



Monthly Newsletter

FELLOWSHIP HOUSE
January 2026

ADDICTION TREATMENT

RECOVERY CAN BEGIN NOW

1-888-HELP-120



Joe Van Wie CEO



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

Reflections & An Exciting Winter Kickoff

This past fall marked a season of deep growth, alignment, and momentum at Fellowship House. As our community continued to stabilize and strengthen, we focused intentionally on expanding clinical depth, investing in people, and building programming that reflects the complexity, dignity, and humanity of those we serve.

Welcoming New Team Members
We were proud to expand our team with clinicians and staff who bring both skill and heart to the work:

- **Jessica Long**, LCSW – Clinical Supervisor, joining us to support clinical excellence, mentorship, and program integrity
- **Michael Burkholder** – Case Manager, strengthening care coordination and advocacy
- **Becky Edwards** – Admissions Specialist, bringing compassion and clarity to the first point of contact for individuals and families
- **Lindsay Carey** – Primary Counselor (IOP), supporting sustained recovery through structured, relational care
- **Michael Wyborski** – Behavioral Health Technician (BHT)
- **Bobby McCool** – Behavioral Health Technician (BHT)
- **Evan Kilgore** – Behavioral Health Technician (BHT)
- **Judd Hamilton** – Certified Recovery Specialist (CRS)

Integrative & Somatic Healing

On New Year's Eve, we welcomed the new year with intention through a specialized Deep Yoga Healing class, led by Amelia in collaboration with Mission Yoga, hosted at GR. This offering reflected our growing emphasis on nervous system regulation, embodiment, and non-verbal pathways to healing.

Looking Ahead: Winter & Beyond

- As we move into winter, Fellowship House is preparing for its next chapter.
- Planning is underway for a major clinical center expansion, with a projected opening in January 2026. This new space will feature state-of-the-art clinical environments, designed intentionally for safety, privacy, and therapeutic depth.
 - We are also laying the groundwork for AI integration and a cognitive neuroscience research lab, allowing us to explore how emerging technologies can ethically support motivation, recovery, and human-centered care

This work is ambitious—but grounded. Our vision remains clear: to provide intelligent, compassionate, and future-facing care while staying rooted in relationship, ethics, and lived experience. We are deeply grateful to our staff, clients, families, and community partners who make this work possible. The season ahead is full of promise—and we're just getting started

In this newsletter you can expect:

Community Updates

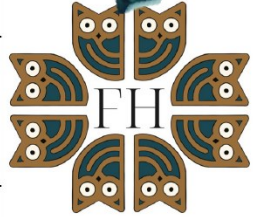
Podcast Interviews

Stories of Impact

Volunteer Spotlight

Mandala Room

Staff Profile Highlights



Joe Van Wie



Program Highlights & Gratitude

Right now, Fellowship House is alive seven days a week—full breath, full heart, full motion.

Our campus has become a tightly woven ecosystem of care, all within walking distance, all intentionally designed.

- 154 Sanderson now stands as our flagship residential luxury residence.
- 1736 Sanderson, our future clinical center, is set to open in January 2026, expanding the depth and reach of our work.
- Our weekend campus at MySill Training Center on Electric Street anchors experiential growth and community engagement.
- 126 Willow Ave in Olyphant continues to serve as our Transitional Living residence.
- And our Holistic Gym at Marketplace Steamtown, led by James Simrell, reminds us that recovery lives in the body as much as the mind.

Our IOP community has evolved into something far beyond a clinical space. It's become communal—alive with upward

mobility—where friendships form across every walk of life and socioeconomic background. People lift each other through shared meals, honest therapy, movement, adventure, and learning. This is what recovery looks like when it's allowed to breathe.

Our Christmas Party, we gathered alumni, staff—past and present—and the wider community for a celebration that still echoes. With Roy Williams, and the Irish Fiddlers, we filled the Trolley Museum with music, laughter, and meaning.

We were honored by the presence of County Commissioner Thom Welby and Pennsylvania State Senator Marty Flynn, whose continued support we hold with deep gratitude.

To date, over 700 individuals—residential and non-residential—have walked through Fellowship House. That's lives rebuilt. Employment regained. Families steadied. Futures reopened.

We intentionally meet the base layers of Maslow's hierarchy of needs. Because once a person feels safe—truly safe—the life they want stops feeling impossible. The barriers thin. The path clears.

Gratitude: The Recovery Bank & Frank Bolock

Get In Touch



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.



The boys spent some time hanging out with one of our favorite mascots, Blue, our ever-curious German Shepherd puppy—equal parts grounding presence and morale booster.

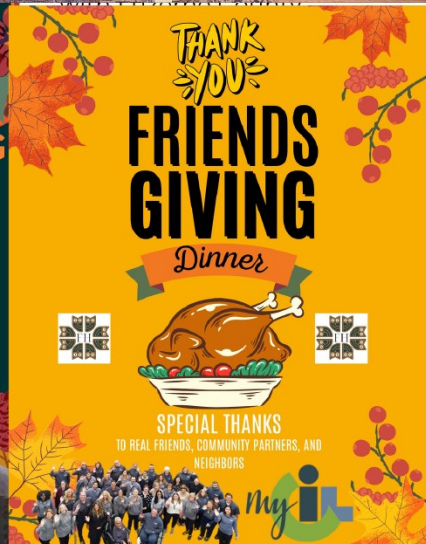
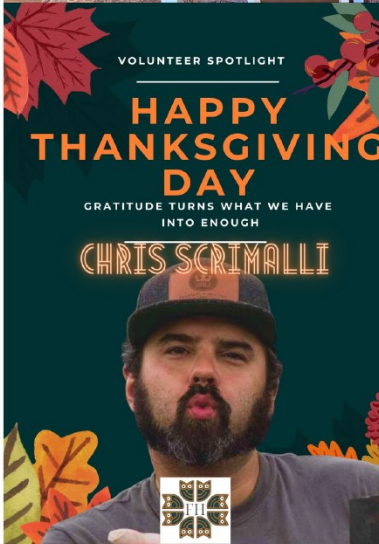
This season also marked many goodbyes and graduations. Dozens of alumni moved forward into full-time employment, returned to school, and stepped back into their lives with purpose. And true to Fellowship House culture, many came back this fall and winter—not because they had to, but because connection still mattered. Celebrations, check-ins, and shared meals reminded us that recovery doesn't end at graduation.

As our IOP community graduates, we continue the ritual of passing the MANDALA coin—a symbol of wisdom that can see in the dark. It honors a truth we hold closely: many who struggle with addiction possess an innate ability to navigate shadow, sense what others miss, and find light where none seems obvious. When guided, that ability becomes insight, leadership, and depth. Once Fellowship House—always Fellowship House.



Podcast & Blog Highlights

Happy Thanksgiving



Family Addictus by Joe Van Wie is dropping on Barnes & Noble, Amazon and Kindle this month!

Family Addictus explores the roots of addiction through story, science, and lived experience, revealing how true healing must involve the whole system.

Who's it for?

Families. Clinicians. Coaches. Anyone impacted by addiction—whether personally or professionally.

Early Praise:

"This book is for anyone looking for a brief and thorough explanation of addiction... a clear and concise summary of a science-informed approach to recovery."

— Gigi Langer, PhD, Stanford University



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Meet Our Clinical Supervisor: Jessica Long, BS, MS (Candidate)

Jessica Long brings both lived experience and clinical depth to Fellowship House, an uncommon and powerful combination.

Jess holds a Bachelor of Science in Human Services and is a proud alumna of Lackawanna College, a place that helped shape her early commitment to service and community. She went on to serve mental health populations across five counties as a case manager with UPMC, where she worked closely with individuals navigating serious mental illness, housing instability, and independent living. That experience gave her a wide-angle lens on mental health—one that resists boxing people into diagnoses and instead focuses on helping them live functional, meaningful lives.

With this foundation, Jess entered the substance use disorder field with a deeply patient-centered approach. She understands how co-occurring and comorbid conditions often overlap, mask one another, or are misunderstood entirely when addiction is present. Rather than treating symptoms in isolation, Jess looks at the whole person—mind, body, history, environment—and works to ensure care is holistic, accurate, and empowering.

Jess is currently completing her Master of Science in Clinical Mental Health at Liberty University, further strengthening her clinical leadership and supervision skills. Over the past eight years, Jess has held diverse roles throughout the SUD field, building a rare blend of humility, confidence, and competence. That journey has brought her home to Fellowship House—"the owl's nest"—where she now serves as our Clinical Supervisor.

What Jess Brings to Clinical Supervision

As Clinical Supervisor, Jess's role is to:

- Support and mentor clinicians and staff
- Ensure ethical, trauma-informed, and evidence-based care
- Protect clinical integrity while fostering growth and collaboration
- Advocate for both clients and staff

But what truly sets Jess apart is how she does this. Her leadership is rooted in empowerment. She works intentionally to make sure every team member feels they have a voice, that they are heard, and that their concerns—especially pain—are never dismissed as trivial or something to simply "get over." She believes healing begins when people are allowed to tell the truth.

Jess naturally incorporates narrative therapy, giving both clients and clinicians the space to explore their biographies—not just their diagnoses. She sees people as evolving stories, not static problems to be solved. And perhaps most uniquely, Jess has an uncanny ability to make clinical spaces feel human and approachable. She brings warmth and ease into environments that can otherwise feel intimidating or rigid. This creates openness, dialogue, and deeper rapport—something especially critical in substance use disorder treatment, where rapport is often on the clock.

We are deeply grateful to have Jess Long guiding our clinical team with clarity, compassion, and courage. Fellowship House is stronger because she is here.

Thank you for reading!

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