

NEXUS CHAMPION

BRODY HASTEN



“ I never would have thought that this could be my boy. I look back at videos of him before Nexus, and it’s hard to believe. He got so independent. ”

ALICIA HASTEN
Brody’s Mother

For many people with autism, pharmacological interventions form an important piece of the overall treatment puzzle. But for Brody Hasten, who also has Prader-Willi Syndrome (PWS), medications prescribed for autism had adverse effects. His PWS symptoms — including severe skin-picking, behavioral dysregulation, rapid weight gain, and food-seeking tendencies — quickly got out of control.

A family member reached out to the Prader-Willi Syndrome Association, who recommended Nexus’ Jump Start Program. Shortly after Christmas that same year, Brody was admitted to Nexus Children’s Hospital in The Woodlands.

“As a parent, you don’t want to see them hurting, and you don’t want them to move 12 hours away from home, either,” said Alicia Hasten, Brody’s mother. **“But you know it’s a life-or-death situation and you have to have that help.”**

Brody quickly settled into the Jump Start Program, which he affectionately referred to as “Texas Camp.” Within two months, Nexus clinicians had recalibrated his medications and established a healthy routine for Brody.

“We’ve always tried to feed him healthy meals,” said Alicia, **“but we needed help getting his mindset trained and finding the right medications for him.”**

During his stay at Nexus, Brody lost roughly 70 pounds. He enjoyed participating in group activities, such as karaoke and water days, as well as engaging in occupational, cognitive, and canine therapy. He learned which types of food

to eat, exercised daily, and developed new tools for managing his emotions.

“I never would have thought that this could be my boy. I look back now at videos of him before Nexus, and it’s hard to believe that was him. He’s not the same kiddo. He got so independent.”

Since returning home, Brody and his family have continued to implement the routines and strategies they learned at Nexus. They plan meals in advance, drink water before eating, and exercise regularly.

Brody has also continued to connect with the PWS community. He recently attended Night to Shine, a prom night experience sponsored by the Tim Tebow Foundation, where he was crowned prom king. Before they left for the event, he and his mother met via FaceTime with the Nexus staff, who wanted to congratulate Brody — and see him in his dapper suit.

“We developed strong bonds with the staff,” said Alicia. **“We could never repay or thank Nexus enough for all of their help.”**



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