



Fall 2008

Hi From Rhea

For most of us, the holiday season is a time for sharing food, fun and good times with family and friends. But this time of year presents additional challenges for our residents who, in some cases, will be spending their first clean and sober holiday with their families. Along with excitement about the event comes anticipation and trepidation – for both the guys in recovery and their families. Questions such as whether or not to serve alcohol . . . or if the other relatives know of the addict's situation . . . or the availability of a 12 step meeting . . . all put added pressure on everyone.

Part of what we offer at Nick's Place is the opportunity to talk through these difficult situations and help residents develop a plan that supports their recovery. In some cases, we also counsel family members to help them manage expectations and accommodate our guys' special situations. We always urge them not to serve alcohol!

But despite the challenges, this holiday season gives us a reason to be hopeful. On October 1st we entered our ninth year of bringing a clean, safe, sober and supervised environment to young men beginning their recovery from addiction. We have been able to sustain our program because our friends, supporters and foundations believe in our mission and see the results in the stories of our young men. We are proud that Nick's Place can continue to provide a home to these courageous young men who have chosen to rebuild their lives...one day at a time. Thank you for being a part of our success.

Current Residents

We've got a great bunch of fellas at the house! Our current residents are Jase F., Jeff T., Andrew W.,

Whyan E. and Jon F. Jase celebrated a year clean and sober in October with twelve Nick's Place former and current residents as well as others helping to welcome him to his second year. He joined us from the Caron Treatment Center with four months under his belt. He has done well at Nick's Place and has done a lot of hard work to get to where he is today. And we're also proud of Jeff T. who just passed the nine month mark.

All of our other residents are in the first three months of their recovery. It takes a real commitment to replace the old, bad habits with new, good ones and make all the changes necessary to be successful in a recovering lifestyle. The courage these guys demonstrate is admirable and inspirational.

I am happy to report that all of our residents are employed. As you can imagine, with the economy in the shape that it's in, it's becoming more and more difficult for our new residents to find employment. Job hunting can be very stressful and downright scary for our newcomers. But we have a process in place to help them that includes how to dress, mock interviews, answering difficult questions and proper follow-up. And truthfully, our residents make great employees and that helps us continually expand our employer base.

Alumni News

Spotlight on Andrew M.

Our featured young man graduated from Nick's Place in September. He was with us for a year and played an important role in helping the current residents adapt to life at Nick's Place. He helped them in much the same way he was helped by those who came before him. And even now, Andrew continues to visit Nick's Place, give the residents rides to

meetings and be a part of the Nick's Place family. Andrew's words touch us deeply, just as he does on a regular basis. I know first hand the heart of this young man and I can tell you that the earth is a better place because he is here.

Hi everyone! My name is Andrew Malone. I am 27 years old. I am from Collegeville, Pa. I came to Nick's Place in July of 2007 from Reading PA where I had spent 35 days in Caron Treatment Center.



Andrew M.

Thinking back to those first couple of days and weeks at Nick's I can't believe the changes that have taken place. That very first day I can remember being so scared of using I didn't want to leave the house; even after 3 rehabs and all the pain that brought me to Nick's I could not believe there was a better way of life.

As time went on I began to see some hope. I began building relationships with the other guys in the house and people in the rooms of NA (Narcotics Anonymous). These relationships are still in my life today. They helped me build the confidence in myself and this program that helped me get a job and for the first time in my life completely support myself find a sponsor and begin to grow.

Now I can't begin to imagine where my life would be without Nick's Place. They have shown me that there is hope for me today and anyone who wants a new and better way of life. Words can't express my gratitude to every one who helps to make Nick's Place available, from Rhea and Barry, the

managers, to each and every person who contributes in any way to make Nick's Place possible, especially Nick—thank you all.

Andrew "Winky" Michael John Malone

Alumni Appreciation Day

This summer Nick's Place hosted an alumni appreciation day for the guys who stay involved and help our newcomers. Some of the parents were able to join us as well. It was a fantastic day filled with great company, food and fun stories about the many guys who have been a part of Nick's Place. I cannot tell you how valuable this is to us. And the newcomers are encouraged by the friendships that have developed through Nick's Place.

Although we don't have an absolute count of the number of alumni that are clean and sober (even those who have relapsed and returned to recovery), we easily estimate that there are 25-30 young men who have been able to rebuild their lives and reestablish their family relationships. And Nick's Place is proud to have played a role in the process.

You may remember Tony W. who was featured in our last newsletter. Tony is now an A student at George Mason University. And this past summer he worked as a camp counselor. Others, like Matt M. and Leigh P., are also working and continuing their education.



Alumni and friends gather at celebration



Alumni appreciation day

Will E. is now a member of the Sheet Metal Workers Union. Will has been giving rides to our residents on a regular basis.

We have a couple of three year anniversaries coming up—Jason S. in December and Oscar P. in January. Barry and I will be delighted to attend the celebration at their 12 step meeting. It is those types of events that continue to provide the motivation and commitment to serve these young men.

On Saturday, November 15, we were invited to attend a pre-Thanksgiving dinner at the house where two of our former residents live. There was the traditional Thanksgiving fare and family members and friends were invited to attend. It is a blessing to see so many young people in recovery laughing, telling stories and overall enjoying each other's company.

Oh Baby!

Our Alumni are getting married and starting families—which is a real testament to their recovery. We are pleased to welcome Ella Grace to the Nick's Place extended family. She is the daughter of Jason B and Janice, who will each celebrate five years in recovery this November. And congratulations to Noah, the son of weekend house manager Jason S. Noah celebrated his first birthday in October.

Program Update

We continue to add to our Relapse Prevention Education Program, which has proved to be a valuable resource for our residents. These programs, facilitated by various outside professionals and organizations including Bank of America, run throughout the year. We cover such topics as: Relationships, Family Dynamics in the Addicted Family, Anger and Impulse Control, Self-esteem, Self-confidence and Self-discipline, Life Skills Training for Men, Building a Self-Therapeutic Recovery Model and Money Management.

We are fortunate in that everyone we work with is on board for another year. Our guys are attentive, polite, intelligent and willing to put forth the effort necessary to gain as much from the sessions as possible.

We'd like to add a component on employment practices and also find volunteers who would like to share information about their chosen professions to provide our guys with knowledge around what is required to be successful in their chosen field. If this is something you'd like to participate in, please let me know.

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Staff Update

Dave L. will be joining the Nick's Place team as a weekend house manager. Dave has a real passion for this work and brings previous experience in service to the underserved to our program. He's been a great friend to our guys and everyone is excited to welcome him.

Funding Update

Finally, we know that this economic downturn has affected everyone one of us in some way or another. We hope, however, that you will continue to support Nick's Place through these difficult times. We are so appreciative of the support we have seen throughout the years. I am confident that you know that Nick's Place literally changes and saves lives. Our program helps our guys build a strong foundation of recovery while establishing a work history, becoming financially responsible, building respect for self and others and creating great friendships that can last a lifetime.

Most importantly in this season of hope, families are being re-born and relationships are being re-stored.

From the bottom of my heart, we thank you for your belief in our program. I know with certainty

that there is a piece of my Nick in each and every one of the young men we help.

Please continue to pray for our young men and their families as well as those who are still out there struggling with the difficult disease of addiction.

We hope that you will choose to make a contribution to Nick's Place. Please remember that you can double your gift if your employer has a matching gift program. Although we have been selected to receive grants this year by the Sisters of the Holy Names and Hanley Family Foundation, we also consider every gift we receive to be important in meeting our operating expenses.

Also, please be sure to tell your friends and families about Nick's Place and the importance of the work we are doing.

Nick's Place is a 501 (c) 3 organization.
Your gift is tax deductible.

We do not receive any federal, state or county funding and rely solely on grants and private donations to meet our operating costs.

P.S. If you know someone who needs help with mental health or addiction issues, please refer them to www.samhsa.gov for a complete listing of facilities throughout the United States.

You can make a donation electronically through our website www.nicksplace.org

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**Your gift to Nick's Place is tax deductible.
Nick's Place does not receive any federal or state funding.**

Please e-mail if you are replacing furniture and wish to explore donating it to Nick's Place.

Also, if you plan to make a donation to Nick's Place and your organization has a matching gift program, please consider submitting our information for a match. It's a great way to double and even triple your gift. Thank you again, so very much.

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