



The Gateway

Extended Treatment Program Launches New Era In Recovery

Rodney Battles likes to keep it simple when explaining the concept of extended treatment: "More treatment equals better outcomes."

In December 2011, Fellowship Hall launched its Extended Treatment Program, a project that was almost two years in the making, but Battles said his philosophy goes back much further than that.

"I've been in the field of addiction for 24 years, and I've never seen anyone harmed or injured in any way by getting more treatment," he said. "For folks with a higher level of acuity and a higher risk of relapse, this makes perfect sense," adding, "We did all the necessary research and due diligence to make sure we had the program and the facilities in place before we started this program. We wanted to get it right the first time, and I think we succeeded."

The trend in substance abuse treatment seems to be toward less time-restrictive periods and toward more long-term care, and Fellowship Hall is on the vanguard of that trend. When it began its Extended Treatment Program, it became the only licensed one in the state of North Carolina, and since then it has also become the State's only JCAHO accredited program.

In a nutshell, the program is approximately 90-days, based on the individual's needs. While it is still in its formative stages, all candidates transition from the Hall's residential program into extended treatment, but Battles said that he expects to take referrals from other facilities once word gets out. Clinical Director Jim Fenley, with help from the two counselors who run the program, Mike Yow and Mahala Motzny,

created and designed 40 new lectures, each based on various issues of relapse.

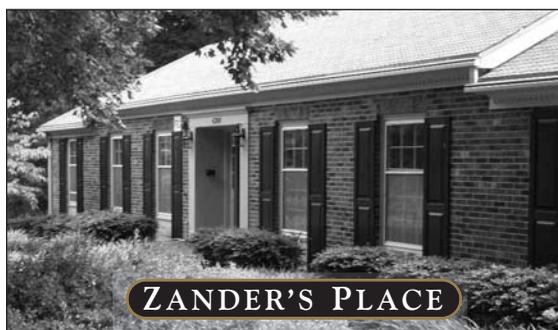
"Initially, guests are admitted to the primary program before being transitioned into the extended residences," said Clinical Director Jim Fenley. "We feel like this will provide them an opportunity for a gradual return to the family, social, educational and employment areas, while deepening their motivation for recovery."

As for the program itself, Battles noted, "All aspects are new.

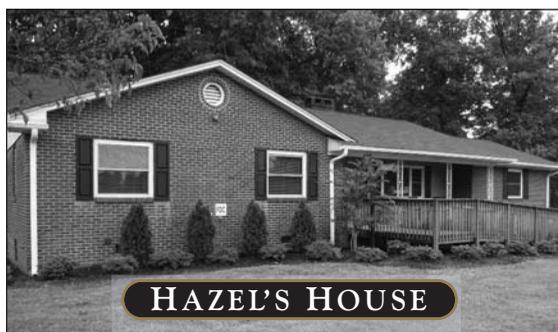
The program is based on Fellowship Hall philosophy and time-tested experience. The program is intense and the work done by the guests is remarkable. It's quite different from our primary residential program. It contains aspects like meditation and mindfulness, and yoga three times a week. It's based on staying in touch with your body, getting within yourself, and relaxation. The lectures, groups and assessments address deeper issues that have become stumbling blocks to recovery. It's quite impressive."

The program is housed in two residences on the 120-acre campus. The Hall owned them already and renovated and furnished them, installing sprinkler systems and making them ADA compliant. The men's house

accommodates seven and is called Zander's Place, affectionately named after one of the Hall's founders, Zander McAlister, while the women stay in Hazel's House, which has six beds. Hazel was Zander's wife, who remained one of the Hall's most active and zealous supporters until her death. (The Hall website contains a virtual tour of the houses.)



ZANDER'S PLACE



HAZEL'S HOUSE

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“Both have double-occupancy bedrooms, classrooms, living rooms, counseling rooms and full kitchens, as well as a deck and landscaped yard,” said Battles. “We partnered with Thomasville Furniture to furnish them. Guests have open access to the Activities Room and Meditation Trail at the Hall and have the option of eating their meals here or cooking them at their residences. They are staffed 24/7 by Mike and Mahala and a group of Therapy Assistants.”

So, who might benefit from extended treatment? According to Clinical Director Fenley, “It’s for people who are really invested in recovery and want to go deeper in the treatment continuum. You don’t have to be a chronic relapser, but I think the majority will be. It is also for those who simply want to build a stronger foundation, as well as professional people. Some pro-



fessional monitoring programs are actually requiring 90-day treatment, so we want to accommodate.”

Added Battles, “The real issue is getting to the root of what’s been causing relapses or the deeper unresolved issues that prevent them from maintaining sobriety. It’s typically things like shame, guilt, trauma or grief, and if they’re not resolved, they will cycle back and resurface at a later date in a person’s recovery. If they are not dealt with appropriately, the person reverts back to the coping skills they knew, which were drinking or using. Some people have issues that are so traumatic that they need to work through them before the benefits of the 12-Steps are realized.”

An added benefit to an extended treatment program is that par-

ticipants can serve as an example to newer guests, a concept called “mirroring,” in that they mirror recovery to those very early in treatment.

“My experience is that people who go through extended treatment are strong for recovery; they’re on fire,” claimed Fenley. “And this will give them the opportunity to spread the word. We’ll have them participate in some classes, come to the Sunday morning meeting and maybe talk to the newer guest in treatment. By then they’ll have close to three or four months and should be fully immersed in recovery.”

Battles confirmed Fenley’s assertion, saying that the results so far have been astounding.



“The guests who have finished the program don’t even resemble the same folks that entered treatment a short time ago,” he said. “The excitement they have about recovery is palpable. There is some anxiousness when you leave residential treatment about stepping out into the world, but after they’ve been through extended treatment, those feelings have been replaced with confidence. Their whole manner, the way they carry themselves and relate to other people and the world is different. Like Jim says, they’re on fire.

“I would not be surprised in a year from now to be talking about expansion to serve even more extended treatment guests. We’ll continue to carry the message that treatment works and treatment saves lives.”



Celebrating 40 years of treatment and recovery!



“Going Green” - Keeping Abreast Of Former Guests

The axiom that communication is the key to healthy relationships typically applies to couples and other one-on-one interactions. But it may also apply to corporations, institutions and the community at-large, as well as individuals. And in the era where instant communication is not only possible but preferable, keeping those channels open is even more vital than before.

Fellowship Hall has always enjoyed a healthy relationship with its more than 35,000 former guests and their families, and is constantly on the lookout for more effective ways to communicate with them. Toward that end, the facility is transitioning most of its communications to an electronic format, specifically email and its website, **fellowshiphall.com**. **This will allow the staff to keep alumni abreast of activities and to share information in a more timely fashion.**

In order to make this happen, the Hall is relying on your help. “We are asking all our former guests, families and anyone else on our mailing list to send us their email address,” said Director of Development Murphy Sullivan. **“Please go to our website at: www.fellowshiphall.com, click on our e-newsletter sign-up and we will take it from there.** And if anyone has any questions, please don’t hesitate to call me at our toll-free number, 800.659.3381.”

The move also dovetails with the society-wide effort toward more environmentally friendly ways of doing business. Although, no timeline has been set, at some point, the print edition of *The Gateway* will be phased out in favor of an **online-only version.**

“Rather than getting it in your mail, you’ll get it in your email,” said Mark Todt, Marketing Director. **“The content will be even better, because the space limitations you have in a printed newsletter won’t exist.** Plus, it will be available and archived on our website, like it is now.”

Added Todt, “Obviously, we still want to keep our mailing list up-to-date, with correct physical addresses, but now we need to build up our database of email addresses. **Just a quick click on our website is all it will take.”**

This changeover will also allow staff to send out email blasts occasionally, when the situation warrants.

“Say we wanted to make everyone aware of the ribbon-cutting for our Extended Treatment Program,” said Sullivan. “That might happen before the next publication of *The Gateway* comes out, so this way we can send it out instantaneously. **It’s just a much more efficient way of staying in touch with everybody.”**

Hall Happenings

The Board of Directors
and Staff
of Fellowship Hall
would like
to congratulate
Alyson Kuroski-Mazzei, D.O.
on her selection as a
**2012
40 Leaders Under Forty**
award recipient!



Dr. Kuroski-Mazzei's dedication to Fellowship Hall's mission of helping people, throughout the Southeast, who suffer from the disease of alcoholism and drug addiction is immeasurable. We thank Dr. Kuroski-Mazzei for all that she brings to Fellowship Hall.



A Premier Provider
of Alcohol and Drug
Addiction Treatment

To know more about Greensboro's
“best kept secret” find us at:
www.fellowshiphall.com







*Extended Treatment Grand Opening
and Ribbon Cutting Ceremony*

Wednesday, April 18, 2012

10:00 a.m. - 11:00 a.m.

*At Lander's Place
Greensboro, North Carolina*

Former Guest Finds Unique Way to Give Back to Hall

Guests at Fellowship Hall prior to October 2007 may recall a rather rusted and slightly leaning flagpole out front and, depending on the year and/or time of year, American and North Carolina flags that had seen better days. Then again, given the reasons the guests were there, they may not have noticed it at all. But one guest did take notice, and once he got his life back in order, he took it upon himself to do something about it.

Don Comer spent 21 years in the U.S. Marine Corps, retiring in 1978, so it should come as no surprise that love of country runs deep for him, and with it, a reverence for the symbol of that love. He is a flag-waver in the best sense of the word, and not ashamed to admit it.

When his daughter, brother and sister-in-law held an intervention for him on February 8, 2004, this man who'd made a career fighting for his country, earning a Purple Heart from his tour in Vietnam in 1965, didn't have any fight left in him.



Don Comer and Murphy Sullivan, Director of Development, display Hall flag

"My daughter, Laura, said, 'We've tried everything else, so we've made arrangements for you to go to Fellowship Hall,' and I didn't even try to fight it," recalled Don. "When I walked in that front door, I felt like I'd come home. I just had this warm feeling. I guess I was ready." Don completed the program and, at the behest of his counselor, Mike Allen, transitioned into the Gateway House for another three weeks.

"That was a good experience, too," he said. "I highly recommend it."

By then, Don's attachment to the Hall was such that he felt the urge to give something back to the facility by volunteering. But he soon wanted to take it a step further, and the thought of that tattered flag and rusty flagpole gave him the answer.

"I broached the subject with the Director of Development at the time, and Rodney (Hall President Battles)," recalled

Don. "They agreed that something needed to be done, so I just said I'd handle it. I'm kind of a hands-on guy, anyway."

He's also a can-do guy. And he did.

He started by ensuring the new 40' pole would remain vertical by digging a much deeper hole and pouring 1,000 lbs. of concrete in it. Next he found a company in nearby Hillsborough that manufactures flags and purchased a good quantity of them.

"Enough to get a price break," he quipped.

Not long after that, Fellowship Hall changed its logo (to the gold shield with the script initials "FH" inside it), and Don hinted to Rodney, "Wouldn't it be nice if the Hall had its own flag out there?"

Rodney made a presentation to the Board of Directors at its September meeting, and an endowment for the flag fund was approved.

"This is still Don's baby," said Rodney. "He will still administer it;

he just won't have to worry about paying for it. But mainly, after seeing what an improvement it made to the appearance of the Hall, and just because it's the right thing to do to keep the flags in good condition, we wanted to make this a permanent thing. This gives others an opportunity to give something back, as well. We can't thank Don enough for all he's done. I wish we could clone him."

For more information about the flag fund or other gifting opportunities, please contact Murphy Sullivan, Director of Development, at: 336.621.3381 or murphys@fellowshiphall.com.

(This is a reprint from the Fall 2011 publication. The Gateway editorial committee apologizes for inadvertently omitting a section of this article.)

Big Plans In Store For Hall Golf Tournament

For the first ten years of the E. Raymond Alexander Memorial Golf Tournament, the event topped itself each successive year, raising \$162,253 during that span. Those funds go toward providing financial assistance to Fellowship Hall guests whose insurance and/or finances run out before they have completed treatment. Last year, under the guidance of committee chairman Kim Anderson, the charity tournament smashed all records, not by a little but by a lot, raising a whopping \$32,332. Now, as the event enters its second decade, the bar has been raised even higher, setting a goal of \$35,000.

Chris Matthews, 2012 Chairman, smiled, "Kim did an incredible job last year, but she and (Director of Development Sullivan) Murphy showed us how to do it, and if we follow

their lead, I think we can top it."

Several factors are already breaking Matthews' way. For starters, the 18-hole Captain's Choice event has found a new home, moving from Crooked Tree to Bryan Park. The Rees Jones-designed layout is considered one of the finest public courses in North Carolina, consistently earning accolades from *Golf Digest* and other publications and ratings guides.

"Crooked Tree has been a great host for us for several years," said Matthews, "but when the opportunity to move to Bryan Park came up, that was a no-brainer. You couldn't pass that up."

The Carolinas PGA has also taken the opportunity to move to Bryan Park, a mere 4 miles from Fellowship Hall. Chris

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Ogi & The Old-Timers

Uncle Bud's Legacy

Bud sensed that I was under a bit of duress, although I was doing my best to cover it up. He was like that. He had that innate ability to tell when someone needed an encouraging



word, a pat on the back, or something more. In this case, it was the latter.

Bud W. — aka Uncle Bud, Papa Bud, or, when he made his way to the podium to give out the chips, Buuuuuuuud — was one of the most beloved trusted servants Greensboro AA has ever known. When he swung open the doors to the Big Meeting in the Sky in November, given his 34 years of sobriety, he probably had as many friends there to greet him as he left behind. And, believe me,

as evidenced by the folks standing in the vestibule outside the packed sanctuary for his funeral at one of Greensboro's larger churches; he left a huge number of us behind.

But back to the story. I happened to be chairing my home group that night, and when I asked for announcements I made one myself: "I've rented the party deck at the (local minor-league) ballpark for Sunday afternoon's game. It's all-you-can-eat burgers, hot dogs, chips, cookies and sodas, plus game tickets, for \$35. I have a few tickets left, so see me after the meeting."

What I didn't say was that I'd paid for the tickets in advance and that there were more than a few left. Seems I'd miscalculated, not taking into account that a day game in the midst of a brutal late-July heat wave might not be the hot ticket I'd assumed. Fact was I had about a dozen tickets left, so you do the math.

Now, I didn't want to bring it up from the podium that I was taking a bath, but I had chatted it up before the meeting that an afternoon at the old ball yard was a great opportunity for some fun and fellowship among friends. I'm quite sure that I hadn't mentioned to Bud that I was getting desperate, but he obviously caught wind of it. After the meeting, he came up to me and surreptitiously slipped me a bill, saying, "I can't go to the game, but here is a little bit for organizing it, pal." (Everybody was "pal" to Bud.)

I told him it really wasn't necessary, but he insisted, so I thanked him, glancing at the ten-spot as I stuck it in my pocket. After I got home, I took it out of my pocket and, much to my surprise, saw that it wasn't a ten but a hundred. I ran into

the bedroom and said to my wife, "Can you believe that Bud? Look what he did; he just slipped me a hundred dollar bill. I thought it was a ten. What a guy!"

My wife, observer of minutiae that she is, took the bill, looked at it and then to me and said, "That's not all. Look at the way it's creased." Instead of being folded in half, it was folded slightly off-center, so that one of the zeros in the corner was covered up, making it look like a ten. Clearly, Bud had intentionally folded it that way so that I would not feel like a charity case and refuse to accept it.

As it turned out, we sold a couple that night, had a few walk-ups the next day and, coupled with Bud's contribution, I only lost maybe a hundred bucks. At the next meeting, I told him I knew what he did and that I couldn't, in good conscience, take the money. He said, "Well, I'm not going to take it back. Pay it forward if you'd like; give it to a worthy cause or to somebody who needs it."

So, Janet and I wound up giving it to the Fellowship Hall Annual Fund, of which we happen to be honorary co-chairs, in his memory.

But that is only one example of his generosity. At his funeral, one of his daughters shared a story about his habit of giving dollars to kids — with their parents' consent, of course — in restaurants and other public places. It was one of the ways he committed random acts of kindness and paid it forward. She said that when they were going through his desk after his death, they found hundreds and hundreds of gold dollars that he had stashed to give away, never telling a soul. The family didn't know what to do with the coins, so it occurred to them to do exactly what Bud would have done — give them away. So, at his funeral, they passed around baskets and, rather than putting something in, everyone took something out, - the bags with the note and coin enclosed, pictured here.

Now we all have something tangible to remember Bud by. Not that we'd ever need it, for he was truly an unforgettable guy. While his shoes won't ever be filled, he left us all some footprints that will keep us headed down the path of goodness and unconditional love.

We love you, Uncle Bud. See you in the Field of Dreams.

(Ogi, pictured above, is not exactly an old-timer, but he does hang around a lot of them.)

*In memory of
Bud, Papa Bud, Uncle Bud, Counselor and Friend*

*Please have this gold dollar as a reminder
of Bud's kindness.*

*We ask you either keep it for your memories
or give it to a child for him.*

*Celebration of Life
9/24/1927 - 11/27/2011*



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Annual Fund Defies The Odds

Murphy Sullivan, Fellowship Hall's Director of Development, gets excited when talking about the Hall's Annual Fund. She can come up with a dozen reasons why the drive is so successful, particularly this year. But underneath all the logical details, economic factors and theories of fundraising, there is one simple explanation that cuts to the heart of the matter: When people get into recovery, they develop an "attitude of gratitude." Quite often they feel compelled to give something back to the place that gave them the tools to change the course of their lives.

"It's true," said Sullivan. "This place has special memories for so many people, and our former guests have been extremely generous over the years and we are grateful for their support. People feel like they've been given a second chance at life, and it's only natural to want to do the right thing and do something for the next guy who's in the same boat they were in."

Still, in this depressed economic cycle, it would seem only natural to have some diminished expectations. After all, those in recovery are not immune to job losses and economic hardships (or the fear of it), and their level of altruism could be expected to decrease. Yet, rather amazingly, that has not proven to be the case. In fact, just the opposite.

"We're way ahead of the game," enthused Sullivan. "We've raised 60 percent more than we did last year at this time. In fact, we've almost reached our goal of \$50,000, and we're not even a third of the way into the fiscal year."

In hard numbers that translates to \$48,360 between Thanksgiving and Valentine's Day. The average gift is \$215.

"In these times, those are significant numbers," said Sullivan. "Most non-profits are trying to break even from last year, and almost nobody's numbers are up. One of my trade journals, in fact, says that over two-thirds of people don't plan to give more and 17 percent plan to give less."

So, why is Fellowship Hall outperforming both the economy and other non-profits? Again, Sullivan is not at a loss for answers, explaining that we saw the challenges coming and got proactive in ways to deal with them.

"We did things a bit differently this year," she said. "And, we had the Board of Directors involved and a much respected couple from the community, Janet and Ogi O., serve as our honorary chairs. Both Janet and Ogi came through the Hall over 23 years ago and have been two of our real success stories."

"This is anything but a hard sell," she smiled. "Basically all we have to do is let people know where the money goes, how many people it helps, and how much we appreciate it, and they do the rest."

It's not too late to make your Annual Fund donation!

Fellowship Hall is grateful to our alumni, family members, friends, board members and staff who have contributed nearly \$50,000 to the Annual Fund so far this year.

Donations can be made online at fellowshiphall.com or by using the enclosed envelope.

Thanks so much for supporting Fellowship Hall's Annual Fund!

Continued from page 5: Big Plans In Store For Hall Golf Tournament

Valauri, the government relations counsel for the Carolina Golf Course Superintendents Association, volunteers his expertise to the Alexander tournament committee.

"There are some great opportunities to establish a relationship with the PGA to help this tournament," said Valauri. "The major objective is to raise money for the Hall, and I feel the chance to play Bryan Park itself will attract more participants as well as potential corporate sponsorships."

Matthews, vice chairman Pat Clark and the 14-person committee are already at work securing those corporate sponsors for the August 3 event, which coincides with the Hall's Annual Conference.

Recently they landed a major one in Wells Fargo Advisors.



Previous golf tournament committee chairpersons from left to right pictured with Carol Alexander (center), Ray Alexander, III (second from right) and Rodney Battles (far right): Chuck Royster, Boyd Watkins, Karen Benson, Bill Benson, Stuart Gordon and Kim Alexander.

"David Robinson at Wells Fargo has stepped up with a \$5,000 lead gift," Matthews disclosed, "and we can't thank him enough. As for the players, Matthews admitted that Bryan Park is more of a challenge, but one most golfers would welcome.

"There's just a certain cache to Bryan Park," he noted. "It's so well-maintained and so much of it is waterfront and rolling hills and contoured greens, you can't help but love it. Sure, it's more challenging, but we're just out here to have fun for a cause we believe in, anyway."

The 2012 tournament is Friday, August 3, with an 8 a.m. shotgun start. Entry fee is \$90.00 per player. For more information, please see our website at fellowshiphall.com or contact the Development Department at: 800.659.3381.



Bryan Park Golf Course

Friday, August 3, 2012 8:00 a.m. Shotgun Start
 Sponsorship and registration opportunities abound for an event
 of great exposure that honors the memory of
Judge E. Raymond Alexander, Jr.

As in past years, this tournament will sell out early!
 Please register today at: fellowshiphall.com

62ND FELLOWSHIP HALL CONFERENCE ON ALCOHOLISM AND ADDICTION

August 3, 4 & 5, 2012
 Greensboro Marriott Downtown

Please join us for a weekend
 of reunion and celebration!

For more information, call 800.659.3381
 or register online now at fellowshiphall.com
 For those of you who prefer to register through
 the mail, please use the registration form provided
 in our next publication of *The Gateway*.



Email suggestions, submissions for The Gateway, and requests to be placed on our mailing list to markt@fellowshiphall.com



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