

# The Gateway

The Quarterly Newsletter from Fellowship Hall

## Alumni Events Series Off to a Great Start

Calling all alumni! We are grateful that thousands of alumni and family members have remained in touch with Fellowship Hall over the years. In an effort to continue to nurture those relationships and to re-engage with others with whom we've lost touch, Fellowship Hall is pleased to introduce our new alumni relations program. We invite you to connect, reconnect, and stay involved with Fellowship Hall by participating in our alumni events.

### The Anonymous People

Fellowship Hall kicked off our slate of new alumni events with a reception, viewing, and discussion of the ground-breaking documentary, *The Anonymous People* on March 3rd in Raleigh. With over 50 alumni and friends in attendance, the lively discussion was moderated by Jimmy Cioe of the Governor's Institute on Substance Abuse. Special thanks to Capstrat for generously donating space for this event.

*The Anonymous People* tells the story of the over 23 million Americans living in long-term recovery from alcohol and drug addiction. Told through the faces and voices of citizens, leaders, volunteers, corporate executives, public figures, and celebrities, *The Anonymous People* addresses the deeply entrenched social stigma that has kept recovery voices silent and faces hidden for decades.

These courageous addiction recovery advocates are using their stories to transform public opinion, engage communities and elected officials, and finally shift problematic policy toward lasting recovery-based solutions.

Plans for additional viewings in Greensboro and Charlotte are in the works for later this year.

### The Human Race

We are also pleased to announce that Fellowship Hall will be participating in the 2015 Human Race! Organized by The Volunteer Center of Greensboro, The Human Race is an excellent opportunity to bring together our alumni, friends, family, staff, and board members to raise money for, and awareness about, addiction and recovery.

The Human Race will be held Saturday, April 18, from 9:00AM-12:00PM at the Greensboro Coliseum. See back page of newsletter for more information and how to register to join our team.

### Other Events

In addition to these events, we are also planning others such as special guest speakers and socials to offer a variety of safe and sober activities for alumni.

### Alumni Relations Coordinator

Fellowship Hall also welcomes our new Alumni Relations Coordinator, Jessica Beamon. Jessica joined the development team in October and has been working tirelessly to plan and organize such events as *The Anonymous People* and The Human Race, along with the upcoming Golf Tournament and Annual Conference (read more on page 2).

Jessica comes to Fellowship Hall with a strong background in design, marketing, and event planning and management. We're glad to have someone with her knowledge and expertise on board!

We welcome your ideas and suggestions for future events. Please contact Jessica at 336-621-3381 or via email at [jessicab@fellowshiphall.com](mailto:jessicab@fellowshiphall.com).

WINTER/SPRING 2015

*In this issue*

## ANNUAL FUND BENEFITS CAPITAL CAMPAIGN

It's not too late to make a gift to Fellowship Hall's 2015 Annual Fund. The generous financial support of hundreds of alumni and friends has made it possible for Fellowship Hall to help our guests begin their recovery journeys.

page 2

## MEET DR. WASHO

Dr. Michael Washo joined Fellowship Hall in October as the new Medical Director. We asked him to tell us a little about himself and the work he does at the Hall.

page 4

## THE MOST IMPORTANT DECISION OF HER LIFE

On January 18, 2013, Heather A. made the most difficult and important decision of her life; the decision to save her life.

page 5

Golf Tournament & Annual Conference page 2

Recovery Takes a Community page 3

Remembering Jan Kanne page 3

Construction Update page 4

Stay in Touch! page 5

The Human Race page 6

### STAY IN TOUCH!

 336.621.3381

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*Fellowship Hall*

## Annual Fund Donations Support *Changing Lives* Campaign

It's not too late to make a gift to Fellowship Hall's 2015 Annual Fund. The generous financial support of hundreds of alumni and friends has made it possible for Fellowship Hall to help our guests begin their recovery journeys and allows us to focus on providing the tools for recovery through excellent treatment delivered by trained counselors and medical professionals; educate and support families; open the door to Twelve Step programs that support a drug-and-alcohol-free life; and most importantly, allow guests to begin a new life.

Those who haven't yet found recovery still need our help though. A gift to the 2015 Annual Fund will support Fellowship Hall's commitment to *Changing Lives*, our current campaign to expand the 90-day extended treatment program to accommodate more men and women in need of longer term treatment, to add outpatient treatment to our continuum of care, and to expand the family program and community education.

Alumni, families, and friends like you who spread the word that recovery is possible play an important role in helping our guests begin the difficult work of changing their lives. Your generous gift to the 2015 Annual Fund will make it possible for Fellowship Hall to continue to help change lives and give hope to men and women with addiction problems, and the families who love them.

To make a gift, please complete the donation form on page 3 and return with your check to Fellowship Hall Annual Fund, PO Box 13890, Greensboro, NC 27415. If you prefer, you may make your gift online at [www.fellowshiphall.com/support](http://www.fellowshiphall.com/support).

Thank you for the life changing treatment opportunities your gift will make possible.

# CHANGING LIVES

## THE CAMPAIGN FOR FELLOWSHIP HALL

A PREMIER PROVIDER OF ALCOHOL AND DRUG ADDICTION TREATMENT



## Annual Conference Slated for July 31-August 2

Mark your calendar! The 2015 Fellowship Hall Annual Conference on Alcoholism and Addiction will be held the weekend of July 31-August 2 at the Greensboro Downtown Marriott Hotel. This year's conference is sure to carry on the long standing tradition of national recovery speakers, great fellowship, and the opportunity to visit the Fellowship Hall campus for a picnic luncheon on Saturday, August 1.

In addition to walking the Meditation Trail, relaxing in the Serenity Fountain courtyard, and attending the gratitude meeting, picnic attendees will be among the first visitors to tour the new 24-bed men's extended treatment lodge, which is scheduled for completion in early summer. Construction of both the 16-bed women's extended treatment lodge and the 13,000 square foot outpatient building will also be underway. Attendees will get a sneak peek at the second phase of this project slated for completion in spring 2016.

Fellowship Hall embarked on the \$6 million *Changing Lives* capital campaign last summer to raise funds to expand capacity in the extended treatment program, add outpatient treatment; and increase education and train-

ing opportunities for addiction treatment professionals, clinicians working in related fields, community and business leaders, and the general public. The campaign kicked off at last year's annual conference with a ceremonial groundbreaking.

The Fellowship Hall Council is coordinating the annual conference with assistance from staff. Council President Drew H. and Voice of the Conference Chris M., along with a cohort of dedicated volunteers, work tirelessly throughout the year on the details of speaker identification and invitation, registration and hospitality, and coordination of special activities like the ice cream social, a very popular event at the conference.

Last year's annual conference drew nearly 750 attendees from near and far, so be sure to register early! Advance registration for the entire weekend is \$20 per person or \$10 per person per day; onsite registration is \$25 for the entire weekend or \$15 per person per day. Please visit [www.fellowshiphall.com/annual-conference](http://www.fellowshiphall.com/annual-conference) to register. A block of rooms will be reserved at the Marriott for those interested in overnight accommodations. Contact the hotel directly at 336-379-8000 after June 1st to reserve a room. For more information, please contact the Fellowship Hall development department at 336-621-3381.

## Plans for Golf Tournament in Full Swing!

The 14th Annual E. Raymond Alexander, Jr. Memorial Golf Tournament will be held at Bryan Park Golf Course on Friday, July 31, 2015. The tournament honors Judge Alexander, Fellowship Hall Board member, respected friend and mentor to many people in the recovery community, accomplished lawyer, and distinguished judge who served the Greensboro community for more than 30 years.

Since its inception in 2001, the tournament has raised over \$300,000 in financial assistance for individuals in need of financial support to complete their substance abuse treatment.

This year, the fundraising goal has been set at \$50,000, with the proceeds benefiting the Fellowship Hall Family Program by providing scholarships for financially qualified family members of guests in treatment. Family members who participate in the four-day program gain a better understanding of the dynamics of alcohol and drug addiction through education and support to restore self-respect, trust, and hope.

Golfer registration is now open and available online. Register early—last year's tournament sold out three weeks before the event! The cost to participate is

\$100 per golfer which includes breakfast, greens fees and cart, post-tournament luncheon, and the awards ceremony at Bryan Park.

Sponsorship opportunities are also available and include Platinum (\$5,000); Gold (\$2,500); Hole-in-One (\$1,000); Silver (\$800); and Bronze (\$400).

Visit [www.fellowshiphall.com/golf](http://www.fellowshiphall.com/golf) for full details of sponsorship opportunities and benefits or to register to play in the tournament. Contact the development department at 336-621-3381 with questions or for more information. See you on the links!





## In Memoriam: *Jan Kanne*

Fellowship Hall mourns the January 20th passing of long-time board member and friend Janice "Jan" Kanne. Tom Smith, Fellowship Hall Board Chair remarked that "Jan's wisdom and experience as a long term board member helped Fellowship Hall continue its mission as a leader in the field of recovery. She will be missed greatly."

For more than 14 years, Jan was an active member of the board and provided strong leadership and guidance throughout her years of service. "Jan was generous with her time and was a great friend of the Hall and of many in the recovery community," added Brad Marino, Fellowship Hall President and CEO.

Fellowship Hall is very grateful to Jan's family for generously requesting memorial contributions to the Hall. Gifts may be made online at [www.fellowshiphall.com/support](http://www.fellowshiphall.com/support) or by sending a gift through the mail to Fellowship Hall, Development Department, PO Box 13890, Greensboro, NC 27415.

# Recovery Takes a Community

*Recovery Takes a Community* is an interactive educational program designed to bring awareness to community and business leaders of the growing impact of alcohol and drug addiction that affects more than 23 million Americans. Addiction is a biologically based illness that touches all areas of an individual's life, including family, health, work, faith, and community. Every \$1 invested in addiction treatment yields a return of \$12 in reduced healthcare expenditures, lost work productivity, drug related crime and theft, and criminal justice costs. This workshop will help attendees learn more about the disease of addiction, how it impacts individuals, families and society, as well as effective interventions, treatment and community resources.

### Who should attend?

Business leaders/owners, clergy, human resource professionals, attorneys; anyone who would like to better understand addiction and its impact on relationships, businesses, and the community.

### Join us for one of our quarterly offerings:

Friday, May 15, 2015  
Friday, August 14, 2015  
Friday, November 13, 2015

All sessions are from 9:00AM-4:00PM.

Register online:  
[www.fellowshiphall.com/rtc](http://www.fellowshiphall.com/rtc)

### Presenters:

Kelly Scaggs, MSW, LCSW, LCAS  
Clinical Director, Fellowship Hall  
Mat Sandifer, MSW, LCSW, LCAS  
Counselor, Fellowship Hall

*Recovery Takes a Community* is hosted, free of charge, by Fellowship Hall in order to help improve public awareness of addiction. Lunch and refreshments are provided. Administrative costs related to the awarding of professional continuing education unit credits, if available, may be requested at the time the credits are awarded.

## Donation Form

Please use ballpoint pen to fill out this form.

Yes! I wish to support Fellowship Hall. I would like to give:

- \$5,000     \$2,500     \$1,000     \$750  
 \$500     \$250     \$100     \$50  
 Other \$ \_\_\_\_\_

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

### Credit Card Information

I authorize \$ \_\_\_\_\_ to be charged to my credit card.

- Visa     American Express  
 Discover     Mastercard

**Mail this form to:** Fellowship Hall, Attention: Development  
PO Box 13890, Greensboro, NC 27415

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV# \_\_\_\_\_

Signature \_\_\_\_\_

You may also donate online at [www.fellowshiphall.com/support](http://www.fellowshiphall.com/support)

My gift is given  In Memory of  In Honor of

Name (please print clearly) \_\_\_\_\_

Please notify the following person of my gift:

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



## Meet Michael Washo, MD



In October, Dr. Washo joined Fellowship Hall as the new Medical Director. We asked Doctor Washo to tell us a little about himself and the work he does at the Hall.

**The Gateway:** What are you responsible for at Fellowship Hall?

**Dr. Washo:** I perform psychiatric evaluations, and monitor the detoxification process and medications for our patients. As the medical director, and part of the leadership team, I interface with all departments to ensure the highest quality patient care. That includes training our psychiatry residents from Duke who rotate through Fellowship Hall just like I did. I also represent the organization in the professional communities, locally, regionally, and nationally.

**TG:** What excites you most about your new position?

**MW:** Having so many different roles and responsibilities is what excites me most about this new position. Patient care and clinical

medicine will always be my number one passion. However, as much as I love taking care of patients, I also feel that I have strong leadership and communication skills. This new position will afford me the opportunity to use these as well. This is an exciting time for Fellowship Hall. We are in the midst of a six million dollar capital campaign to expand our extended treatment program, offer outpatient services and provide more space to train area professionals. This will allow us to meet the ever-growing needs of the substance abuse community and the professionals treating this population. I feel really lucky to have started when I did, as I will play a key role in our growth and expansion.

**TG:** How will this job challenge you differently than your last? (Dr. Washo previously worked at RJ Blackley, a state-run psychiatric/substance abuse treatment center in Butner, NC.)

**MW:** As the medical director I am involved in policy and leadership decisions, in addition to patient care. I have to be mindful of how the facility is functioning as a whole and be able to see the “big-picture”. This perspective is vital. Not only does it ensure that Fellowship Hall stays true to its current values, but it also helps to shape the vision going forward as we expand the services that we have to offer.

**TG:** What was your first job?

**MW:** My first job was in my family’s asphalt paving (blacktopping) business. I worked as a manual laborer for the company while in high school and college.

**TG:** What is the best lesson you learned from a mentor?

**MW:** “Never make a decision out of fear”. This comes to mind whenever I am faced with a truly big decision, whether it be personal or professional.

**TG:** What are your hobbies and interests outside of work?

**MW:** My wife and I enjoy trying new restaurants and we’re looking forward to exploring what Greensboro has to offer. I also enjoy exercise, specifically CrossFit.

**TG:** And finally, tell us something that most folks don’t know about you.

**MW:** I have a real phobia of snakes, lizards, and frogs. My nephews will use this against me at times and capture a frog in their hand and chase me around the yard. While some of my antics are exaggerated for dramatic effect, I don’t have to do too much acting.

## Construction Update: Men’s Extended Treatment Lodge Under Roof

Mild weather through the fall and thus far this winter has helped construction of the new men’s extended treatment lodge to progress quickly. The 24-bed lodge is now fully under roof and windows have been installed. The interior is beginning to take shape with the roughing-in of plumbing and electrical, followed by the installation of drywall. The exterior siding and stone work is in process, and with each passing day the lodge looks more and more like the archi-

tect’s rendering of the building. The goal is to have the exterior of the building, including landscaping and parking areas, wrapped-up by the end of March.

Interior work over the next few months will continue with a focus on painting, flooring, appliances, and furnishing guests’ rooms, group/meeting rooms, lounge, dining, and offices. The target for opening the lodge is early this summer.

The men’s lodge is the first of three new buildings to be constructed on the Fellowship Hall campus. Construction of a 16-bed women’s extended treatment lodge and a 13,000 square foot outpatient building is slated to start in mid-summer. It is anticipated that these buildings will be completed in spring 2016.



exterior: workers construct stone columns on the outside of the building



interior: framing and roughing-in of the interior spaces

# STAY IN TOUCH!

We're making efforts to update our database so that we can stay in better touch with you! This includes collecting email addresses so that we can communicate electronically.

Please take a few moments to go online and provide us with your email address.

## ONLINE

<http://tinyurl.com/StayInTouchFH>

## SCAN WITH SMART PHONE



## CALL or EMAIL

Jessica Beamon  
Alumni Relations Coordinator  
[jessicab@fellowshiphall.com](mailto:jessicab@fellowshiphall.com)  
336-621-3381

If you email us directly, please be sure to include:

- First and Last Name
- Zip Code
- Your relationship to the Hall (alumni, family, friend, referral source, etc)

All information you provide will be kept confidential and will only be used by and for Fellowship Hall correspondence.

If you have questions about our database or would like to update your mailing address or phone number, please contact our database administrator, Natalie Schorr at [natalies@fellowshiphall.com](mailto:natalies@fellowshiphall.com)

# The Most Important Decision of Her Life



On January 18, 2013, Heather A. made the most difficult and important decision of her life; the decision to save her life.

As December 2012 came to an end, Heather knew that she was on the brink. For the past 12 years she had used and abused her body, and now she was just *tired*. She would wake up in the mornings, only to wish to go back to sleep and not wake up; she begged God to let her die. Her body was screaming for relief, but there was no reprieve from the anguish she felt. "I did not believe that there was any help for me. In my mind I was too far gone. I had done too much, and I was in too deep for anyone to save me."

But there was help, and on January 18, 2013, with the encouragement of her family, Heather took her first step towards recovery and agreed to enter treatment. Of her call to Fellowship Hall, Heather recalls, "My heart was racing and my hands were shaking badly as I dialed the number. I'm sure my voice was cracking terribly as I answered questions and gave background information. I was terrified!" Less than a day later Heather walked into Fellowship Hall and left her former life behind.

Those first three weeks were miserable. "I missed my children so much that I felt as if I couldn't breathe. There was a feeling of heaviness that wouldn't let up. I was ready to go home and I refused time and time again to listen to the direction and recommendations given to me by many counselors at the Hall."

Then, on February 13, the day before she was to be discharged, the harsh reality of her situation finally sunk in: Heather was served with divorce papers. "It was in that awful, devastating moment when my entire world crumbled at my feet, that I realized I had to stay at the Hall for the extended treatment program. I knew I wouldn't survive if I chose to go home."

During her extended stay, Heather was given the intense therapy that she so desperately needed. She was able to open up and process the grief and trauma that had fed her addiction for years. She regained her will to live and realized what was truly important to her.

*"I remember thinking that nothing and no one is going to take my children from me, and definitely not the disease of addiction."*

Heather credits the family program and extended treatment counselors with giving her the tools to manage the pains of her past, and open herself up again to trust, to love, and to live.

Now, with two years of sobriety under her belt, Heather is a full-time private caregiver and is studying to become a substance abuse counselor. She is dependable instead of dependent. She spends a lot of time with her three children-- balancing their hectic schedules, but also just being a fun and loving mom. "Now I'm the one who family and friends come to for help or advice. That in itself is miraculous! I'm respected today, and that means so very much to someone who lived as I did."

When Heather wakes up in the morning, she might still want to stay in bed, but only to get some rest from her busy, full life—not because she has nothing to live for.

"I thank God every day for each one of the precious souls at Fellowship Hall who saw my heart and saw who I could be, not what I was. I am who I am today because of God's grace. He allowed some amazing people to pass through my life to help me and for that I am forever thankful and eternally grateful."

*If you or someone you love is struggling with an alcohol or drug problem, help is available. Call Fellowship Hall at 800-659-3381 to take the first step towards getting your life back on track.*

# JOIN US AS WE CELEBRATE THE GIFT OF RECOVERY!

## WALK WITH US - 2015 HUMAN RACE WALK/RUN

Join Fellowship Hall as we come together to have fun, fellowship, and celebrate the gift of recovery... all while raising money to benefit those affected by alcoholism and addiction.

While this is Fellowship Hall's first year participating, for the past 21 years the Volunteer Center of Greensboro has coordinated the Human Race 5K walk/run, which annually raises more than \$200,000 for participating nonprofits!

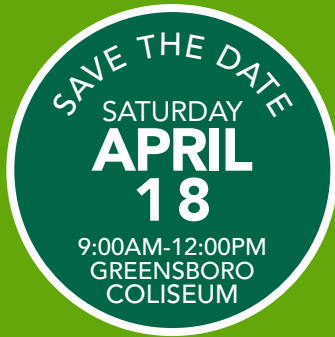
## HOW YOUR SUPPORT HELPS

Your support of Fellowship Hall through the Human Race will allow us to continue the expansion of our treatment options and facilities. New construction includes both men's and women's lodges for extended treatment, increasing our capacity from 83 guests in residence to over 100. The new outpatient building will house the expanded Intensive Outpatient Program, the Family Program, and a 200-seat lecture hall for education and training.

Your support will allow us to continue providing the best possible care to our guests, to reach a greater number of people in need, and most importantly, your support will CHANGE LIVES.



scan to register and join our team



[www.fellowshiphall.com/thehumanrace](http://www.fellowshiphall.com/thehumanrace)

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