



SPRING 2016 NEWSLETTER

Welcome to Nick's Place...

Nick's Place is excited to welcome three new residents, Jacob, Justin and Zeke. They arrived just in time to join us at the annual Central Maryland Narcotics Anonymous convention in Ocean City, MD.

The event brings together thousands of people who are living in recovery. Whether you are a newcomer, old-timer or somewhere in between, there is something for everyone; meetings and social events to fill the days and evenings.

Many of our alumni will be attending as they did when they were with us. And, sometimes they are part of the speaker panels. We love sending our residents and house manager for a weekend of fellowship and inspiration.

Your support is a big part of the reason we can offer opportunities like this to our guys. So, thank you for that!

Celebrating an Anniversary...

Our own Ben "Kit" Smith, who was with us for 10 months, celebrates his one-year anniversary on April 29th.

We are so happy for Kit and this amazing milestone and will be celebrating right along with him.



A Glimpse at How it Works...

Kit's success, like many of our guys comes from their hard work and the safe and sober home they find here at Nick's Place. By providing a structured, peer-supported living environment, Nick's Place **helps prevent addiction relapse and a return to homelessness**; provides a foundation for long-term addiction recovery, and shows residents how to **rebuild their lives** as accountable, responsible citizens and employees, and family members.

We are so much more than just a safe house to live. Here's a little glimpse of a day in the life of a Nick's Place resident.

Our nightly dinner program, a hallmark of our program sets Nick's Place apart from other residential programs:

- **Monday dinner** is "Where are you at." Our guys discuss their search for a sponsor; what step in the 12-step program they are working on; their job and volunteer service position in their 12-step program, and what is happening in the lives of their families
- Tuesday is **Gratituesday**. It is a time of reflection, allowing them time to acknowledge how far they have come in their recovery journey. Many times over, residents report being grateful for **not waking up "dope" sick each morning**; not wondering how they will eat that day; being off probation or not in jail; and family members being in their lives again.

- On Wednesday's, the residents can "Be the Teacher." Each week one resident reads and outlines a recovery/12-step topic or life topic and presents his research to the group and a question for discussion.

- Thursdays are reserved for our house meeting and Relapse Prevention Education Programs (RPEP).

Last, but not least, each resident meets 1 on 1 with a residential director to discuss personal programs, goals and achievements. They have the opportunity to "grade themselves".

All of this is done through grants and generous donations from you who believe in what we do and have seen the results of lives changed and saved. Our goal each year is to ensure that we have our operating budget covered.

Why we do what we do...

Opiate and heroin overdoses have quadrupled in the last 3 years!!! So many lives are being lost and families are being shattered. We must do our part to help our guys reach their full potential. We knew 15 years ago that a place like Nick's Place was necessary for our guys to have a fighting chance at remaining clean and sober. I know Nick would have benefitted from a program as loving, structured and tailored to the needs of young men

I am proud to say that since we started years ago we have honored our commitment to keep Nick's Place **affordable for our young men**, just like I would want it to be for my own son, Nick. Our program fee has increased only two times and covers about 25% of our operating expenses. These guys can't afford to pay thousands of dollars for a program like ours. The rest of our operating dollars come from you and the foundations that support us. **So, when we say that without your support, we could not be here for our guys...it's true.** We do not receive any state or county dollars.

P.S. If we can be of service for someone you care about, please contact us at 301-937-0455.

Helping Hands in Recovery...

I will leave you with this picture from a project the team undertook while I was on vacation.

These handprints represent residents, alumni and participants of our 15th Year Family Fun Festival.



In the center is Nick's own signature that has been part of our logo for years. When I look at it, I am filled with gratitude that we have been able to be a part of this life-changing/saving program.

Your support is invaluable to our efforts. As we continue to add new programs and opportunities for the guys – you can help even more by becoming a monthly donor through our website at nicksplace.org.

Thank you so very much for the love and support. Please keep us in your thoughts and prayers.

To make a donation you may send your gift to: Nick's Place, c/o Rhea McVicker, 4604 W. Caroline Avenue, Beltsville, MD 20705; or On-line through our website: www.nicksplace.org selecting the I Want to Donate tab.

Don't forget to follow us on social media for up to date info, programs and news:

