

2020 Sources of Income

- United Way of Central Alabama
- Service Contracts
- Sliding Scale Fees
- AL Department of Mental Health
- Donations
- Grants
- Walker Area Community Foundation

2020 Services

- Pre-Treatment
- Medium Intensity Residential
- Low Intensity Treatment
- Continuing Care
- Opioid Specific Outpatient Treatment

Community Network

Community problems require community solutions. Fellowship House is so grateful for the support and assistance we receive locally and statewide. Our goals and missions are a community effort and could not be achieved without our volunteers, interns, alumni, referring agencies, fellow non-profit agencies, the self-help community, employers, local academic institutions, hospitals, clinics, and all others who work for the healing and recovery of addicted individuals.

Respectfully Submitted,

Beth Bachelor

2020 Chief Executive Officer

A.W. Kady Abbott

2020 Clinical Director

2020 Board of Directors

Debi Jasper Lacher	-President
Sherri Kite	-Vice President
Jack Carney	-Secretary/Treasurer
Misty Williams	-Member at Large
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Jessica Drummond	

Chief Executive Officer

Beth Bachelor

Clinical Director

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Medical Consultants

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FELLOWSHIP HOUSE INC.
Recovery Services



ESTABLISHED 1965

ANNUAL REPORT 2020

Fellowship House is a non-profit, United Way agency designed to service the special needs of individuals who suffer from alcoholism, drug addiction, and co-occurring disorders.

Our goal is to aid each individual in the personal, social, and vocational adjustments necessary for the maintenance of a sober and productive life.



United Way
of Central Alabama, Inc.

Our Mission

Our goal has always been to provide the individual with basic living needs, a therapeutic environment, and the ability to return to society as a functional, self-supporting, drug and alcohol free individual. We have 72 medium intensity residential beds and 42 transitional apartment beds. We offer a continuum of services that individuals can utilize through many stages of their addiction and that follow with the standards of the American Society of Addiction Medicine (ASAM).

We do not discriminate against anyone on the basis of race religion, ethnicity, sexual orientation, age, handicap, or income.

Our philosophy is to treat the individual as a whole. We provide this approach by intensive case management and utilizing support from community partners to address personal, social, and vocational needs. Our individuals are assessed initially and ongoing throughout their treatment to determine their needs and goals. Individuals admitted to Fellowship House have a support team that consists of a case manager, clinician, recovery coach, and specialized coordinators.

Fellowship House uses the American Society of Addiction Medicine, National Institute on Drug Addiction's 13 Principles of Effective Treatment, the Big Book of Alcoholics Anonymous, and Recovery Oriented Systems of Care as guides to our treatment methodology. Through these guides we assist our individuals in establishing a sober, drug-free, and productive life. We use a collaborative approach to insure individuals get a full spectrum of care. Addiction can be a complex and deadly disease, but with the appropriate support, it is treatable and people do recover.

COVID-19

Despite all of the challenges that Covid-19 presented, our team and participants adapted and overcame the obstacles thrown at the the treatment and recovery community. The biggest adaptation was providing majority of services via telehealth in all of our programs. Through a combination of in person, video, and phone communications, we were still able to provide 3176 MAT doctors visits, over 4200 episodes of group therapy, 3242 episodes of peer services .

Annual Report

We keep in contact with all residents who have gone through the Fellowship House at scheduled points in the year. We collect our outcomes from these scheduled contacts. We measure outcomes of all former residents, regardless of their type of discharge or length of stay. These outcomes exclude individuals who were unable to be reached at their scheduled review.

Admissions are represented by opioid use disorder (61%) followed by alcohol (16.5%), cocaine (11%), and methamphetamine use disorder (9%).

40% of our participants are have a mental health diagnosis alongside their substance use disorder

Our individuals reported an above average* satisfaction with ability to cope with addiction, living environment, physical health, family relationships.

*Above 3.5 on a 5 point scale

Admission Requirements

- Must be 19 years of age or older
- Have a form of identification
- Have no current withdrawals or have completed a detox- for Residential services

You can reach the Intake department many ways:
call them at extension 402,
email them at intake@fshbhm.org,
walk in Monday-Friday 7AM-3PM

We also provide Pretreatment classes as interim care while waiting for a bed to become available. Through Pre-Treatment, you can obtain an assessment, receive case management services, attend classes and meetings, and receive linkages to other services and programs as needed.

Pre-Treatment classes are Mondays, Tuesdays, and Thursdays from 7:30-9:30 AM.

These classes have been paused due to Covid, but are expected to return in 2021. Follow our Facebook for updates!

Programs & Services

Opioid Specific Outpatient Treatment

This program is specifically for opioid users, and consists of individual counseling, group therapy, case management services, and Medication Assisted Treatment. We provide these services in Jefferson and Walker County. We have a collaborative approach with this program and work with other providers to meet the needs of this population.

Residential

Residential programs, including medium intensity and transitional apartments, are at the core and tradition of Fellowship House. These opportunities provide a supportive, structured environment that include self-help meetings, groups, individual counseling, case management, vocational assistance, medication management, family services, social supports, placement, and continuing care. Length of stay is based on individualized treatment planning and assessed needs, utilizing evidence-based dimensions and placement criteria.

Co-Occurring

The Fellowship House Co-Occurring Program addresses the needs of individuals who suffer from alcohol/drug addiction and also have serious mental illness, such as schizophrenia, bipolar disorder, and major depression. Most of these applicants have experienced multiple substance abuse, psychiatric, and/or criminal justice interventions, and tend to have high rates of homelessness and health problems. Fellowship House is invested in breaking the cycle of institutionalization for this population and helping them achieve productive lives in their communities.

Family Program

Fellowship House's Family Program offers a variety of assistance with the goal of re-establishing and rebuilding family relationships. Our Family Coordinator provides services that can include family counseling onsite or from a referral, family events, and group therapy. We focus on communication, support, and healthy boundaries . Residents are engaged in groups focusing on family and healthy relationships as an ongoing part of treatment.

Continuing Care

After treatment, individuals need continued support in their recovery. In our continuing care program, individuals attend groups, meetings, have a care plan, and contact is maintained to encourage long term recovery. Continuing Care also promotes stable employment, a drug free environment, continued utilization of 12 step meetings, and compliance with mental health and medical care. This assists in continued efforts to repair health, heal relationships, and regain independent functioning.