

The Gateway

The Quarterly Newsletter from Fellowship Hall

Mike Yow Appointed President and CEO

Our Board of Directors are pleased to announce that Mike Yow has been named as President and CEO of Fellowship Hall.

Mike assumed the interim role this past spring.

“After 6 months of searching, we found that we had exactly what we needed in a new leader right here in our midst. With the new leadership team in place, Fellowship Hall is ready to do what we do best: help those suffering from alcoholism and addiction find recovery”, says Board Chairman Jerry Shelton.


“I am honored and humbled by my appointment as President & CEO of Fellowship Hall,” says Mike. “I have spent over 28 years in the field of addiction treatment in North Carolina and there is no place I would rather be than Fellowship Hall. I am overwhelmed with gratitude at the support from both former guests, staff, professional peers, and the North Carolina treatment community as a whole. It is with a sense of pride and purpose that I move into my new role. It is my intention to see that Fellowship Hall remains the provider of choice for addiction treatment in the southeastern United States. It is my vision to foster collaboration with other providers in North Carolina so that through active participation in the treatment community we can more effectively serve those in need.”



Mike began his career in substance abuse treatment in 1988 at the Crawford Center right here in Greensboro. Mike brings a broad range of experience in inpatient, outpatient, and extended treatment services. He has been certified by the North Carolina Substance Abuse Professional Practice Board since 1993 and licensed since 1998. He holds a BA from Greensboro College and a Master’s degree from UNC Greensboro. Mike joined Fellowship Hall in 1993 and has served as Assistant Clinical Director since 2001. He helped

implement Fellowship Hall’s Extended Treatment Program in 2011 and facilitated the program for the past 5 years.

As Mike formally transitions into his new role, Fellowship Hall is seeking to fill the size 13 shoes that Mike left open for a full time counselor in the Extended Treatment Program. Luckily, we have an experienced and competent clinical team to see it through.

In addition to Mike’s new role, we are also pleased to announce that Warren Lowder has accepted the position of Director of Business Development. With Warren’s help, we have no doubt that Fellowship Hall will continue to grow its professional and referral resources, thus enabling us to serve many more that are suffering from alcoholism and addiction. 

WINTER 2016

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STAY IN TOUCH!

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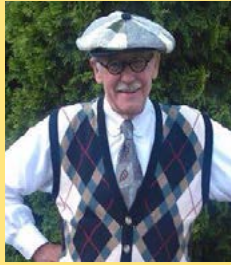


fellowship
Drug + Alcohol
Recovery Center HALL

Praying for Your Enemies

by Ogi Overman

I have an admission to make: AA has not been that hard for me. Purely through God's grace, I have picked up only one starter chip, which I still carry, along with the current one that has a bunch of Roman numerals on it. I have no explanation for my good fortune other than the fact that I had the benefit of treatment, jumped in the program immediately, worked the steps, got a sponsor and a home group, and took the suggestions offered in the Big Book.



Well, not all of them, at least not immediately. There was one that I simply could not bring myself to do. In my opinion it is the hardest thing the program asks us to do — to pray for our enemies.

Shortly after getting sober, my business partner engineered a deal in which the small company we had founded was bought out by a much larger corporation. But rather than getting a share of the profits, all I got was a small raise and job security. As the Jerry Reed song says, "He got the gold mine, I got the shaft."

I left the company not long afterward, but the resentment never left me. I let it fester, the bitterness growing more intense by the month.

I took it up with my wife, my sponsor, my home group, several mentors and, frankly, anyone who would let me rant. One time I brought it up at an open discussion meeting, my narrative so course and language so vulgar,

that the lady sitting beside me got up and moved. I would get the usual advice about letting him live rent-free in my head and justifiable anger being the luxury of normal people. All true, but none of it was sinking in.


But a few pearls of wisdom did creep into my addled brain, but not at first; namely, the parts about praying for him, treating him as a sick friend, and examining my role in the situation. Yes, he was sick, and, yes, I let him get away with it, but I'll be damned if I was going to pray for him.

Eventually, the pain got so bad that I did try praying for him, tentatively and half-heartedly at first, which brought no relief. Then, at some point my prayers got sincere. Night after night I would ask God to grant us both peace, to take my antipathy away, to

let us both live our lives fully and happily.

Time passed, and that's exactly what happened. We actually became friends again. The anger had melted away. And then he died.

But that's not the end of the story. So firm had our friendship become that his widow asked if I would write the obituary for the local gazette, his son asked if I would deliver the eulogy for his funeral, and his sister asked if I would emcee the after-party at a local nightclub. I gladly did all three.

That's what happens when you pray for your enemies. And mean it. 

"Night after night I would ask God to grant us both peace, to take my antipathy away, to let us both live our lives fully and happily."

New Staff Members!

Administrative

Patricia Arnett - Grants Writer
Eleonore Buet - Donor Relations Coordinator
Ann Franck - Receptionist
Chad Landingham - IT Specialist
Angela Whaby - Outpatient Office Coordinator

Counselors

Jeff Aldridge - Primary
Latimer Alexander - Primary
Latasha Becton
Kirsten Cassell
Joe Peascoe - Primary
Missy Reed - Primary

Facilities

Laurie Boisvert - Dietary Aid
Tiyonna Holbrook - Housekeeper
Francisco Medrano - Maintenance Attendant
Carmen Richardson - Dietary Aid
Triniece Stevenson - Housekeeper

Guest Care Coordinator

Shontale Blackwell
Zenett Totten
Jessica Watlington

Medical

Tracy Scott - Physician Assistant
Alan Watt - Physician Assistant

Nursing

Jaime Boothe - LPN
Donna Brown - RN
Latonya Dawkins - LPN
Jennifer Farlow - RN

Therapy Assistants

Dori Arnette	Aaron Miller
Clarence Brown	Renee Minx
Melissa Garrett	Matthew Reiland
Cristina Grimaldi	Kim Rowland
Larry Hicks	Wayne Stanfield
Molli Hoban	Kim Taylor
Venetia Leak	Lauren Winfrey

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of North Carolina

Anne L. & George Clapp
Charitable and Educational Trust



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Highlights from 2016 at Fellowship Hall

In 2016, we experienced a tremendous amount of growth in our capacity to serve more guests. Maintaining our commitment to the Twelve-Step philosophy of recovery, and with the generous support of alumni and donors like you, we have grown from our humble beginnings as NC's first specialty hospital to a 99-bed recovery center. Our campus grew this year to include a new Outpatient Center, a lodge just for female guests, in addition to the new lodge we opened last year for Extended Treatment.


Our programs remain strong with our Primary Program offering residential treatment for three-to-four weeks, addressing the differences between men and women, youth and mature adults, as well as helping licensed professionals work with their respective licensing boards to recover their professional status. Recognizing the need for longer treatment programs, our Extended Treatment program continues to grow. And just this October, we expanded outpatient services to provide continuing care through more Intensive Outpatient groups, Early Recovery Groups, plus individual, group, and family counseling services.

In addition to the new buildings, we've also added new programs and lots of new staff members (for a list of new staff, see page 3). The new Gender Responsive treatment creates an environment that addresses specific gender needs and the inherent issues that affect long-term recovery. Each guest

receives individualized, trauma-informed care in either an all-female or all-male living environment. Women reside in the new Kiser Lodge while men reside in our main building. We also have grown our Young Adults Program for those between the ages of 18-25 to address age-specific relapse issues, and how to create a healthy self-image that supports long-term recovery.

At the close of our 2016 fiscal year, we served 874 guests and 485 family members through our programs – making life better not only for those in recovery but all those who love, live, and work with them. We couldn't do the work we do without the support of our donors (533 this year) and our outstanding volunteers (550 wow!) who make it all possible.

With your help, we raised \$803,207 to support our growing programs and keep Fellowship Hall strong. Funds supported the Changing Lives Capital Campaign (we've got \$3.5 million more to raise!), the Family Program to provide our Four Day Family Program to one family member of each guest free of charge, the Financial Assistance Fund to help those who face financial challenges to complete their treatment, the Serenity Fountain Fund to remember and honor loved ones, and our Operating Fund to help us cover the day-to-day operating expenses.

For a complete listing of our donors and the 2016 Annual Report to Donors, visit us online at FellowshipHall.com/2016AnnualReport. 




Initiative to Name Outpatient Center the "Alumni Outpatient Center" Kicks Off!

This month, we're launching the "Name That Building Initiative" to bring together thousands of Fellowship Hall alumni to raise \$1 million dollars and the naming rights for our new Outpatient Center. The initiative kicked off this month with the goal to raise \$1 million by June 30, 2017, and hold a naming ceremony during our Annual Conference in August. The new Outpatient Center would create a legacy for thousands of alums, to be recognized on a Wall of Giving inside the building. If you're an alum, please consider contributing to this effort with a donation of \$150 or more, between now and June 30, 2017. Only 7,000 alumni gifts of \$150 are needed to reach our goal!

The Wall of Giving will feature our Fellowship Hall tree in our new logo with the names of those alums who contributed (minus those who wish to remain anonymous). How motivational would it be for a guest to see the

work of former guests? How inspiring would it be to know that others who have gone before you, whose lives were saved and recovered, are now lending a hand to help the next person up?

A Brief History: In 2014, Fellowship Hall launched the "Changing Lives" Capital Campaign to construct our three new buildings. The price tag for the new construction was \$6.5 million. To get the project started, Fellowship Hall contributed \$2 million from our endowment funds, with the goal to raise the remaining \$4.5 million through 2018. To date we've raised just over \$3 million towards the larger \$6.5 million price tag with the help from our endowment and gifts from individuals, foundations, and corporations – leaving about \$3 million to raise between now and September 30, 2018. Thank you for your continued support to help us complete this Capital Campaign. 

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

Yes! I want to help someone reach recovery.

GIVING OPTIONS

This is a one-time gift of...
 \$500 \$250 \$100 \$50 \$ _____
 Check Enclosed or Charge My Card

This is a monthly gift with equal payments of \$ _____ /month. Charge my credit card on the _____ day of each month.

Mastercard Visa Amex Discover
 Card # _____
 Expiration Date: ____/____
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DONOR INFORMATION

Dr. Mr. Mrs. Ms.

Your Name (First, Middle Initial, Last) _____

Mailing Address _____

City _____

State _____ ZIP _____

Phone _____

Email _____

I wish for this gift to remain anonymous.
 This gift is in support of naming the Alumni Outpatient Center

Make checks payable to Fellowship Hall and mail with donation form to:
 Fellowship Hall
 PO Box 13890, Greensboro, NC 27415

OR

Save a stamp and give securely online at FellowshipHall.com/contribute

Thank You for your support!

The Gateway

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*A Holiday Message
from our
President & CEO*

From all of us at Fellowship Hall to all of you, in communities across North Carolina, South Carolina, Virginia and beyond ...

We wish you the merriest of seasons. At this special time of year when we gather with those who are closest to us, know that we consider you to be an important part of the Fellowship Hall family. You make our work meaningful, instilling new hope, that all things are possible – that recovery is real.

Happy Holidays!


Mike Yow, President & CEO