

## Bob Lytle

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**From:** Bob Lytle <mail@networkforgood.com>  
**Sent:** Monday, July 22, 2024 9:46 AM  
**To:** Bob Lytle  
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## State of Giving and Nonprofits

Leonard and Bob Lytle joined more than one hundred people at HBJ's State of Giving and Non-Profits panel discussion last month. The panel of nonprofit leaders discussed the challenges, opportunities and best practices they see within the nonprofit industry.

Caroline Moore opened discussions by speaking about "change" and how nonprofits can respond and adapt to change, particularly rethinking community audiences and the need for frequent communications and developing partnerships. Much time was spent on how to meet the various challenges nonprofits face in 2024 and beyond including: the decline in federal & municipal funding, the generational differences in peoples' priorities, approach to and value of donation support. One key point was made particularly about "next-gen"

donors is that they are more focused on larger issues and are interested in seeing what impact is actually being made.

Other discussion points were the importance of making your brand stand apart, the impact of tech and AI on funding, and a general sense of “donor fatigue.” In closing, panelists talked about “going where the funding opportunities are” while staying true to your core mission.

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## Dr. Nidal Moukaddam, Working with HRC to Create Better Mental Health Outcomes

Dr. Nidal Moukaddam, M.D. Ph.D., is a Professor of Psychiatry and Behavioral Sciences at the Baylor College of Medicine, the Director of Psychiatry Outpatient Clinics at Ben Taub Hospital, Director of Adult Psychiatry Outpatient Services - Harris Health System and Medical Director, Stabilization, treatment and rehabilitation program for psychosis (STAR) Harris Health System, among a range of additional appointments.

Dr. Nidal first learned of the Houston Recovery Center (HRC) in Ben Taub’s emergency department that was referring patients with substance use disorders to HRC for care/recovery. People in need don’t necessarily understand how to go about getting help with substance use treatment and recovery programs. Neither are they actually willing to refer themselves to care. As a result, Dr. Nidal began working with HRC to better understand how to get her patients with co-occurring mental health and substance use issues to HRC for recovery, and to explore how the relationship of hospital services and HRC’s programs could be improved.



Dr. Nidal brings a much-needed expertise to HRC’s capabilities and programs. Working in collaboration with Dr. Shah, chairman of the HRC board, the goal is to incorporate into HRC’s continuum of care a smoother transition for patients experiencing an emergency department psych visits to enter into rehab, creating a more comprehensive and ultimately more productive outcome for the patient, hospital and recovery programs. She is working alongside HRC staff, capitalizing on their practical approach to solving access to care and social services, to build a program from scratch that incorporates an in-house psychological assessment with access to medications. The goal is to stabilize the client’s mental health and facilitate their placement into substance use treatment or offer medication assisted treatment that supports their recovery.

### BIO

Dr. Nidal holds degrees from the American University of Beirut, a Ph.D. from University of Texas Medical Branch, advanced training from American University of Beirut Medical School, the University of Texas Medical Branch Hospitals–Residency in Psychiatry, she holds certifications from the American Board of Psychiatry and Neurology and ABPM in Addiction Medicine, and a wealth of honors, awards, course designs, research and abstracts.

Dr. Nidal is the Director of Psychiatry Outpatient Clinics at Ben Taub Hospital. Ben Taub is a Level I trauma center, one of three in Southeast Texas and one of the busiest trauma centers in the United States. Ben Taub is also the only hospital in Houston with a psychiatric emergency department open 24 hours a day, with a dedicated, 12-bed, psychiatric emergency room, and a similar capacity med. psych emergency area.

*Dr. Nidal currently sees very positive outcomes from Baylor and HRC working together. “It’s rewarding to see medical and HRC teams happy with the relationship. The ongoing growth and welcomed program acceptance are rewarding, and we remain open to whatever is needed,” said Dr. Nidal. “There is a deep appreciation and empathy for what the HRC team does, their heart is in the right place.”*



# Houston Recovery Center

## The Meaning of the HRC Two Hearts Logo

Many people have asked about the HRC graphic that is part of the Houston Recovery Center logo. Some have asked what it represents, other recognize that it is a pair of stylized hearts, but question exactly what it is meant to express. Yes, it does represent two hearts.

Recently a survey was conducted among HRC staff to collect opinions on what the two hearts mean to those working with clients. Many of the responses mirror HRC's core values. Others express a more personal view. Listed here are some of the responses.

HRC's Values:
Safety
Compassion
Reliability
Collaboration
Pro-action
Resourcefulness
Quality
Effectiveness
Efficiency
Innovation
Professionalism

- **Compassion, Unity, Genuine care and Concern.** *Love for our job and people we serve; Those of all walks of life coming together to help one another through any life issues*
- **Compassion and empathy:** *care for one another; that this is an agency that loves and cares about our community*
- **Caring and compassion expression our love to others:** *I hold your heart in my heart; connecting with the individuals I work with; 2 hearts becoming 1*
- **LOVE for the jobs that we do and LOVE for the people that we serve.**
- **I believe and feel that the two hearts coming together represents our compassion and understanding of our clients.**
- **Provide services and help to people with your heart.** *Think of any one needed help with actions from your heart with loving care, support, respect and not with profits in mind.*
- **Care and Concern.** *Being able to take the time out to get to know, understand, and assist a person with the help they're in need of or may be wanting.*
- **Care for others, showing how to love, together.**
- **One heart belongs to the client and one heart belongs to the employees and together we better ourselves.**

As one might expect, compassion, care and love for others are the emotions best represented by both the HRC logo and its staff and supporters.

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## SUCCESS STORY - Kelsie

**"If you are willing to make a change in your life, it can be done."**

Kelsie has gratefully recovered from alcohol and other drug addictions. Her sobriety date is September 23, 2023. Kelsie loved drinking and taking drugs for over 17 years. She is from a small town in Louisiana. Her babysitter gave Kelsie her first beer when she was 12. When she turned 13 she would sneak alcohol over to friends. By 8th



grade she was dating older men, drinking, and doing whatever she wanted. At school she hung out with the people who drank and did drugs preferably the pot heads. Kelsie took her first pill senior year and never forget how it felt. She was a black-out drunk the whole summer before college. One day she snorted what she thought was fentanyl but it was laced with a hallucinogen. She left house at 11:00 pm and was gone for 3 days. She woke up at a gas station, she had overdosed. "It was the last time I would put a drug in my body." She laid there with her car door open puking, and decided then that she was done. "By the grace of God, I made it home."

She had no idea how she was going to get help. She called an ambulance and the EMT gave her a list of resources that could help and she had

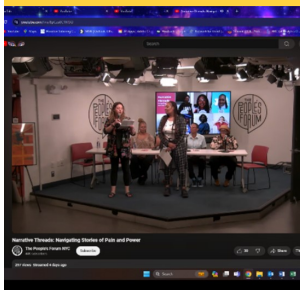
circled HRC. Kelsie called HRC and spoke to Mr. Turner. She told him she needed help. He got her the next morning and they went to HRC. She knew her whole entire life was about to change. "All the people that have helped have been a blessing to me." To help repay what they had given her, she is carrying the message to other people caught up in substance use with no way out. She sponsors and tries to get involved as much as she can. She knows that God has given her a purpose in life and it's to help other people. "To me, there is no better gift in life than being of service to other people."

Read Kelsie's entire success story at:  
[www.houstonrecoverycenter.org/client-stories/](http://www.houstonrecoverycenter.org/client-stories/)

**"Life has so much more to offer than drugs and alcohol."**

## HRC PERSONNEL - SPECIAL INTEREST

### Lovinah's NYC Trip - Texas Criminal Justice System



Lovinah Perkins, HRC Program Manager/Healthcare Coordinator, join a panel discussion on Abolitionist Community Archives in New York City, featuring six narrators from the Rikers Public Memory, Texas After Violence, and The Visiting Room projects. Panelists shared their experiences and expertise in a discussion of how lived experience becomes lived expertise; to better understand the value of what it means to share your story; and collectively challenge narratives of crime and punishment in our communities. This event was an invitation to listen, learn, and to weave together narrative threads from New York, Texas, and Louisiana.

The panel was moderated by Kandra Clark (Exodus Transitional Communities). A video of the presentation is available on YouTube. <https://www.youtube.com/live/EpCza8C1MSQ>. The panel begins speaking at around 18 minutes, if you want to fast forward it. More information on the TAVP is available at:

[Texas After Violence Project - texas after violence project](http://texasafterviolenceproject.org).

## NEWS

**Most Americans don't know that primary care physicians can prescribe treatment for substance use disorder**

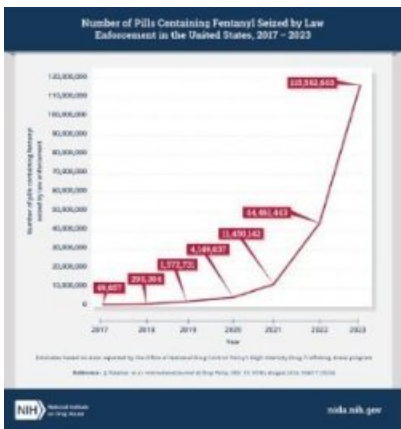
NIH-supported study reveals crucial need to increase public awareness that medications for opioid use disorder can be prescribed in primary care settings. Results indicated that many Americans, 61%, are unaware that primary care physicians can prescribe medications for opioid use disorder, and 13% incorrectly believed that they could not. The survey, also found that 82% of the people who reported ever misusing prescription or illicit opioids expressed comfort in going to their primary care physicians for medications for opioid use disorder.



“Primary care is often people’s first point of contact in the health care system and can serve as a crucial setting to talk about addiction and receive lifesaving medications,” said Nora D. Volkow, M.D., Director of NIH’s National Institute on Drug Abuse (NIDA). “We need to provide education and support so that patients feel empowered to seek help from their primary care physician, and their doctors feel prepared to help them.” Studies estimate that fewer than 2,500 physicians specialize in addiction medicine in the U.S. With approximately 209,000 primary care physicians in the U.S., channeling addiction treatment through primary care could have a significant public health impact.

“We’ve made great strides in making it easier for primary care doctors to prescribe these safe and effective treatments, but our study indicates a critical disconnect between the need for medications for opioid use disorder and people’s knowledge about how to access them,” said Brandon del Pozo, Ph.D.

See the entire article at: [nida.nih.gov/most-americans-dont-know-that-primary-care-physicians-can-prescribe-addiction-treatment](https://nida.nih.gov/most-americans-dont-know-that-primary-care-physicians-can-prescribe-addiction-treatment)



## Over 115 million pills containing illicit fentanyl seized by law enforcement in 2023

NIH-supported study highlights increasingly dangerous illicit drug supply, risk of pills not coming from a pharmacy. Law enforcement seizures of illicit fentanyl increased dramatically in number and size between 2017 to 2023 in the U.S., especially in pill form, according to a new study funded by National Institute on Drug Abuse (NIDA). The number of individual pills containing fentanyl seized by law enforcement was 2,300 times greater in 2023 compared to 2017, with 115,562,603 pills seized in 2023 vs. 49,657 in 2017.

While some people knowingly consume fentanyl, many people do not know if the drugs they plan to use contain fentanyl. This is especially true of illicit counterfeit pills, which are often made to resemble prescription medications such as oxycodone or benzodiazepines, but really contain fentanyl.

“Availability of illicit fentanyl is continuing to skyrocket in the U.S., and the influx of fentanyl-containing pills is particularly alarming,” said Joseph J. Palamar, Ph.D., M.P.H., “Public health efforts are needed to help prevent these pills from falling into the hands of young people, and to help prevent overdose among people taking pills that unsuspectingly contain fentanyl.”

See the entire article at: [nida.nih.gov/over-115-million-pills-containing-illicit-fentanyl-seized](https://nida.nih.gov/over-115-million-pills-containing-illicit-fentanyl-seized)

## Two-Drug Treatment Could Curb Meth Addiction

Though overdose deaths continue to surge, there is no approved medication to treat methamphetamine use disorder. Now, an experimental two-drug therapy has yielded promising results, UCLA researchers report.



"These findings have important implications for pharmacological treatment for methamphetamine use disorder," said researcher Dr. Michael Li, an assistant professor-in-residence at the David Geffen School of Medicine at UCLA, adding that methamphetamine-involved overdoses have surged.

Methamphetamine abuse is a growing problem around the world, with an estimated 34 million users in 2020 compared to 33 million 10 years earlier. In the United States alone, overdose deaths rose fivefold between 2012 and 2018.

To read the entire article go to: [www.two-drug-treatment-could-curb-meth-addiction](http://www.two-drug-treatment-could-curb-meth-addiction)

## FORWARD TO A FRIEND

The mission of Houston Recovery Center is to provide compassionate care to underserved individuals affected by substance use through early intervention and community care coordination to help them achieve lifelong recovery.

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