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Winter 2017

The Gateway

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Volunteer Spotlight

On the Road to A Place Called Better

Emily Fannin shares why she is motivated to serve others

Picture this...a van leaving from Fellowship Hall carrying guests to an evening meeting. Inside, the seats are filled with singing young women. That's right, singing. Playing the radio is prohibited, so it's not uncommon for the group to add some fun to their commute by singing a chorus or two of their



favorite songs like *Goodbye Earl* by the Dixie Chicks. And behind the wheel, is one of Fellowship Hall's dedicated volunteer van drivers, Emily Fannin.

"Sometimes we sing the whole trip," reveals Emily who recalls volunteering to drive one Wednesday night over a year ago. And, she has been coming ever since.

"Wayne keeps putting me on the calendar and I just keep coming," she laughs.

However, coming to volunteer at Fellowship Hall has a deeper meaning to Emily because she once was where the women she drives are. In her early twenties, she developed what she describes as a severe addiction to alcohol. When a friend in social work highly endorsed Fellowship Hall, Emily made the choice to embark on the journey to sobriety. And with the unflinching support of her grandparents, she enrolled herself in primary treatment and eventually into the extended treatment program. Like many who initially seek help to recover from

addiction, she was scared. Yet, she felt a sense of relief.

"It's the safest place I have ever known," she says as she recalls the first time she walked on the campus of Fellowship Hall. "It was the first place I could be honest for the first time in my life. And, I knew I was finally going to get better."

That resolve for "better" is evident in Emily's everyday life. Not just to improve herself but also the lives of others. For example, when she is not serving as volunteer extraordinaire, Emily is working in a local hospital lab on cancer research. As a graduate of the University of North Carolina in Chapel Hill, she earned two Bachelor of Science Degrees in Biology and in Phycology. She and her team are studying the BRCA1 gene mutation. A gene mostly found in women and is associated with the increased risk of breast and ovarian cancers. Their goal is to develop a treatment for carriers of the gene mutation before cancer ever develops.

When asked who influenced her desire to help others Emily says, "I credit my grandparents! They've been incredibly supportive and always encouraged helping others before myself!"

Emily admits that volunteering at Fellowship Hall has given her a greater sense of gratitude in regards to her own recovery. She is appreciative for the

treatment she received at Fellowship Hall and grateful for the opportunity to connect with women who are currently going through treatment.

Emily says, "Volunteering at Fellowship Hall is a part of me. It's like coming home every time I come back. Helping others helps me keep myself together. I definitely get more out of it than I put into it."



Big Shout Out to Matthews Buses!

This fall, thanks to a friend of Board Member Sandy Brady, Fellowship Hall is the recipient of a "new" Thomas Bus to transport up to 60 guests to local meetings. Brad Matthews, owner of Matthews Buses, Inc., made the donation which will be in operation by early 2018. Thanks to our donors who continually help us fulfill our mission of providing quality care in a cost-effective and compassionate way.



Message from Mike

Here we are, deep in the holiday season. Time continues to move with great speed. May you be full with hope and gratitude as the holiday approaches.

About this time every year, it's common to hear someone say at a meeting, "I hate the holidays." In my own experience, it is not the holidays we hate, but the unresolved guilt, shame, resentment and grief associated with these special days. I believe many relapses are rooted in unresolved feelings. Family functions can be stressful. Be sure to give yourself permission to manage your time, to say, "No," when you need to, and to make time for your recovery. I encourage you to let your recovery program guide you. If there are feelings you need to address, work on them. This will help you to create a new experience for these special days. We say, "One day at a time." It's OK for holidays to be just one day as well. Don't be afraid to call your sponsor, to work some steps, to participate in service to another, or to see a therapist if you need to. Do these things so that you can enjoy your freedom from the past and enjoy your life today.

For many of us, the holidays offer a special time to reflect and be grateful for the new time and place in our lives that recovery has provided. If you need to gain perspective, I invite you to come out to the Hall and volunteer over the holidays; giving back to others can make all the difference. Just give us a call, and we'll set up a visit.

Here at the Hall, we continue to focus on our work of helping our guests get their lives back. The expansion of our facility is allowing us to serve more people, which is exactly what our mission charges us to do. To help with the current opioid crisis, we are developing a new treatment track to address the challenges that those suffering from opioid addiction are facing. Our goal is to launch the opioid track as soon as possible. And, we're happy to announce that we're slated to open a new long-term recovery residence for women in early 2018. Another exciting addition to our services is our recent approval to accept TriCare patients, permitting active and retired military and their families to receive treatment here at Fellowship Hall. We hope to begin accepting guests with TriCare in early 2018.

Fellowship Hall continues to be an active member in our community as well. We're participating in the CURETriad effort, a local coalition of FH, Guilford County Emergency Services, City of Greensboro Police Department, Guilford County School's Board of Education, Triad Behavioral Resources, UNC-Greensboro, Greensboro Area Health Education Center, Guilford County Health Department, and Community Advocates with the overarching goal of reducing mortality rates from overdoses in Guilford County. In early November, we hosted the 2018 Leadership Greensboro Class in collaboration with the Greensboro Chamber of Commerce. On February 10, 2018, we'll be hosting "Power Couples" workshop in partnership with the Healthy Relationships Initiative – you're invited to join us! Details are inside this issue of Gateway.

On the state level, we are members of the NC Substance Abuse Disorder Federation, a collection of non-profit substance abuse providers and advocates who help form public policy initiatives in state government. On November 28th, we co-sponsored a Recovery Summit in Durham, NC with Pavilion and several other treatment centers in an effort to build more collaborative efforts for substance abuse treatment around the state.

These are exciting times at Fellowship Hall as we continually work to fulfill our mission and vision. Stay on the lookout in 2018 for invitations to the usual events, and some new ones too! Invites will come to you via eblasts and mailings – and we're also actively working to increase our social media presence, so be sure to "Like" and "Share" our content on Facebook and Twitter. Check out the "Events" on page 3 to get the full rundown of 2018 events you'll be interested in attending.

From our Fellowship Hall family to yours, we hope you have a blessed holiday season.

If you find yourself overwhelmed, please know the front door is open.

Come on over and let us support you, and in turn, you can have coffee with some current guests and "give it away." That's how it works!

In gratitude,



Welcome 2017 New Employees!

Jennifer Pritchett
Derrick Brown
David Kanoy
Michelle Harris
Samantha Brandser
Guillermo Tremols
Danielle Fowler
Tal Fish
Dustin Sadlowski
Myra Ball
Ryan Potenski
Joy Hill
Connie Post
Danielle Singer
Micky Gilliam
Rodney Parrish
Harold Godwin
Octavia Moore
Michael Smurtherman
Venetia Leak
Nataki Watson
Andrew Jamieson
Michael Gray
Jake Markley
Stephen Brooks Weaver
Kendria Harris
Dana Martin
Forrest Decker
Debra Toussaint
Harold Robinson
Kevin Pulliam
Ryan Wirbelauer
Cyrus Kolar
Angela Huntley
Angela Michos
Jennifer Diaz
Candra Wooten
Taryn Pannell
Craig Hilemn

Happenings at the Hall...

-  We completed our first ever Hall Spirit Week with great participation leading up to a festive and fun Staff Appreciation Picnic where we were able to fellowship and took special time to honor our tenured employees.
-  The Hall had a spooktacular time at our annual Halloween gathering. Super creative costumes this year and a fun use of our SECU lecture hall with a seasonal game and snacks!
-  The Holiday Staff Party was held at Bryan Park this year kicking off our annual partnership with A Simple Gesture.
-  Fellowship Hall hosted the Leadership Greensboro 2018 Class on November 14th in the SECU Hall, for their non-profit day. Mike Yow is an alum of the program and was a Day Chair.



Alumni Outpatient Center Officially Named

In October, our Board of Directors approved the renaming of our new outpatient building as the Alumni Outpatient Center to celebrate the hundreds of alumni who supported our Changing Lives capital campaign.

Alumni were invited to tour the new building in August as part of our Annual Conference festivities. Inside, the Wall of Donors recognizes those individuals who contributed to the initiative to name the building. To see the tremendous growth our outpatient services have seen this year,

be sure to read our 2017 Impact Report on page 7!

Thank you, Alums, for contributing to the Alumni Outpatient Center naming initiative. Your gift is working to save and encourage lives.

ALUMNI WALL OF DONORS
Thank You!



2018 Events Calendar ~ Save the Dates!

2018 Continuing Education Classes

Fellowship Hall will host classes in January, March, April, June, July, August, September and October. Classes are \$40 each. Licensed counselors can register at FellowshipHall.com/Continuing Education

Power Couples

Safe Conversations Workshop

Saturday, February 10th, 9am-4pm

SECU Lecture Hall

This workshop is for anyone who wants to improve their relationship. \$40 individual; \$70 couples. To register, visit guilfordhri.org

Foundations of Helping Men in Recovery

Friday, March 2nd, SECU Lecture Hall

A workshop for counselors presented by Jonathan DeCarlo of Griffin Recovery Enterprises

Walk for Recovery

Sunday, April 29th in Greensboro!

Register now and make plans to join us! Go to FellowshipHall.com/Events

Annual Conference in Greensboro

Friday, August 3rd-Sunday, August 5th

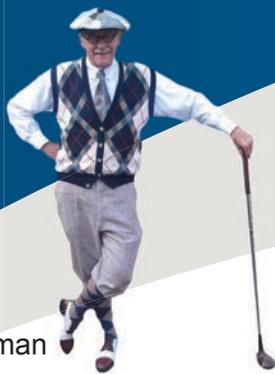
Join us for a weekend full of inspiration and encouragement! Registration opens in June.

E. Raymond Alexander, Jr. Memorial Golf Tournament on Friday, August 3rd

Join us and support Fellowship Hall's Family Program. Registration will open on June 1! Only 128 spots – so be sure to register early! \$110 per player

National Recovery Month in September

Are you a motorcycle rider interested in participating in a Ride for Recovery? If you are, let us know you're interested and whether you'd like to volunteer and help us pull it together! Email us at altinal@FellowshipHall.com



Jerry Phillips

One of 'God's Chosen Few

By Ogi Overman

Gather 'round, boys and girls, for a lesson in old-school sobriety, a living history lesson from one who found his way to Fellowship Hall when its alumni numbered in the hundreds rather than the tens of thousands. Meet Jerry Phillips, a native of the crossroads community of Scarbro, West Virginia, who this past September celebrated 41 years of continuous sobriety.

Actually, you may have met him already, especially if you attend Fellowship Hall's Annual Conference. Jerry almost never misses one, even longing for the old days when the center hosted two a year at the Holiday Inn. He was also a regular at the West Virginia alumni meetings. He has made several trips to the Hall, not for social purposes but on service-work missions, driving prospective guests here to hopefully begin their journey to recovery.

"I've had varying results, though," he admits. "Some make it, some don't, but

you've got to plant the seed. Sometimes it doesn't bear fruit for several years, sometimes it never does, but you've got to try."

Indeed, like most old-timers, Jerry feels the key to long-term sobriety is working with others, carrying the message.

"I truly believe it's newcomers that make this thing work," he affirms. "We used to do a lot more 12-step calls than we do today, but you've got to keep (the newcomers) busy. Things were a lot different back then, but one of the things that hasn't changed is that you've got to give it away to keep it."

The Hall, too, has seen its share of changes, and Jerry remembers them all fondly.

"I got here in September of 1976," he smiles, "when all the beds were on that one hall and it cost \$1800 for the Primary Program. One thing that influenced me a lot was something (first director) Jamie Carraway said: 'In spite of everything we tell you, 50 percent of you will go back out and get drunk.' I was determined to be in the right 50 percent. I did an honest fourth step, and I think that's what saved my life.

When I threw that inventory in the fireplace, it seemed like the whole world was lifted off my shoulders."

Fellowship Hall was hardly Jerry's first attempt at sobriety. Before the advent of treatment centers, like many, he was sent to mental institutions and detox hospitals, including one that actually gave patients alcohol the first three days.

"None of it worked, and finally my wife had had enough and took the kids and left," he recalls. "My brother had heard of this place in North Carolina, so before I left I told my daughters that I was going away for awhile and to help mommy. My oldest was 8 at the time, and she said, 'Daddy, I don't care where you go or how long you're gone, but when you come back, don't be drinking.'"

As for any sage advice to the newcomer, based on his four-plus decades of sobriety, Jerry says simply, "You just really need to remember what it was like before and the suffering you put yourself and others through. Realize that so many don't make it and die drunk, and that we really are God's chosen few."

The Hall Slated to Accept TriCare

Fellowship Hall will soon provide access to substance use disorder treatment for active and retired service members and their families by becoming an approved TriCare provider. TriCare is the Department of Defense (DoD) health care program serving Active Duty, National Guard and Reserve Service Members, Retirees, and their families. With eight military bases, North Carolina has the third largest total of active duty and reserve personnel in the country - 129,049 according to May 2016 DoD data. By becoming a TriCare provider, Fellowship Hall will become an option for thousands of active and retired military personnel and their families now struggling with substance use disorder.

Members of the Armed Forces (active

duty and retired) are not immune to the substance use problems that exist in the rest of society. According to a Wall Street Journal article published on December 29, 2016, 47 percent of the opioid prescriptions are abused at the largest military installation in the US, Fort Bragg (NC), "yet the VA health system ... has no residential addiction-treatment program, no inpatient opioid detoxification facility, and only five doctors in a 21-county area" who can help. Greater availability of these medications and an increase in prescribing them may contribute to their growing misuse by service members.

NC has the fastest growing veteran population in the nation. Providing access to treatment for our military service



members for substance abuse treatment is an urgent need.

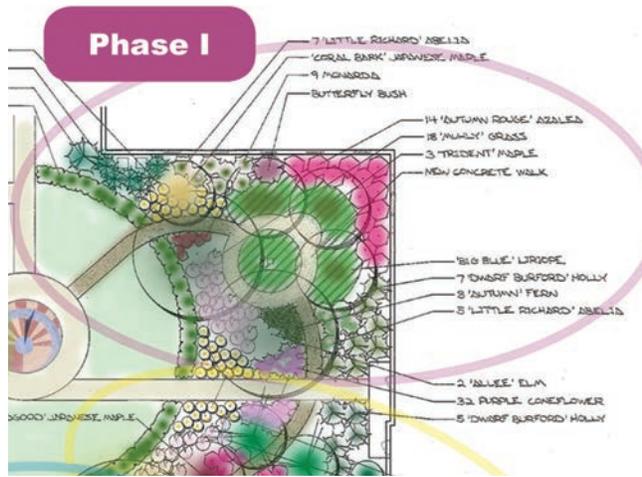
Currently, there is only one residential substance use disorder treatment provider on the TriCare plan in North Carolina (Wilmington Treatment Center). As we prepare to be a provider in the TriCare network by March 1, 2018, our Outreach staff will be working hard to let our veterans and service members know that we are now an option for treatment. Anyone with TriCare coverage seeking treatment should contact our Admissions staff at 336-621-3381.



As Winter approaches, we're contemplating warm spring days and the installation of Phase I of the Gratitude Garden! The budget to complete the Garden is \$250,000. Our goal is to raise funds for each of the three Phases, and complete installation of each Phase as we reach our financial goal. For Phase I, we need \$80,000 by December 31. To date, we've raised \$39,356 – nearly half-way to our year-end goal. If you haven't yet made a gift for 2017, we encourage you to consider a donation to the Garden where our guests and their families can participate in outdoor sessions, counseling, and visitation surrounded by the healing power of nature. Thank you for helping us reach our goal!

What's the plan for Phase I?

Phase I of the Gratitude Garden will have an array of shrubs and flowers including daisies, ferns, holly, azaleas, and ornamental maple trees and colorful grasses. This section of the Garden will be located in the nook of the new Alumni Outpatient Center allowing folks in the Family Program and Counselors with windows along the garden wall to see the Garden while in classes or counseling.



In the center of Phase I, guests and their family members can take advantage of seating areas on the patio, along the "Path of Hope" paved with personalized bricks in honor or memory of loved ones. Access to Phase I will start at the walkway leading to our centerpiece sundial, "Onward," or through the exit door on the side of the Alumni Outpatient Center.

You Can Be a Part of the Garden

Whether you want to remember a loved one by naming a path, tree, bench – or ordering a personalized brick with your unique message or memory, we've got options. Our goal is to complete the Garden by December 2018. If you can't participate this year, there's still time to be included in Phases II and III. As the warmer months approach, we'll begin working on a few events to celebrate our success – whether a volunteer day to help with installation or a garden party, we want you to join us. Do you have questions or need more information? Contact Altina Layman at 336-553-6625 or by email at AltinaL@FellowshipHall.com. We look forward to creating this exciting new addition to our campus as we continually work to improve our treatment programs and our guests' experiences at the Hall.



How about a commemorative brick in Fellowship Hall's new Gratitude Garden?

Order yours today!

Go to FellowshipHall.com then Donate Now or call us at 336-553-6625

\$100 each with three lines for your personal message.



Medical News: The Opioid Crisis

In December, Fellowship Hall hopes to begin providing Narcan® (naloxone), an opiate antidote, to opiate addicts departing before they complete their treatment program. Narcan can make the difference between life and death when an overdose occurs. In addition, we're equipping all First Aid Kits with Narcan in the unlikely circumstance of an overdose on our campus. We've had naloxone in our formulary for many years; now we will be expanding its availability.



In the midst of the current opioid crisis, the problem of substance use disorder has become top of mind. Daily, news outlets and emergency responders report rapidly growing numbers of drug overdoses. One in seven people nationwide are suffering from the problem. Deaths attributed to drug and alcohol use are reaching nearly 400 people per day. As of September 30th, the Greensboro Police Department had received 205 overdose calls for the year and recorded 39 deaths in the city, for the year.

"Eighty percent of those dependent on heroin began with prescription medications, through experimentation or through over

prescribing or overuse," says Lieutenant Dan Moore of the Greensboro Police Department Vice/Narcotics Division.

Approximately 22 percent of our guest population at Fellowship Hall have a primary diagnosis of opioid addiction. But not everyone who comes to us for treatment is able to complete treatment. Some leave Against Medical Advice (AMA) and others are referred to other treatment programs With Therapy Advice (WTA) when our services do not adequately meet their needs. Either way, those who depart before completing treatment are at an increased risk of relapse and consequently, overdose.

The number of opiate users has increased substantially over the past 15 years. To combat the crisis, Fellowship Hall is working to create a specific opioid treatment track that addresses the need for prolonged detox and medically assisted treatment to manage withdrawal symptoms and ultimately improve outcomes. We believe Narcan could save the life of someone who departs treatment prematurely and our goal is always to save lives.

Power Couples

The Hall partners with Healthy Relationships Initiative to offer a full day workshop for couples

You can take your relationship from good to great! Long-lasting couples with the strongest relationships continue to grow and nurture their relationships over time. This workshop for couples is based on the Safe Conversations®, a nationally recognized curriculum. You'll learn new tools to communicate, connect, and keep your passion for each other growing stronger. Though the workshop was designed for couples, what you'll learn is applicable to all kinds of relationships – so bring your family member, loved one, or partner along to get the most out of the day!

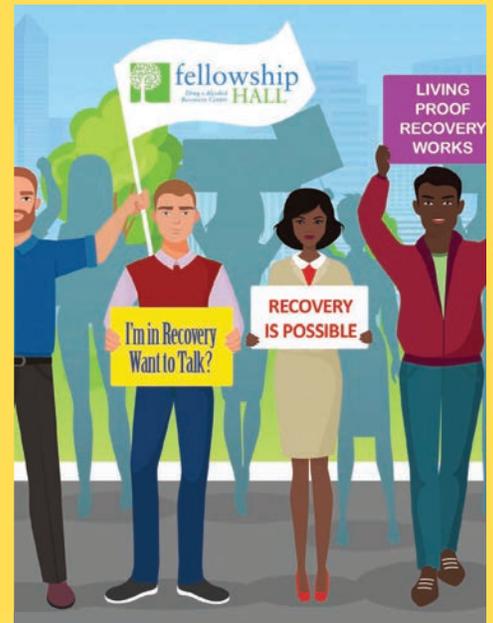


Saturday, February 10
9am – 4pm
SECU Lecture Hall
@ Alumni Outpatient Building

\$40 individual; \$75 per couple

Register at www.GuilfordHRI.org

Safe Conversations
HEALTHY RELATIONSHIPS INITIATIVE



WALK for RECOVERY

April 29, 2pm
Downtown Greensboro

FREE EVENT bringing together those in recovery from alcohol or drugs, their families, counselors, treatment centers, friends-anyone committed to staying in recovery and helping others get on the path

GUEST SPEAKERS & RESOURCES

Make a poster or banner that speaks to your recovery or highlights your organization and bring it along

LOCATION

We'll gather at Governmental Plaza then make our 1 mile walk to Center City Park.

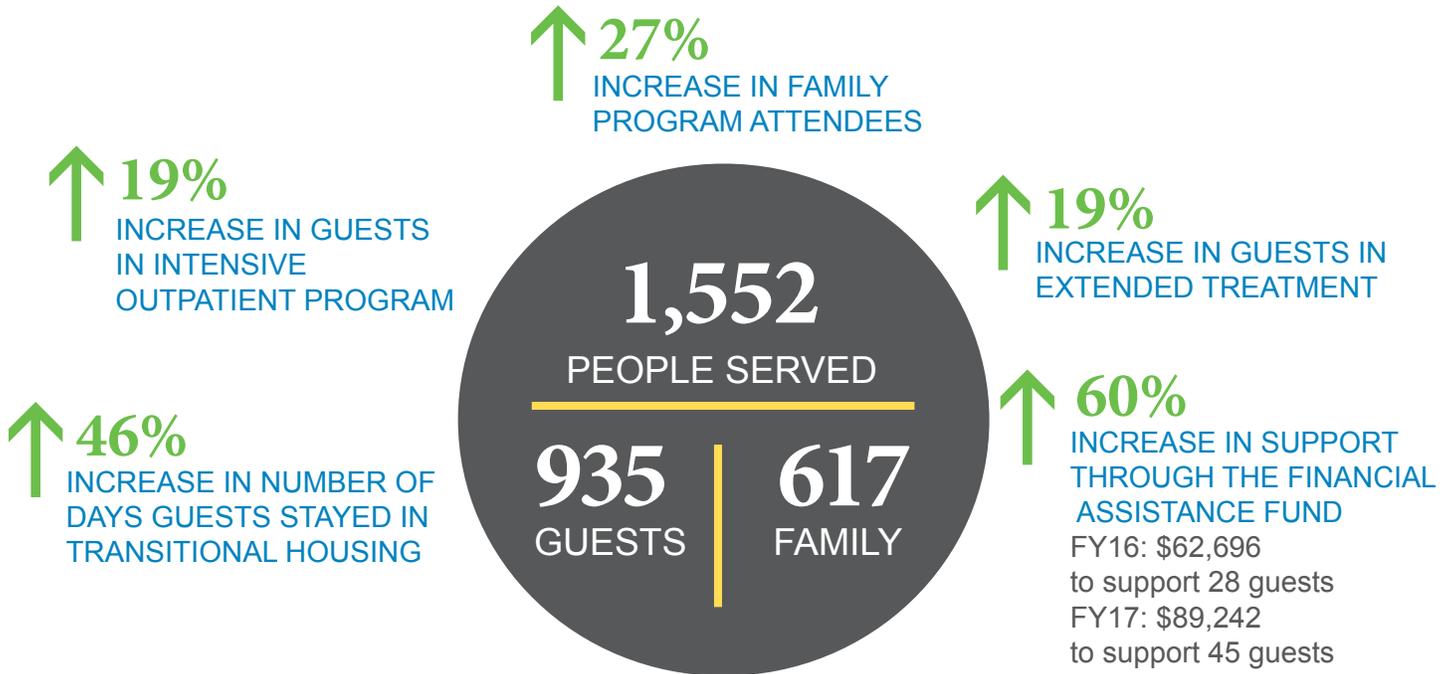
REGISTER TODAY!

FellowshipHall.com then click on Events

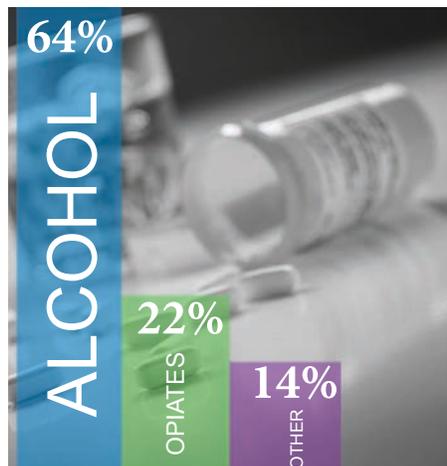
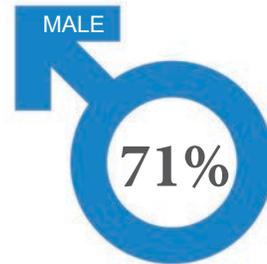
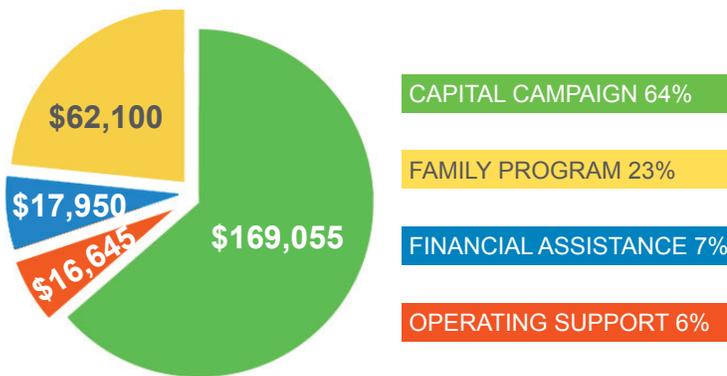
SPONSORSHIPS AVAILABLE

2017 Impact Report

As we embark on 2018, our goal is to help more individuals find their way to treatment and recovery. We'll be working to raise funds for the new Gratitude Garden (to enhance treatment programs) as well as for our Family Program Scholarships and our Financial Assistance Fund. Though we do earn revenue for guests in treatment, we do continue to utilize operating support to keep our day-to-day operations strong. Thank you to our donors and volunteers for believing in our work and providing financial support to help us make an impact on those suffering from addiction. We continue to grow strong with your help. For a full copy of our 2017 Impact & Annual Report visit our website at FellowshipHall.com under "About."



HOW DONATIONS WERE SPENT



NOTE: Often, guests come with more than one substance of abuse; these numbers reflect their primary diagnosis.

The Gateway

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Greensboro, NC 27415

RETURN SERVICE REQUESTED

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U.S. Postage
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Greensboro, N.C.
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*Wishing you a
very happy
Holiday
Season!*