officially recognized by Governor Gregg Abbott in 2016, followed by special recognition from the City of Dallas. The library, which began as a single shelf in the Clothes Closet, is now located in the Serenity Room on campus and can accommodate approximately 1,000 books.

**“Reading can have a positive impact on our clients’ recovery by being a stress reliever, improving memory, focus and concentration, as well as expanding their vocabulary.**

We are so pleased to have an onsite library for our clients’ use,” Stacey Burns, Clinical Director.

“I really enjoy reading,” says Ray, a client in Nexus’ Adult Women program. “It means a lot to me to be able to access books and give my mind a break from all that goes on through the day.”

In addition to overseeing the library, Jessica started a charity Tricycle Run in 2016, now called Bikers Against Addiction, which gathers tricycles and bicycles for children of addiction and raises money for Nexus Recovery Center. The newly minted 501(c)3 organization held its annual bike run in Garland on October 5th and will hold a second, private run on Saturday, November 2nd in Fort Worth.

When she is not volunteering at Nexus, Jessica enjoys cooking, travel, spending time with her husband and three children, as well as supporting veterans’ causes. She has also written two children’s books. Her newest book, *The Birdwell*, is about a little girl whose mother struggles with addiction and goes into recovery.

When asked why she supports Nexus, Jessica says, “Women [at Nexus] are very strong... and they are doing what they can to get the help that they need, not just for them, but for their children.”



Jessica Shaw

## MAKE AN IMPACT

|         |  |
|---------|--|
| \$50    | Provides 1 month of DETOXIFICATION MEDS for 4 clients      |
| \$170   | Provides 1 day of INPATIENT treatment for 1 client         |
| \$250   | Provides 1 month of DETOXIFICATION MEDS for 20 clients     |
| \$500   | Provides 1 month of HOT MEALS to a client and her children |
| \$1,200 | Provides 1 week of INPATIENT treatment for 1 client        |



## THANK YOU TO OUR DONORS

- Anonymous Foundation – \$100,000
- Auxiliary Spring Luncheon – \$220,415
- Hillcrest Foundation – \$5,000
- North Texas Giving Day – \$34,506
- Sparks Osteopathic Foundation – \$5,000
- United Way of Metropolitan Dallas – \$225,000

## DID YOU KNOW?

You can make a gift to Nexus with stock or through your will.

Photos: Noelia Saenz, Ph.D.

### NEXUS RECOVERY CENTER

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