



What's going on at Nick's Place

In just a few weeks we'll be into our Spring season. And, for Nick's Place that means **sending our guys to the Narcotics Anonymous regional convention in Ocean City, Maryland**. There are round the clock meetings with guest speakers, dances and other sober activities. We furnish the accommodations for our manager and guys as well as a bit of spending money for each resident. This event is a "must do"; it's been known to ignite and re-ignite a passion for recovery. A whole load of our alumni usually go too, and this year is no exception. I'll be sure to share highlights from the event with you in a later newsletter.

Right now, our Relapse Prevention Education Program (RPEP) is being led by Dr. Ed Muchene who is working with residents on instituting a Self-Check Recovery Model that he developed. Each Thursday evening over the next few weeks, Dr. Ed will teach our guys how to develop a model for successful goal setting and achievement while keeping the focus on long-term recovery. This program is important for our residents because there is a tendency to push recovery to the back burner once the immediate crisis is over. This program allows them to develop their own set of goals and time lines that can only really be achieved if they remain clean and sober and not get sidetracked by immediate gratification.

In late March, early April, Dr. Wendy Buskey returns to educate our residents on the topic of "Family Dynamics in the Addicted Family". Dr. Buskey's is highly regarded by all of the residents who have been fortunate enough to receive her educational programs.

PMG of Columbia Maryland, a company that provides Integrated Direct Response services to the Non-profit community **has once again selected Nick's Place to be one of four charities it supports throughout the year. I want to thank Rick Powell and his team for all the time and effort they put forth on our behalf.**

Finally, we have hired an Assistant Operations Manager, Derrick Knox, who will work the morning shift from 8:00 am - 12:00 pm. In the current economic and work environment, there is always someone off from work during the week and we just don't see that changing. Typically, Barry (my husband), and/or I, have filled in as needed, but since it is an ongoing issue, our Executive Committee agreed to create a salaried position to provide our guys with consistency in their morning routines. Derrick brings a wealth of experience and a real love and passion for helping. We look forward to welcoming him aboard.

Current Residents

All residents are meeting the objectives that have been set before them as part of our program. They are attending 12-step meetings nightly, working with a sponsor, completing the directives given to them by the Nick's Place team and participating in our nightly dinner program. Whew! The end game is that they will be prepared to manage their lives by keeping commitments and taking responsibility for themselves when they leave us.

As I write this I'm here at Nick's Place talking with Carmel L, one of our newest residents. When I asked him what he thought so far about being here he said: **"It's definitely a family atmosphere. I don't always**

like following rules and authority, but I feel like I have a second chance at life." I have to say that's good to know because it's definitely why we exist.



On the employment front, **the process of finding employment is a full time job all by itself.** In fact that's what we tell a new resident when he joins us is to treat finding a job as a job. Thankfully, all residents are now working. Our guys are working at Merchant Tire, Petco, Chick-Fil-A, Harbor Freight and Overhead Door Company (who now has ten of our guys in their employ who hold warehouse, mechanic, sales and management positions within the company!). **And, I don't want to forget Overhead Door Company's on-going fundraising campaign on our behalf.** We've been working toward developing other employment resources to direct our guys toward when they come on board.

Alumni News

At the beginning of the year, **we celebrated one-year anniversaries for Adam H and Matt M.** Both of these young men have worked hard to develop a foundation of recovery and we are proud to have been a part of that process.

We have **three new marriage engagements to celebrate** among our guys; a college graduation; two car purchases; and two promotions at work. Our guys continue to move forward in their lives, overcoming challenges and experiences that come with life.

Recovery for young people is possible!

How You Can Help

Since the beginning, we have kept the cost to our residents at a minimum in order for them to get on their feet; in fact since we started we have only had one \$25.00 increase. **We furnish everything they need with the exception of personal toiletries and laundry detergent. And, they don't pay anything extra for the professional Relapse Prevention Programs.**

The revenue we receive from them is just one-quarter of our operating costs. The rest must be raised through individual and small business donations and foundation grants. And, as the cost of food, oil, utilities, keeps rising we're spending more each year and keeping our cost to residents affordable.

Throughout the years, you as friends and donors, have demonstrated that you love and support the opportunities we provide our guys. So if you want to continue to support them, here are several ways you can contribute:

- Set-up Nick's Place to receive a monthly gift from your bank account or through Network for Good on our website. This is a welcome source of consistent revenue for us each month. We have several people already doing this and it's wonderful! Just an example: if 25 people gave \$25.00/month our annual total would be \$7,500!!!
- Nominate us for your workplace giving program. If your employer offers a matching gift, then all the better
- Gift cards - Costco, Giant, Safeway, Target, Walmart, etc. - these are used to supplement our food costs, replace household items such as pillows, mattress protectors, shower curtains, bath mats - you get the picture

- Contribute to our annual convention trip, alumni pizza nights or a Relapse Prevention Education Program.
- Convention - total approximate cost for six residents and manager \$975.00 or \$139.28 per person
- Alumni pizza night - average yearly cost \$840.00 or \$70.00 per monthly event
- Relapse Prevention Program - approximately \$80 - \$125 per session

Final Thoughts

This past February 10th marked sixteen years since Nick's death. His family still misses him and we wish that we could have seen the man he would become. But, for Barry and me, we are grateful that we have witnessed the miracle of recovery in the young men we serve.

We are very proud of our residents. They work hard to understand what it takes to create a new way of living. They are courageous young men who need a lot of guidance, understanding and support. They have unique personalities, strengths and weaknesses. Seeking treatment and agreeing to continuing care are the first steps to building a strong foundation for long-term recovery.

Please keep them in your thoughts and prayers. Finally, I want to thank you for being there for them and helping Nick's Place provide a stable and loving home for them.

With gratitude,
Rhea McVicker

If you would like to make a gift to help us to continue to help our residents you can donate on-line or by mail. You can make a gift online at our website: www.nicksplace.org and select the **Ways to Help Tab**.

By Mail:

Nick's Place, c/o Rhea McVicker, 4604 W. Caroline Avenue, Beltsville, MD 20705

Volunteering:

If you'd like to discuss a volunteer opportunity (cooking, providing rides, employment prep) please call me or send me an e-mail. I can be reached at 301-937-0455 or rheamcvicker@verizon.net.

