

Monthly Newsletter



Here's what has happened in the last month and what's to come!

As we transition into fall, we reflect on a September full of meaningful events that brought our community together and further reduced the stigma surrounding recovery. Last month, we were proud to take part in the *Recovery Walk* in Lackawanna County, held at Nay Aug Park in Scranton. Nearly 1,000 people—providers, community members, leaders, and public officials—came together in a powerful show of solidarity. The event was a true celebration, complete with food, bouncy houses, and live music, providing a welcoming environment for all our friends and residents, both new and long-standing members of the area.

We also kicked off Recovery Month with our *Fall Festival* at our Greenridge house. The day was filled with connection and fun, including an obstacle course, dunk tank, live music, a DJ, and all-day grilling for friends and families. It was a great opportunity to reduce stigma and deepen the understanding of what true recovery looks like.

On the service front, our census increased significantly in both our *evening IOP* and *residential programs*. We've embraced a mix of payer populations and treatment settings, encouraging social mobility—a core philosophy of Fellowship House. Our aim is to lift one another emotionally and socioeconomically, building skills that lead to meaningful employment and long-term recovery.

Our *Friday night speaker meetings* have also seen growing attendance. Outside speakers introduced themselves to our residents, helping them dive deeper into Scranton's recovery community. Additionally, this month marked the expansion of our *CRS (Certified Recovery Specialist) services*, bringing our support staff to 18 members, offering 24-hour coverage across our recovery houses. The CRSs have been vital in helping residents break down barriers to recovery by connecting them with employment, medical services, and essential life skills.

Other highlights from the month include a trip to *Kalahari Resort* in the Poconos to hear Chris Herron speak and attending the *Cape Cod Symposium*. At the symposium, we gained valuable insights from world-renowned experts on the latest research surrounding addiction, trauma, ADHD, and the impact of marijuana on younger populations, including increased cases of psychosis.

Looking ahead to October, we're excited to continue growing our community and services. *MMA* will return for weekend sessions, and we're looking forward to even more events that inspire connection, wellness, and recovery.

Thank you for being a part of our journey. We look forward to another incredible month ahead!

Warmly,

Joe Van Wie

In this newsletter
you can expect:

Community
Updates

Podcast
Interviews

Stories of Impact

Volunteer
Spotlight

Mandala Room

Staff Profile
Highlights





Community News

We're proud to announce the *successful graduation* of John and several other fellows from our *PHP* and *IOP programs*! These individuals have made tremendous strides, with many transitioning into full-time employment while continuing to receive extra supports and residential services. This progress is helping them make a full transition to self-sufficiency, and we couldn't be prouder of their accomplishments.

A special mention goes to *Joey C.*, who has reached the end of his treatment program. Joey came to us after a collapsed freshman year of college, struggling with executive function, a toxic relationship, and returning to school. After completing PHP, Joey transitioned back into saving his last semester, completing it from the safety and support of Fellowship House.

e. This month, Joey also had his first work experience, which sparked a significant awakening in his ambition. Working 12-hour shifts as a production assistant on a film set in the Poconos allowed Joey to internalize the order and creativity that a career can offer. We ran full support and residential services throughout this life-changing experience, and we're thrilled to see where Joey goes next.

In other community news, we have updated our *lunch services* to *FIT-AF*. FIT-AF now supplies PHP with nutritious, whole food lunches that our fellows can choose from a menu. These healthy, balanced meals are helping to support both physical and mental well-being during treatment.



Volunteer Spotlight Graig Hill

We are thrilled to introduce Graig Hill, our Volunteer of the Month, who has now officially joined the Fellowship House staff. Graig, an alumni of our evening IOP program, has generously dedicated countless hours this summer leading our weekend nature program and supporting clients through their recovery journey.

Each Saturday, Graig brings his expertise as a master outdoors man to guide PHP and IOP clients through intermediate to upper intermediate hiking trails across northeastern and southern PA. His contributions have become an essential part of our team, offering everyone the chance to decompress, recover together, and connect with nature. Join Graig on the trails and experience the transformative power of nature as part of your recovery journey!



An Inspiring Evening with Chris Herren at Kalahari Resort

Fellowship House had the privilege of spending an incredible evening with Boston Celtics legend Chris Herren to discuss addiction and the powerful journey of recovery. The event took place at the beautiful Kalahari Resort, where our group of residents engaged in a heartfelt and eye-opening Q&A session with Chris, whose own story of overcoming addiction has inspired thousands.

Chris shared his personal struggles, triumphs, and insights into recovery, providing our guys with a unique opportunity to connect, learn, and feel empowered in their own recovery journeys. It was a night filled with motivation, support, and a deep sense of community—a true reminder that recovery is possible, and no one has to walk the path alone. We are incredibly grateful to Chris for sharing his time and story, and to Kalahari Resort for hosting this memorable event.

Podcast & Blog Highlights



Mike “G” FH Alumni

We're thrilled to highlight Mike G, a dedicated Fellowship House alumnus who recently returned from Italy. Mike, who once pursued a promising European football career, now shares his incredible journey from the football field to his path of recovery.



Luzerne County Community College

In this episode, we also highlight our exciting new partnership with Luzerne County Community College (LCCC). This collaboration offers educational programs and opportunities for Fellowship House residents, providing a pathway to personal growth and career advancement as part of their recovery journey.



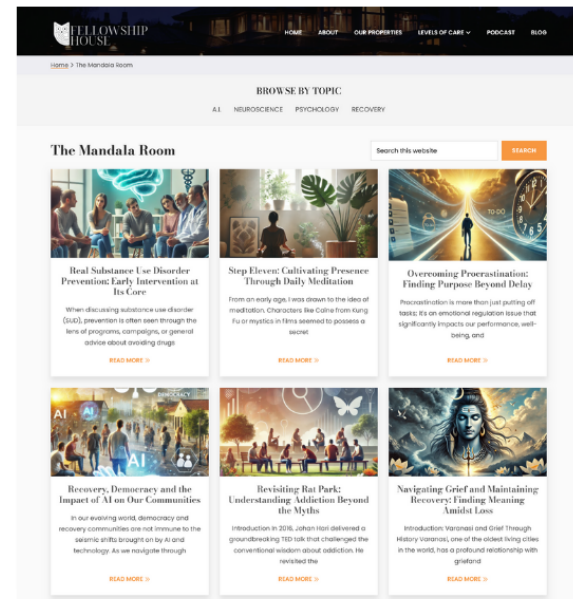
Amir “F” FH ALUMNI

We sit down with Amir to discuss his unique journey growing up in a military family and how it shaped his life. Amir shares his experiences with the discipline and challenges of being part of a military household, his love for football, and his personal path through substance use disorder (SUD) treatment.



Joey “C” FH ALUMNI

Joey C's journey is a remarkable one, starting at Westchester University and now bringing him to a new chapter in Northeastern Pennsylvania. Transferring to a local school, Joey has become an active member of our vibrant recovery community.



The Mandala Room

Exploring New Insights in Therapy and Recovery

Last month, we explored important topics such as **early intervention, 11th Step practices, the intersection of AI, democracy, and recovery, and the science behind procrastination.** These discussions offered valuable perspectives on how these themes shape personal growth and recovery journeys. The Mandala Room is more than just a blog—it's a space where heart, authenticity, and in-depth exploration come together. Inspired by our mandala logo featuring wise owls, we are committed to exploring a wide range of subjects that resonate deeply with our community, including therapy, neuroscience, psychology, sociology, and substance use disorder (SUD). Each weekly post is carefully crafted to offer valuable insights, helping our readers navigate the complexities of the human experience. Our latest posts on cost letters, anger, free will, and grief provide a rich tapestry of knowledge that not only informs but also supports our readers, whether in recovery or professional practice.

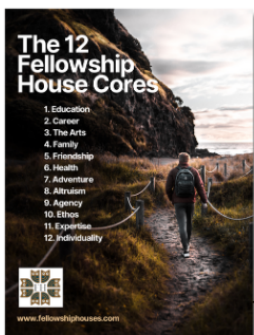


The field of addiction treatment is ever-evolving, and at Fellowship House, we're committed to staying at the forefront of the latest, most effective strategies. That's why Larry Moran, Esq., and I were honored to attend the Cape Cod Symposium, an unparalleled educational experience bringing together professionals from all over the country to connect, learn, and grow. For four days, we immersed ourselves in the newest insights from national experts and collaborated with over 1,200 attendees, discussing innovative approaches to addiction treatment and behavioral health.

We had the opportunity to attend seminars and workshops led by more than 60 influential speakers—including some of the most dedicated researchers and clinicians in the field. Key speakers like Dr. Gabor Maté, who focused on trauma-informed care and its connection to substance use disorder, and Dr. Judith Grisel, who shared groundbreaking research on the neuroscience of addiction, left a lasting impact on our vision for the future of Fellowship House.

These expert-led sessions provided us with continuing education (CE) credits as licensed addiction counselors and inspired new strategies for enhancing our family program. We came back energized with a clear plan to incorporate these advancements into our care model—aiming to expand our services while staying true to our core values of service, empathy, and education.

Spending the weekend with top voices in addiction treatment gave us invaluable insight into the direction the field is heading and reinforced our commitment to continuous improvement. We're excited to implement these strategies and further the growth of Fellowship House in the coming years, ensuring that our clients and their families receive the most intelligent, compassionate, and evidence-based care possible.



Thank you for reading!



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