

# The Gateway

The Quarterly Newsletter from Fellowship Hall

FALL 2016

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Interim President and CEO Mike Yow and Board Chairman Jerry Shelton receive check from SECU Foundation Board Members Jo Anne Sanford, Secretary/Treasurer and Jim Johnson, Chairman.

## Fellowship Hall Receives Major Gift, Dedicates New Lecture Hall

The Fellowship Hall Board of Directors and Staff are pleased to announce the opening of our new Outpatient Center. The center, which officially opened on June 27, is home to the Family Program, Intensive Outpatient Program, Early Recovery Group, and traditional outpatient counseling services. With this expanded facility, Fellowship Hall is now able to serve even more people in need of treatment for substance abuse.

“The demand for treatment to help those suffering from alcohol and drug addiction continues to grow,” said Interim President and CEO Mike Yow. “Expanding our campus to meet the needs of our community is extremely important; each individual that seeks treatment and can return to a productive life is a win for all of us.”

In support of this new facility, Fellowship Hall received a \$500,000 gift from the State Employees’ Credit Union Foundation toward our \$6.5 million capital

campaign. The announcement was made at a dedication ceremony on Thursday, September 1, to honor State Employees’ Credit Union members with the naming of the SECU Lecture Hall located within the Outpatient Center.

“SECU members are pleased to support Fellowship Hall with the Foundation’s grant for the construction of SECU Lecture Hall within the new Outpatient Center,” said SECU Foundation Board member Jo Anne Sanford. “Fellowship Hall has an outstanding reputation of service over 45 years, helping thousands of people in their fight to overcome alcoholism and drug addiction. We are proud to be part of an initiative that will provide tremendous social and economic benefits for the citizens and communities of North Carolina.”

To see photos and read more about the Outpatient Center’s services, see page 2.

### STAY IN TOUCH!

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# New Outpatient Center Bustling with Activity!

Having been open for little more than two months, some of Fellowship Hall's outpatient services are already at capacity and looking for ways to accommodate more guests.

## *Intensive Outpatient Programs*

By far the most sought after programs are the Daytime and Evening Intensive Outpatient Programs (IOP). The daytime program can accommodate 12 guests per 8-week cycle while the evening program accommodates 10-12. As the program continues to grow an additional Daytime group may be added.

IOP is designed for those who need a minimally structured program to address their abuse or addiction issues while allowing them to continue to live and work in their own communities.

IOP provides education about addiction, relapse prevention, skill building, and support for sustained recovery based on a 12-step foundation. Guests participate in three group sessions per week for a total of 9 hours, 1 individual session, weekly family group, and random drug and alcohol monitoring.

## *Early Recovery Group*

Upon completion of the IOP program, guests step down to the 12-week Early Recovery Group (ERG). ERG is a counselor facilitated support group that provides ongoing support and resources for those in early recovery. Guests have the option to continue participating in ERG for up to two years.

## *Outpatient Services*

We are now offering traditional outpatient counseling to guests who have completed one of our treatment programs. These

services include both individual counseling and family counseling for family members who have completed the Four-Day Family Program.

In the coming months these services will be available to *anyone* who has completed a primary substance abuse program, whether it be at Fellowship Hall or another facility.

## *The Family Program*

With the move to the new Outpatient Center, the Family Program now has expanded, dedicated facilities in which it can better serve family members of guests in treatment. Over the course of four days, family members participate in lectures, group discussions, and hands-on activities to help gain a better understanding and perspective of the disease of addiction, co-dependency, family support, and recovery.

Through a combination of individual counseling, conjoint counseling (family members with their loved one), and group therapy, we assist the entire family in overcoming the relationship obstacles created by addiction and help restore communication so that a more fulfilling, healthy relationship can be had by all.

With the advent of these new and expanded programs, this is the first time in Fellowship Hall's 45 year history that we will be able to offer such an extensive range of treatment services to our community.

## *Gymnasium*

Our expanded facilities also offer our guests a broader selection of fitness activities. The gymnasium will allow guests to play basketball and volleyball, participate in cardio activities like aerobics and kick boxing, and practice mindfulness and meditation with yoga classes. Additional

activities may be added as we head into the cooler fall and winter months.

## *Clinical Trainings*

In addition to daily treatment programs, the Outpatient Center is also home to the 200 seat SECU Lecture Hall. The lecture hall is where all future clinical trainings will be held. Outfitted with the latest technology, the lecture hall will serve Fellowship Hall's needs for years to come.

## **Remaining 2016 Clinical Trainings**

- **Thursday, September 15, 1-5PM**  
*Co-Occurring Disorders*
- **Thursday, October 20, 1-5PM**  
*Addiction Group Counseling*

## **2017 Clinical Trainings**

- **Thursday, January 26, 2017**  
*Process Addictions: The Changing Scope of Addictions Counseling*
- **Thursday, February 23, 2017**  
*The Good, the Bad, and the Ugly: The Electronic Cigarette and the Impact on Our Culture*
- **Thursday, March 23, 2017**  
*Substance Use Disorder and the Effect on the Family Life Cycle*
- **Thursday, April 27, 2017**  
*Thriving in the Clinical World: Compassion Satisfaction and Compassion Fatigue*
- **Thursday, June 22, 2017**  
*Codependency and Addiction*
- **Thursday, September, 2017**  
*Trauma and PTSD*
- *May 25, August 24, and October 26 topics to be announced.* 

## Continuing to Raise the Bar: Gender Responsive Programming at Fellowship Hall



Starting in October, Fellowship Hall will offer gender responsive programming to address the specific treatment and

recovery needs of men and women. This program is part of our expanded primary program, which also offers individualized treatment options for relapse prevention and young adults.

So what is gender responsive programming? Gender responsive programming is not merely segregating male and female guests. Research suggests that gender is an important component in substance use patterns, treatment, and relapse prevention. It even plays a role in an individual's willingness to access treatment. By acknowledging

and understanding these differences we can create a treatment environment that addresses specific gender needs and the inherent issues that affect long term recovery.

Female guests will be housed exclusively in the 24-bed Mose Kiser, Jr. Lodge. There they will receive individualized, trauma-informed care. Male guests will be housed in the main building, expanding to include the existing women's wing. The Extended Treatment Program will move to the just-completed 16-bed lodge, adjacent to the Kiser Lodge. 



**The Outpatient Center**  
from top clockwise: main entryway, SECU Lecture Hall, gymnasium, Family Program classroom, waiting room

# We've Got the Look: Hall Logo Undergoes Transformation

You may have noticed that things are looking a little different around here. On June 21st we internally unveiled what has affectionately come to be known as the "F-in-Tree" logo. In selecting a new logo and colors, the Board of Directors wanted to convey a sense of renewal and growth as Fellowship Hall looks to the future.

But perhaps the best interpretation of the logo came from an anonymous staff member:

*"I was pondering the new logo trying to find meaning and connection. As I looked, I began to see the "f" as the strength of the structure; a foundation. Likewise, Fellowship Hall offers the foundation for those seeking freedom from addiction. The branches and leaves represent guests and staff alike who have flourished from the root of recovery. The universal meaning of the tree is enduring strength, beauty, wisdom, and protection; what a wonderful way to view us."*

We couldn't have said it better ourselves.

The brand analysis and design work was completed by Boulton Creative of Greensboro.

In the coming weeks and months we will be completely overhauling our branding with updates to our website materials. 



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## Just a Few Days Left in the 2016 Capital Campaign

With the generous gift from the State Employees' Credit Union Foundation, The *Changing Lives* Capital Campaign reaches its midway point of \$3.1 million.

The \$6.5 million campaign began in the fall of 2014 with the groundbreaking for a our three now-completed new facilities: The Mose Kiser, Jr. Lodge, The Outpatient Center, and a second treatment lodge.

With the completion of the second treatment lodge, Fellowship Hall now has the capacity to serve 100 residential guests. This is up from 60 beds just 2 years ago when construction on the facility expansion began.

The fiscal year for the 2016 campaign ends on September 30th. The *Changing Lives* capital campaign will continue through September 30, 2018.

If you would like to support the *Changing Lives* Capital Campaign, please complete and return the donation form to the right.

With your support we *are* CHANGING LIVES. 

## The Journey Concludes

The journey to this year's conference has come and gone. Over three days we welcomed 468 attendees, heard 5 inspiring speakers, and ate nearly 300 sausage and ham biscuits!

Thank you to everyone—council members, volunteers, and staff—who made our 66th conference great! We truly could not have done it without you.

### Save the Date!

The 67th Conference on Substance Abuse will be held August 4-6, 2017. More info to come in the Summer 2017 newsletter.

### Get Your Conference T

If you didn't have a chance to grab a Conference t-shirt, feel free to stop by the Hall and pick-one up. We have two styles (and four colors) with prices from \$12-\$15.

Crew neck: Charcoal and Sapphire

Ladies V-neck :Azalea and Electric Green 



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

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

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**Thank you!**

# Mr. Clean

by Ogi Overman



One of the convivial greetings you've no doubt heard around the recovery rooms goes something like, "Well, you clean up pretty nicely." It means, of course, that compared to the unkempt, unaware and unsavory characters that we were when we first stumbled into the rooms, our physical appearance has improved.

Indeed, it does seem to be the case that as we journey from first moment of clarity to full-blown spiritual awakening, we place a higher priority on hygiene, grooming and personal appearance. It's as though what's going on outside is a manifestation of what's going on inside; just as we are getting our inner house in order, so it is with our outer selves that we present to the world.

This metamorphosis of sorts is more dramatic in some than in others. But in

my case, it's downright embarrassing. Back in my hippie days, with mid-back hair and ZZ Top beard, I once found half of a dead fly in my beard. Three days later I found the other half. I would often go straight from my construction job to the Rathskellar, drink until closing time, stagger home, fall in bed, and repeat the process for days at a time, rarely even bothering to bathe. I owned three neckties: one each for court, weddings and funerals.

Granted, I did clean up a bit as the years passed, but only because my wife refused to sleep beside a smelly, drunken lout. I may have looked semi-presentable, but inside I was still a mess, filthy in mind and spirit.

Then came that day at age 41 when I careened into Fellowship Hall and discovered a life beyond anything I'd ever imagined. I noticed almost immediately that my peers' whole appearance improved from week to week. The vacant look in their eyes was replaced by a sparkle; rather than a shuffle, they had a spring in their step; the guys were combing their hair and the girls wearing a bit of makeup.

But, strangely, I don't think I noticed it in myself until about a year into sobriety. My wife went on a business trip to Colorado and brought me back a necktie from the Denver Zoo featuring pink flamingos. Something clicked and I fell in love with it, which set in motion a love affair (I coined the word "necktiphilia" to describe it) that is unabated a quarter century later. I now have a tie room. Literally.

Then, about six years ago I was shown a print ad for Pinehurst No. 2, site of an upcoming U.S. Open, featuring a photo of iconic golf course architect Donald Ross, who designed No. 2 and about 400 other courses. My jaw dropped as I realized I had found my doppelgänger. So off I went, buying period clothing from the 1920s and '30s, which I now wear to various PGA and charity events impersonating him.

Oh, and did I mention, I am launching my own line of neckwear by Black Friday? It occurs to me that perhaps I need to work a sixth step on my excessive personality disorder. But, hey, at least I'm clean. And sober. 

## Fellowship Hall Alumni Receives Social Work Award



Chase and his mom, Lisa.

Fellowship Hall alumni and former TA Chase Holleman has been awarded the 2016 Toby Brown Award by the National Association of Social Workers North Carolina Chapter (NASW). Chase's interest in social work stems from his mom's struggle with late-stage Alzheimer's disease. He has been an Alzheimer's Association Ambassador since 2013.

Chase decided to take on a leadership role within the social work community after attending Executive Board Meetings of the NASW. "I wanted to understand as much as I could about leading an organization with an emphasis on social work values." His passion for social work advocacy was solidified after hearing Kay Castillo, NASW Director of Advocacy, Policy & Legislation, speak about her contributions to NASW and the field of social work. "I realized how important continuing education is and how valuable NASW is for hosting these kinds of

opportunities." Active in both the social work and recovery community, in 2015 Chase was elected president of the Student Social Work Organization. "I worked diligently to provide as many support and networking opportunities as possible for other social work students." That same year he also established and served as president of the Student Recovery Alliance on the campus of UNCG. "Chase has become a star who is fully engaged", says UNCG's Jefferson Pilot Excellence Professor Dr. Robert Wineburg.

This past spring Chase completed an internship with Caring Services, Inc. a transitional housing and treatment program in High Point for low or no income substance users seeking recovery. There he was involved with client advocacy, group facilitation, and resource brokering. "Caring Services broadened my knowledge of recovery and substance use in infinite ways. Not only did my supervision and teamwork with co-workers develop me as a student, but the diverse clients we serve helped shape me into a better agent of social change."

In 2016 Chase received the prestigious and competitive Student Excellence Award from the UNCG School of Health and Human Sciences. He was also awarded the University Student Excellence award the highest academic honor given at UNCG. Chase graduated from UNCG in May and will be pursuing a Master of Social Work at UNC Chapel Hill. 

## Spirit of Ray

On August 5th, the 2016 E. Raymond Alexander, Jr. Memorial Golf Tournament Committee and the Fellowship Hall Board of Directors awarded the "Spirit of Ray" to Charles "Chuck" Royster in recognition of his dedication to improving the lives of alcoholics and addicts.

*"Through his service he has shown strength of character, selflessness, and dedication to recovery. He is a mentor, guide, and friend to the addict and non-addict alike. Through his encouragement and generosity of self, he has helped many on their journey to recovery."*



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## Memorial Golf Tourney Raises over \$24,000 for Family Program



And the bragging rights go to...  
Ed Hobby, Drew Hobby, Kory Bell, and Richard Hale

Thank you to everyone who came out to play in the 15th Annual E. Raymond Alexander, Jr. Memorial Golf Tournament. In spite of the muggy, overcast weather, a great game was played by all!

Many, many thanks to our generous sponsors for making this another successful tournament. Including several in-kind gifts, we raised a total of **\$24,474** in support of the Family Program!

### Mark Your Calendars

The 16th annual tournament will be held on **Friday, August 4, 2017.**

### 2016 Golf Winners

**1st Place:** Ed Hobby, Drew Hobby, Kory Bell, and Richard Hale (pictured)

**2nd Place:** Nick Martinez, Mike Gorson, Pat Clark, and David Clark

**3rd Place:** Tod Collett, Richard Sykes, Pat Kiser, and Bob Gardner

**Closest to Pin, #4:** Tammy Lawrence and Matt Burkett

**Closest to Pin, #17:** Tammy Lawrence and Chris Valauri

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