

HELLO
SPRING

Monthly Newsletter

ISSUE 009

FELLOWSHIP
HOUSE

April 2025

ADDICTION TREATMENT

RECOVERY
CAN BEGIN
NOW

1-888-HELP-120

FELLOWSHIP
HOUSES

Residential Services
PHP/IOP/OP



Joe Van Wie CEO



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

Spring has arrived with powerful momentum at Fellowship House, and we're proud to share some exciting updates from the past month and a preview of what's to come.

Program Expansion & New Additions
Last month, we launched our Budget and Financial Literacy Program with Joe Loftus, equipping residents with tools to build basic budgets, set sustainable financial goals, and begin creating wealth early in recovery. This has been a key step in supporting long-term independence and dignity.

We've also introduced CRS weekend programming, providing Certified Recovery Specialist support on Saturdays and Sundays for our residential community. This addition strengthens our continuum of care and ensures wraparound support remains consistent throughout the week.

Our programming calendar, now led by Amanda Hickey, has brought energy and levity into the clinical schedule—providing meaningful activities that lift spirits and deepen connections.

Resident Progress & Success Stories

This past month, we proudly celebrated several graduates across our PHP, IOP, and residential programs. Over a dozen residents also secured sustainable employment—

a testament to their hard work and the strength of our clinical and vocational supports.

Team Growth & Facility Improvements
We welcomed James Hanley to our support staff and have been fortunate to receive continued volunteer support from Mike Gavin, both of whom bring compassion and reliability to our day-to-day operations.

All common spaces in the house have been upgraded, and we've completed a full overhaul of our security system, including new cameras that allow for real-time monitoring to keep our community safe and responsive.

Construction also began last month on a comprehensive gym, designed to support the physical wellness of our residents. Completion is expected by May, and we can't wait to share the finished product with you.

We've also added mountain bikes for resident use—encouraging both physical activity and a deeper connection to the outdoors as part of recovery.

A Growing Community of Care

We're proud to share that in the past 18 months, we've served over 10,080 individual lunches—a testament to the care and consistency provided to our residents each day.

A bright and busy season lies ahead, and we look forward to continuing this work with you by our side.

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

It's been a lively and enriching month in and around Fellowship House. Our clients took part in multiple group hikes, reconnecting with nature and movement as a part of holistic recovery. We also hosted a deep dive session on the origins of addiction, continuing our commitment to integrating education, science, and self-reflection into the recovery journey. Our dialectical lecture series for psychoeducation expanded this month, offering residents new insights and tools for emotional regulation, interpersonal effectiveness, and personal growth. We've also made stronger inroads into our Greenridge and Oyphant communities, deepening local

relationships and building the trust that sustains long-term recovery infrastructure.

A special shout-out to Hometown Barber Company, the only barbershop in Lackawanna County owned by three strong and inspiring women. They've generously supported our residents by helping them show up for themselves with a fresh, dignified look—reminding everyone that recovery starts with how we see and carry ourselves.

And finally, one of our alumni gave a heartfelt tribute to his experience at Fellowship House by journaling his story through ink. He honored his path with a tribal tattoo, a symbol of identity, resilience, and gratitude. His body is his canvas, and his recovery journey continues to be his most powerful artwork.



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

We said goodbye with gratitude and pride to: Adam, Andrew, Brett, Tony, Brandon, Cal, Edison, Forrest, George, Justin, Mike, Jeffrey, Lucas, Tevin, and Michael W.

Each of these men coined out—graduating from various levels of care including PHP, Intensive Outpatient, Residential Services, and Non-Residential Programming. Their paths were unique, their growth undeniable, and their courage evident.

Each coin represents not just completion, but commitment—to healing, to change, and to the next step in recovery. We'll be rooting for every one of you as you continue your journey. Once Fellowship—always Fellowship.

STAFF Celebration

You're invited to a staff celebration at Russell's Restaurant! Join us for a night of great company and even better food, featuring family-style antipasto, your choice of New York strip steaks, homemade pastas, and elegant seafood dishes. Let's celebrate together—see you there!

FELLOWSHIP HOUSES

DIET SODA WAS USED FOR THIS PHOTO

RUSSELL PRENO'S RESTAURANT

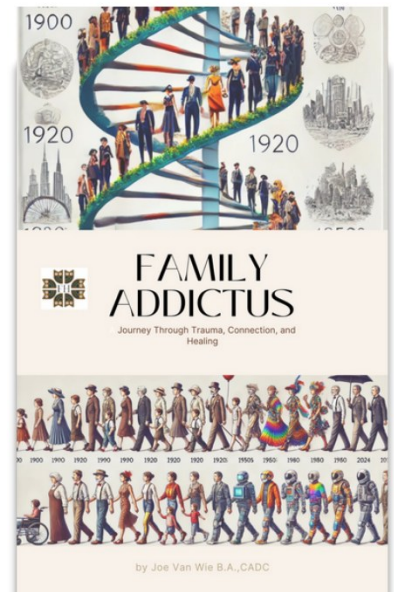
Private VIP Room

APRIL 25TH

5:30PM

MAKE RSVP TO: AMANDAH@FELLOWSHIPHOUSES.COM

1918 ASH STREET, SCRANTON, PA 18510



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,

The Mandala Room



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

[READ MORE >](#)



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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Meet Rich Bates
Fellowship House's Chief Poppa Bear &
Second Shift CRS Lead

If you've been around **Fellowship House** in the afternoon or on a weekend adventure, chances are you've crossed paths with Rich Bates, our resident Chief Pop-Up Bear. Rich serves as our **Certified Recovery Specialist (CRS)** Lead on Second Shift, and he's the driving force behind much of our adventure therapy and community-based programming.

Rich is the mastermind behind events like **Chris Herren's** visit to Fellowship House, bringing his Boston Celtics legacy and recovery story directly to our guys. Rich believes recovery should be experienced—not just discussed—and creates the kind of real-world opportunities that build pride, connection, and momentum.

Rich brings a deep and diverse résumé to the team. He's worked as a BHT and CRS for Pinnacle Treatment Services, served as Lead CRS at Avenues Recovery Center in Lake Ariel, and provided hands-on support through the **Lackawanna County Treatment Court Advocacy Center**.

His ability to de-escalate crises, build recovery plans, support budgeting goals, and connect clients to local resources is unmatched.

Before entering the recovery field, Rich worked as a network security engineer, showcasing the kind of technical mind that blends structure, strategy, and care—a rare and powerful combination. He's also a proud Penn State Nittany Lion and Abington Comet, and never hesitates to bring that school spirit to the community.

As clients transition from residential to IOP, Rich takes over their CRS services, offering individual mentorship, goal tracking, and life skill coaching that goes far beyond the basics. He helps clients reconnect with education, healthcare, family milestones, and the deeper purpose behind their recovery journey.

We're lucky to have Rich on our team. His consistency, care, and creativity help make Fellowship House not just a treatment center—but a launchpad.

Thank you for reading!

PHP/IOP/OP AND RESIDENTIAL SERVICES	1-(888)-HELP-120
www.fellowshiphouses.com	126 Willow Ave Olyphant, PA 18447
