

# The Gateway

The Quarterly Newsletter from Fellowship Hall



## Not Just a Few Buildings Fellowship Hall Expands Facilities and Programs

Pull into our driveway and it's apparent we are in the middle of a major expansion. The newly completed Mose Kiser, Jr. Lodge is open and houses our expanded 24-bed Extended Treatment Program. Still under construction and scheduled for completion this spring are an additional 16-bed residential lodge and a new outpatient center, future home to our outpatient and family programs plus a 200-seat conference/workshop hall and a gymnasium.

But what is most important – and what we're extremely excited about – isn't visible.

In February, Fellowship Hall launched a new, comprehensive approach to

treatment—a cluster concept that allows for individualization and improved patient outcomes with a variety of treatment options.

### Primary Program

A 24-hour residential treatment, our Primary Program, provides care ranging from three-to-six weeks, depending on the needs of each individual guest. Designed for first-time treatment and stabilization, our Primary Program allows the patient to identify the problem and discover their individual pathway to “true-self” and new answers. The success rate for our guests is above the national average of 50 percent. With the primary program, we offer specific focus areas.

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### STAY IN TOUCH!

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*Fellowship Hall*

# Thank You!



## Fishing for Freedom

A big thank you to alumni Will B. and his fishin' buddy Blaze Thompson, who donated the proceeds from "Fishing for Freedom" a fishing tournament they began on Fellowship Hall's behalf. The two plan for the tourney to be an annual event.



## A Gift for Guests

Thanks to a gift from Laura and Doug Epting made in honor of Mark Ransom and Sherri Green. FH guests now have eight brand-new walking sticks to use on the Meditation Trail. 

*continued from page 1*

### **Young Adult Program**

Designed for 18 to 27 year olds, with lectures and group structure for a population with unique recovery challenges, this program is for individuals who communicate and receive information in a social and time short-hand.

### **Women's/Gender Specific**

Designed to address specific women's issues, including the shame women may feel about the need for treatment, the Gender Specific Program for Women provides a safe place, of like-minded individuals, to begin the process of recovery.

### **Professional Program**

Recognizing the individual challenges that isolate the professional from reaching out for the help they need, this program is designed to focus on the unique aspects of the patient's career and coordinates care and outcomes with the appropriate professional monitoring board.

### **Relapse Program**

Designed for individuals who have had prior treatment experience but have been unable to sustain recovery, this program delves into the forensics of relapse.

### **Extended Treatment**

Like our Primary Program, Fellowship Hall's Extended Program, is a 24-hour residential treatment extending up to 90-days. During the first 30-days, guests participate in our Primary Program then transition into our Extended Program to further explore and address individual core issues (such as severe trauma, guilt or shame) that are contributing to their disease. This allows guests to delve deeper into the underlying issues that have prevented – or interrupted – their recovery. Eighty-five percent of guests who complete our Extended Program are able to sustain recovery.

### **Family Program**

Our Family Program is a comprehensive four-day program in which family members learn how the disease of addiction impacts every member of the household and how healthy boundaries are essential in early recovery. In counseling sessions, as well as facilitated group sessions, family members and guests learn how to improve how they communicate with each other.

Because family participation is an integral part of a healthy recovery process, we offer the Family Program at no additional cost for one family member of a guest in treatment. Guests whose families participate in the Family Program enjoy more successful treatment outcomes.

### **Residential DWI**

In May, Fellowship Hall will launch a new DWI program for those individuals who have been given the option to participate in treatment in lieu of incarceration. Only the second program of this kind in the state of North Carolina, this seven-day program will introduce the individual to an abstinence-based 12-step program and tools to help them put their lives back on track.

### **Traditional Outpatient Services**

Opening Spring 2016, our Traditional Outpatient Program will provide individual and group counseling open to former guests and the community at large.

Fellowship Hall's Programs are built on a total abstinence, 12-step foundation. Informed by evidence-based treatment, we are dedicated to an ever-evolving "best practices" approach. We are committed to helping people who suffer from alcohol and drug addiction find the path to recovery.

What you can't see when you pull into our driveway are the lives we are changing. That is what makes us most proud. 

*"Fellowship Hall's Extended Treatment Program opened my eyes to a whole new world I could not have imagined. I learned the skills I needed to love myself first, and to deal with my addictions by other means. The compassion and sincerity of all the counselors and staff helped me become a better person and has changed my life. Thank you FH!" - Maria S.*

# Back from the brink: Will & Andrea



Six years ago, if you had been on the outside looking in, you would have thought that Will and Andrea had a perfect life, a perfect marriage. Will was successfully employed with his family's business. Andrea was a homemaker and cared for their daughter. But inside, Will's life and marriage were in jeopardy. "Friends and family could see that my husband was a big drinker, but they didn't know the reality of the situation. They didn't know how it was impacting our daily life and our marriage. No one ever asked me if there was a problem. I never gave any hint. I kept it all inside."

Their story began nearly a decade before in upstate New York where they met while attending graduate school. "I knew that Will liked to drink, but we were in school so it didn't seem like a big deal." In reality, Will had been drinking and using drugs since the age of 13. "I had always been a very high-energy kid who didn't fit well into the public school system. My parents sent me to several different psychiatrists and therapists to 'fix' me. By the age of 15, I concluded that if there really was something wrong with me, I might as well party as hard as I could."

Ultimately, Will left the graduate program while Andrea stayed to complete her Master's degree. After graduating, she moved to Greensboro to be with Will. Their relationship was strained, but they stuck it out and married in 2004. Will's drinking and drug use caused ever increasing tension in their marriage, but Andrea couldn't wrap her head around the fact that Will was an alcoholic. "In my mind, an alcoholic couldn't hold down a job. My husband was working a full-time demanding job, and was quite successful. It just didn't add up. I believed all the typical stereotypes."

Then one night in 2010, Andrea got a phone call. Will had flipped his brand new car and miraculously survived without serious injury. She picked him up from the police station with their two year old daughter in tow.

That was the last night that Will took a drink. But his struggle was far from over.

"That led to my first experience with AA. I was convinced that my drinking had become a problem, and after getting the third DWI in 12 years, I decided it was time to quit drinking." And he did. But that was the only thing he did to support his recovery. "I went to some meetings, but didn't get a sponsor, didn't work steps, didn't share, didn't get a home group, and generally didn't do a damn thing that was suggested." He was also taking large amounts of prescription anxiety medication, but rationalized the usage because they were "from a doctor."

Will finally hit rock bottom about two years later. He and Andrea were barely speaking, much less sleeping in the same room. His marriage was in shambles with divorce looming on the horizon. "I was at a dentist appointment with our daughter, and Will called me to come home right away. He was an emotional and physical wreck—on the brink of suicide. That afternoon I drove him to Fellowship Hall and he checked into the treatment program. I have never felt more relieved and free as the day I left him at the Hall. I knew he was safe and I could finally breathe."

"My time at Fellowship Hall was actually really, really hard for me. My detox from anxiety medication made me physically uncomfortable and that distracted me from my ability to focus 100 percent on what I was learning. I was comfortable with the idea of a 12-step program being the answer, but I was still filled with a lot of fear— what would a life without alcohol and drugs look like for me? But scared or not, I was absolutely sure that my life was out of control. I was willing to do whatever I had to do to change my life."

During Will's intake, Andrea learned about the Family Program. Despite the heartache that his addiction had caused, she still wanted to fight for their marriage. "I knew that if it was going to work, we needed help. The family program seemed like a great opportunity for me to learn and decide what would be best for my family

*"I knew he was safe and I could finally breathe."*

and I." Will however wasn't so keen on the idea of Andrea attending. "He called a few weeks into his stay and told me that maybe I shouldn't come. He thought it might be too hard on me; that we would just discuss a lot of stuff I already knew. I decided right then that I HAD to be there."

Having been raised in households where family matters were kept private and emotions weren't shared, Andrea and Will at first struggled to open up and lean in to their respective programs. "I didn't want to open up to people, so when I heard that I had to be honest about my feelings, I was terrified. However, I didn't want to drink or use again, so I took the suggestion in spite of the fear." For Andrea, it was taking care of herself. "I am a caretaker and I am good at this role. I am not so good at taking care of myself. This concept sounded so simple but it was very difficult for me. I now realize that in order for me to be my best person I have to put myself first."

After leaving Fellowship Hall, they both continued with outpatient programs. Will attended the Intensive Outpatient Program (IOP) and Early Recovery Group (ERG), and followed through with "90 in 90" and went to as many meetings as he could. Andrea also attended ERG and joined an Al-Anon group. The most important part of Will's recovery has been staying in touch with his network and not isolating himself. He's also learned a lot about acceptance, letting go, and taking things as they come. For Andrea it has been learning to ask for help, "I realize now that asking for help allows you to grow and develop in new areas."

Today, with nearly three-and-a-half years of sobriety under his belt, Will is happier and healthier than ever. He and Andrea have come a long way, and perhaps for the first time in their relationship, Will is

*"I was willing to do whatever I had to do to change my life."*

the husband that Andrea always wanted and deserved.

"As cliché as it sounds, the

better I get, the better everyone else gets. The more I focus on others and being a productive member of society, the stronger my relationships get and the more people trust me. I feel so fortunate for everything that has happened in my recovery. By putting the principles of the program into practice, I can now genuinely relate to other people."





## TEAM FELLOWSHIP HALL GEARS UP TO RAISE \$10,000

For the second year in a row, Fellowship Hall will participate in The Human Race

It's that time of year, to put on your walking or running shoes, and join us on April 16, 2016, as we walk and run together in The Human Race.

The Human Race is a 5K walk/run administered by the Volunteer Center that helps Fellowship Hall and other Triad nonprofits raise much needed funds to support programs and projects. The proceeds from Fellowship Hall's participation in The Human Race will support our Extended Treatment program.

We hope you'll take advantage of this great opportunity to help Fellowship Hall and have some fun by participating in this year's Human Race as part of Team Fellowship Hall. Besides getting some fresh air and exercise, come out and join us for fun, fellowship, and a celebration for recovery.

Participation is easy – and if you don't want to walk or run, you can still donate!



We look forward to seeing you on race day... together, we're confident we can reach our \$10,000 goal.

Thank you for your support and making a real difference in the life of someone suffering from alcohol or drug addiction.

Each team member who raises at least \$50 will receive a special event T-shirt!

### To Participate

1. Join Team Fellowship Hall to walk, run, or roll with us to the finish line on 4/16. Visit [fellowshiphall.com/TheHumanRace](http://fellowshiphall.com/TheHumanRace) and click Join Nonprofit Team. Agree to terms and enter your info. Registration fee for Runners is \$25; Walking is Free – but be sure to make a donation!
2. Build Your Own Page – the site will walk you through the process, then ask your friends, family, neighbors, and co-workers to support your effort with a donation on your personal Human Race page or they can decide to join the Team too.
3. Show up at the Greensboro Coliseum Complex at 9:00AM on Race Day (4/16) and join Team Fellowship Hall as a LIFE CHANGER and race to the finish line with us.
4. Celebrate with us at the After Race Party!

### To Donate

1. Visit [fellowshiphall.com/TheHumanRace](http://fellowshiphall.com/TheHumanRace) and click the gray Donate Now button on the right
2. Enter your donation amount and complete the info
3. Feel good knowing that your gift is helping someone find their recovery

**YOU ARE CHANGING LIVES.**



The Fellowship Hall Team at last year's race.

Your gift can change a life, a family, and our community.

**Yes!** I want to help someone recover from alcohol and/or drug addiction.

I want to support Fellowship Hall with my gift of:

\$1,000+    \$500    \$250    \$100  
 \$50    \$25    \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_

This is a  One time gift    Monthly gift\*

\*equal payments of \$ \_\_\_\_\_ /month

Start date: \_\_\_\_\_

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I wish for this gift to remain anonymous.

Please make checks payable to  
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Save a stamp and give online at  
[www.fellowshiphall.com/contribute](http://www.fellowshiphall.com/contribute)

or mail to:

**Fellowship Hall**  
**PO Box 13890, Greensboro, NC 27415**

**Thank you!**

## NEW STAFF MEMBERS



TODD CLARK, PhD  
Chief Operating Officer

Todd Clark joins Fellowship Hall from Novant Health/Forsyth Medical Center where he served for 12 years as the Director of Behavioral Health Services which included the Forsyth addiction service line.



ALTINA LAYMAN  
Director of Development

Altina joins Fellowship Hall from The C12 Group where she served as Director of Marketing.

### Additional New Hires

- MICHAEL BRYANT - DWI Counselor
- JOSEPH DUNNING - Dietary Aid
- MICHAEL DYE - Therapy Assistant
- KIRSTEN FERRY - Accounting
- RICHARD HALE - Therapy Assistant
- DONNIE GARDNER - Therapy Assistant
- ARLENE MASCHI - Registered Nurse
- ANGELA MCCLUNG - Physician Assistant
- TAWANA MCDONALD - Outreach Coordinator
- IYOBOSA OSAGIE - Registered Nurse
- DON ROBERTS - Therapy Assistant
- CASEY SOWARDS - Therapy Assistant
- JUSTIN SESSOMS - Dietary Aid
- JENA SHAVER - Counselor
- JOSH SHOWFETY - Therapy Assistant
- NATALIE WARD - Registered Nurse

# What difference does your donation make?

A BIG one. At Fellowship Hall, we help people. We help them put an end to the destruction that alcohol and drug addiction creates in their lives. Each time we are able to help someone become – and stay – sober and clean, we have saved a life, and the lives of those who love them.



811 Individuals Served

When you make a donation to Fellowship Hall, you are joining us in our effort to change an alcoholic or drug addict's life. Your gifts yield incredible results. With your help, this year we were able to treat 811 individuals and begin the process of expanding our programs to serve even more, with construction beginning on three new buildings. 2015 was a year of clinical program redesign, embracing innovative best practices while being true to our mission and the 12-step recovery model.



\$286,000 Raised

Your financial support translates into quality care, equipping our guests with the knowledge and tools to transform their lives, and the world we live in. Here is a snapshot of your dollars working at Fellowship Hall (stats based on our fiscal year end, 9/30/15):

- Together, we raised \$286,000
- We hired 49 new staff members
- 63% of donations went to the Changing Lives campaign to help with construction costs of our expansion
- 17% of donations went to the Family Program to assist family members with the knowledge and tools to best help their loved ones reach and sustain recovery
- 20% of donations went to support Fellowship Hall's operations, a critical component to offering excellent, quality care to all of our guests

- Since 2014, you've helped us raise over \$480,000 toward the \$6.5 million price tag for construction of the Kiser Extended Treatment Lodge (opened July 2015), Lodge II (yet to be named and slated to open in May), and a new Outpatient Center (scheduled for a May 2016 opening)



Thank you for your support to help us provide the best possible care for each and every one of our guests and their families. We depend on individual, foundation, and corporate gifts to help us cover our operating and facilities costs, as well as a portion of our programs that are not covered by guest's insurance. Each year, we incur uncompensated care costs. For 2015, our uncompensated care totaled \$825,000.



Construction Started on 3 New Buildings

You play a vital role in our work to help individuals and their families recover from alcohol and drug addiction. In 2016, we'll be continuing to raise support to cover the cost of expansion, raising our capacity from 60 to 118 residential spaces. Our goal for 2016 is to raise over \$800,000– we've got a long ways to go – but we thank you in advance for supporting us. Together, we are truly changing lives.

**CHANGING LIVES**  
THE CAMPAIGN FOR FELLOWSHIP HALL  
A PREMIER PROVIDER OF ALCOHOL AND DRUG ADDICTION TREATMENT

# The Gateway

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## We're Changing Lives, one building at a time.

- 1 Our new Outpatient Center, opening May 2016
- 2 Our second residential treatment lodge, opening May 2016
- 3 The Mose Kiser, Jr. Extended Treatment Lodge, opened July 2015

