

Monthly Newsletter

FELLOWSHIP
HOUSE

February 2025



#scrantonrecovery

FELLOWSHIP HOUSES



Partial Hospitalization Program (PHP) / Intensive Outpatient Program (IOP) / Outpatient (OP) / Luxury Residential Services

Contact Us

1-888-HELP-120

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

Dear Friends,

Looking Ahead: Growth, Innovation & The Future of Fellowship House

The past month has been one of growth, refinement, and expansion at Fellowship House. We've fully transitioned into our new PHP programming schedule, offering a comprehensive, all-day structure that integrates Cognitive Behavioral Therapy, Dialectical Therapy, psychoanalytic groups, trauma-informed care, and our new 12-Core Lecture Series—alongside art therapy, big groups, small groups, and individualized clinical approaches.

We've made significant strides in clinical operations, marketing, and administration, improving screenings, medication management, and policies through artificial intelligence and streamlined procedures. With our Clinical Director, John Blake, at the helm, we've enhanced MAT transitions—particularly for those moving from Suboxone to Sublocade—to ensure smoother, more effective treatment plans.

Since October, we've been operating at full census, thanks to the dedication of our Certified Recovery Specialists, who continue to support clients stepping down from PHP to ILP, securing employment, and streamlining transportation for critical casework needs.

What's Ahead

This month, we're gearing up for some major announcements, including the much-anticipated relaunch of the AllBetter.fm podcast and the debut of an education series designed to expand recovery awareness through multimedia content—all leading up to the spring release of our book, *Addictus*, Family Addictus.

We're also thrilled to tease a huge development coming this spring: The Nest—our new clinical headquarters for PHP, IOP, and OP, a space designed to deepen the work we do and expand our impact.

Meanwhile, our NA Night on Thursdays with Joe Regan has been a resounding success, providing an essential space for connection and support in our community.

The momentum is strong, and we're excited for what's ahead. Here's to another month of growth, transformation, and continued healing at Fellowship House.

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

This past month at Fellowship House has been full of exciting growth and deeper community engagement. We've expanded our art classes and art therapy with Megan Refice, Marissa Ivanko, and John Blake, fostering creativity as a tool for healing. John Blake has also stepped into a full-time role as our Clinical Director, bringing leadership and vision to our team.

Our new PHP programming schedule now runs all day, providing a more structured and immersive recovery experience. We've also strengthened our job training and placement efforts, with job fairs and streamlined coordination helping PHP members transition smoothly into IOP and employment.

Community engagement has been at an all-time high, with volunteer work, Adventure Therapy weekends, and football Sundays bringing us together—where good company and takeout made for great morale.

We also welcomed three new support staff BHTs—Evan, James, and Eric—and are thrilled to have Nate back with us after a quick recovery from his absence.



Support When You Need It – 24/7

Recovery doesn't end at graduation. Our 1-888-HELP-120 line is available 24/7 for alumni or anyone in crisis seeking treatment for substance use disorder. At Fellowship House, we believe healing begins with understanding—recognizing that the mind is the center of all experience. Unresolved trauma and addiction often emerge as solutions to the discomfort of conscious life, but until true healing begins, no substitute can take its place. Through informed trauma therapy and education, we commit to guiding each person toward lasting recovery, clarity, and peace. If you or someone you know needs support, we're always here.



Saying Goodbye with our COIN OUT

This past month, we've celebrated new beginnings as members of our community take the next steps in their journey. We've said goodbye to Joey and are preparing coin-outs for Mike, Brett, Dom, Noah, and several others—including four successful PHP and ILP graduates. While it's always bittersweet to see them move on, we take pride in their growth, self-sufficiency, and commitment to wisdom in the dark. Our Aum and Daul remind us that infinite wisdom sees beyond the present moment—guiding each step forward. We wish them strength, clarity, and connection in all that comes next.

Podcast & Blog Highlights

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The Dunning-Kruger Effect in Recovery: Insights and Arrogance

The Dunning-Kruger effect, a cognitive bias that leads people to overestimate their knowledge or competence in areas where they lack expertise, has

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Meritocracy, Recovery, and the Responsibility of Privilege

What is Meritocracy? Meritocracy is an idea that feels logical, even ideal: a system in which individuals succeed based on their abilities,

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The Evolution of Christmas and the Illusions of Recovery: A Cultural Reflection

The history of Christmas is as layered and intertwined as human civilization itself. From the Roman festivals of Bacchus to the Germanic

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Honoring Alfred Adler: Foundational Insights for Modern Recovery

At Fellowship House, we strive to honor the enduring contributions of influential thinkers in psychology, especially those whose ideas resonate deeply

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Exploring AI in Addiction Therapy at Fellowship House

Introduction At Fellowship House, we are stepping into the future with AI, recognizing its potential to transform addiction therapy. Through

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Atticus, True Slavery

Introduction: The Concept of "Addict" as Enslavement The word "addict" finds its origins in the Latin term addictus, which means "to be bound"

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Making Amends: The Path to True Healing

At many meetings, you may hear the phrase, "We will be amazed before we are halfway through." But halfway through what? This line points

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Anxiety and Its Origins: Tracing Heat, Pressure, and Civilization

If we want to get to the core of anxiety, tracing it back to its first principles of existence, we might start with the delta symbol. In chemistry,

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Real Substance Use Disorder Prevention: Early Intervention at Its Core

When discussing substance use disorder (SUD), prevention is often seen through the lens of programs, campaigns, or general advice about avoiding drugs

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Step Eleven: Cultivating Presence Through Daily Meditation

From an early age, I was drawn to the idea of meditation. Characters like Caine from Kung Fu or mystics in films seemed to possess a secret

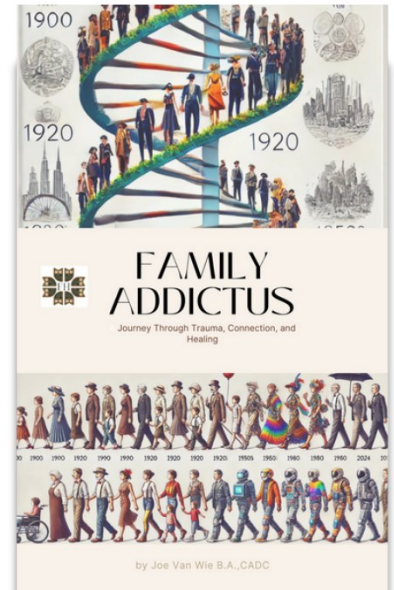
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Summer 2025!

At Fellowship House, we believe that addiction doesn't exist in isolation—it impacts entire families. That's why we're thrilled to announce the upcoming release of *Family Addictus*, a groundbreaking book that explores the profound ways substance use disorder (SUD) entangles entire family systems—and how true healing must happen together.

Who Is *Family Addictus* For?

This book is for anyone affected by addiction—whether you're struggling with it yourself, love someone who is, or work in treatment, recovery coaching, or behavioral health. It's especially valuable for:

-  Families navigating addiction together
-  Parents, spouses, and siblings of those in recovery
-  Clinicians, counselors, and social workers
-  Anyone seeking a deeper understanding of addiction beyond the individual

What *Family Addictus* Is About

This book challenges the traditional narrative of addiction as solely an individual struggle. Instead, it paints a full picture of addiction's ripple effect across generations, relationships, and even cultural expectations. Through real-life stories, neuroscience, psychology, and family systems theory,



Meet Kevin Roginski, CRS – Fellowship House’s Morning Invader of Recovery

At Fellowship House, we believe in strong leadership, accountability, and a structured path to recovery—and no one embodies this more than Kevin Roginski, CRS. Kevin brings extensive experience working with individuals suffering from substance use disorder across mixed-payer populations. His dedication to service in Alcoholics Anonymous and his own journey in long-term recovery have given him invaluable insights into the recovery process.

A Leader in Recovery & Community Development
As a Certified Recovery Specialist (CRS) in Pennsylvania, Kevin is a trained peer support professional who helps individuals in recovery set goals, plan their future, and connect with local resources to rebuild their lives.

Kevin works closely with Primary Counselors to provide access to:

- ✓ Local recovery resources
- ✓ Academic and employment opportunities
- ✓ CareerLink, OVR, and workforce outreach programs
- ✓ Resume building, job fairs, and interview coaching
- ✓ Wardrobe assistance for professional settings

His coaching mentality and no-nonsense approach have helped dozens of young men secure stable, fulfilling employment—guiding them toward independence and long-term success.

📅 **Mandatory Day & Evening Schedules** – Launching a structured schedule to help residents maximize their recovery experience with purpose and consistency.

📁 **Expanding CRS Services & Documentation** – Leading the development of new CRS services to ensure every resident has access to peer support, goal-setting, and essential recovery resources.

Beyond Recovery: Passion, Mentorship & Leadership
Kevin’s commitment to service extends far beyond the recovery community. A proud West Sider, he has dedicated years to mentoring and coaching young men through his deep passion for sports, football, and MMA.

🏈 **Football Coach at Lackawanna College** – Helping young athletes develop discipline, strategy, and resilience both on and off the field.

🥋 **Black Belt in Jiu-Jitsu** – Bringing the principles of self-mastery, focus, and perseverance to his coaching and mentorship.

At Fellowship House, Kevin’s strength, discipline, and leadership ensure that recovery is more than just sobriety—it’s about rebuilding lives with purpose, dignity, and community.

💙 **Kevin Bleeds Blue.** He’s tough—but it’s tough love that builds stronger men.

#FellowshipHouse #MeetTheTeam #RecoverySupport
#CRS #CoachingInRecovery #ToughLove
#DignityAndDiscipline

Thank you for reading!

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