

2023 Annual Report



Fellowship House, INC. Recovery Services

Established 1965

United
Way



United Way of
Central Alabama, Inc.

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A letter from our 2023 CEO

Beth Bachelor

It's been my privilege to serve the Fellowship House in a variety of roles, and for the past 12 years as the CEO. I've always prioritized continuity of service and in pursuit of that, I've always also considered my eventual transition as the leader of the agency.

I will be formally stepping down, effective 12/31/2023, passing the leadership role to Elizabeth Norman. She has been serving as Associate Director in strategic preparation for this move, and is already well established as a leader at the agency.

The Fellowship House is in excellent hands. I want to say thank you to the Board of Directors for endorsing the move and providing thoughtful guidance throughout this process. We've very much tried to make this more a process than an event, and I feel we've succeeded. Thank you to the vast professional community I've had the honor to be part of for many years. I've learned so much from you all.

Lastly, thank you to the staff of Fellowship House. I so appreciate your support of me, and of Elizabeth, as we worked toward this transition. I'm incredibly proud of the management team and I've truly enjoyed your growth as professionals and as people. You mean more to me than you know.

Beth Bachelor

Mission

Fellowship House is a non-profit agency designed to service the special needs of individuals who suffer from substance use and co-occurring disorders.

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 substance use disorder and that follows 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 and to meet them where they are at the start of treatment. We provide this approach through intensive case management and utilizing support from community partners to address personal, social, and vocational needs.

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, the 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 ensure that 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.

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

Clients Served

Medium Intensity Residential

Our residential program offers a structured and supportive environment for both men and women who are unable to maintain sobriety in an outpatient or home setting. Each individual is assigned a treatment team, which consists of a counselor, a case manager, and a peer who develops an individualized treatment plan to meet their individualized needs.

698 individuals



Low-Intensity Apartment Program

The Low-Intensity residential apartment program allows individuals a step-down living situation. While in the apartment, individuals continue to be close and connected to treatment as they work on becoming more independent and more stable in their recovery. There are 42 beds available and there is no length of time that clients are required to stay but on average clients remain in the apartments between 6-12 months.

56 Individuals

Medication Assisted Treatment

Medication Assisted Treatment (MAT) is a targeted treatment for individuals who have an Opioid Use Diagnosis. These FDA-approved medications include Buprenorphine and Naltrexone and aid in withdrawal management and cravings. MAT medications are prescribed and monitored by a physician and continuously managed by the treatment team to ensure effectiveness.

934 Individuals



Jefferson County Outpatient

Our Outpatient Program in Jefferson County was established in 2019 to address the Opioid Epidemic and has since offered individuals treatment for any substance use diagnosis. This level of care enables participants to be independent while still receiving services to address their substance use. This level of care gives each individual access to a counselor, case manager, peer, and MAT physician to create an individualized treatment plan to assist with maintaining long-term sobriety.

555 Individuals

Walker County Outpatient

Our Outpatient Program in Walker County was established in 2019 to address the Opioid Epidemic in a rural community. This level of care enables participants to be independent while still receiving services to address their substance use. While in Outpatient, each individual has access to a counselor, case manager, peer, and MAT physician to create an individualized treatment plan to assist with maintaining long-term sobriety.

217 Individuals



She Recovers

She Recovers is an extension of our Walker County Outpatient program in conjunction with UAB and Walker Women's to provide substance use treatment to women who are pregnant and who have dependent children. Women who are a part of this program also have access to a specific curriculum and classes that target specific needs. The individuals' OB-GYN team and substance use team work together to ensure the health of the fetus, baby, and woman.

60 women

Programs



Pretreatment

Our Pretreatment program is offered twice a week to individuals who are not yet in one of our programs but who are interested in getting into treatment. During these classes, individuals are provided case management services and general assistance with stabilization. Intake Case Managers lead the classes and provide individuals with assistance to help them get into treatment and get connected to basic needs resources. Pretreatment classes provide interim services and can often help expedite the process of getting a bed at our residential facility. We partner with the Salvation Army and First Light Shelter to provide transportation to individuals who are interested in getting into a treatment program. This program helps individuals get connected to the recovery community and provides assistance with navigating the treatment process.



Co-Occurring Program

Individuals who are diagnosed with a serious mental illness, such as bipolar disorder, major depressive disorder, or schizophrenia, are engaged in a curriculum that provides classes and services that address the connection between mental health and substance use. By incorporating mental health education into their individualized treatment plan, we reduce the barriers to success and help individuals reach long-term recovery. In 2023, 44.6% of Fellowship House's clients reported a mental health diagnosis, alongside their substance use diagnosis.

Family Program

Our Family Program is offered to every individual who wants their family to be a part of their treatment experience. Each client meets with our Family and Placement Case Manager to integrate their family into their treatment and recovery process and they have access to group and individual sessions. Having a strong support network can be vital for one's recovery and this program helps to establish healthy opportunities for families to participate in the individuals' treatment. Thirty days post discharge from treatment, clients report a 4.29 out of 5 level of satisfaction with their family relationships.

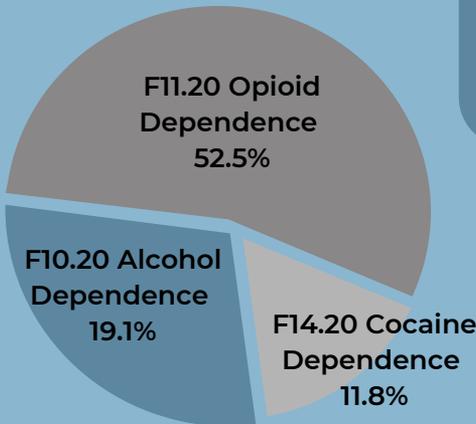


Continuing Care

Every individual who leaves the Fellowship House is enrolled in our Continuing Care program so that we can engage with them after their time in treatment. Staff connects with all participants at the 30 days, 90 days, 6 months, and 12 months intervals. By connecting with past clients we can gauge our treatment success and learn ways that we can improve our services. These check-in times are also opportunities where we can provide ongoing support and recovery tools for individuals and re-engage them in treatment if they need additional assistance. Recovery is ongoing and oftentimes takes multiple attempts, so this program is a great way that we can continue to offer connections to individuals who need them.

At a Glance

Top Primary Diagnoses



*Numbers were calculated from the top 6 primary diagnoses

Total ADMH Placement Assessments Completed:
112

Total Admissions:
1,047

Total Discharges:
962

Community

Community engagement and outreach are vital to our growth and continued commitment to meeting our community’s needs. By engaging with other community organizations we build a robust network of resources so that a continuum of care can be offered to all of our participants. Our goal is to reduce barriers for our clients and one way this is done is by building relationships with community organizations to continue to provide all services at reduced costs. Community collaborations are another way that we can partner to create new programs and partnerships to continue to provide services to meet the individual’s needs.

This year we participated in over 120 outreach events ranging from educational meetings, resource fairs, outreach, and community events. These events enabled us to engage and grow with the community while continuing to share the Fellowship House’s goal of aiding the individual in the personal, social, and vocational adjustment necessary for the maintenance of a sober and productive life.

Community Outreach:

- Wellhouse Women’s Education Group
- BHAM Recovery Rally
- End Addiction BHAM Event
- Community Engagement Institute Symposium
- Walker Co. Jail women’s group
- Pardon’s & Paroles for DRC Program
- Recovery Rocks Event in Jasper
- The Healing Network
- Overdose Awareness Walk

Partnership in-kind/service Donations

- Addiction Prevention Coalition Thanksgiving meal
- Addiction Prevention Coalition Christmas Cards
- Regions donated basic hygiene supplies



Junior Board

Our Junior Board has continued to grow since its inception in 2021 and continues to fulfill the Fellowship House mission through fundraising, volunteerism and promoting our values along with United Way. This group of young professionals serve as a pipeline for future leaders of Fellowship House's Board of Directors.



2023 marked our second annual Holiday Market fundraiser. This market is the main way that we fundraise for the year and it is put on by our Junior Board. The market was held at Sloss Furnaces National Historic Landmark again and we had 27 local vendors who shared their handmade goods. Saws Street Kitchen cooked up delicious food and we had an extensive array of silent auction gifts that were donated from local businesses and artists that people bid on.

Financials

Our main source of funding comes from the Department of Mental Health and United Way of Central Alabama, but it continues to be our goal to find new sources of funding to provide services for clients and to offset operational costs. This is done through foundation grants, donations, contracts, fundraising, and client fees.



United Way Allocation	\$245,515
Non Government Grants	\$416,447
Donations	\$19,513
Walker Area Community Foundation	\$194,498
Misc. & Interest Income	\$85,372
Program Service Contracts	
ADMH Contract	\$2,790,405
Federal Probation	\$10,419
VA Contract	\$16,110
JBS Contract	\$154,200
Client Fees	
Food Stamp Revenue	\$103,881
Transitional Apartments	\$167,624
Sliding Scale Fees	\$131,683
Client Admission Fees	\$14,915

Total Income **\$4,350,583**

Highlights

- Addiction Prevention Coalitions Intake Fee Scholarship
- \$4,478 Total - helping 133 clients with their intake fees**

- AL Department of Mental Health Grants
- SOR3 **\$466,058**
- She Recovers **\$201,122**

Leadership & Governance

Chief Executive Officer

Beth Bachelor

Medical Consultant

Dr. Cayce Paddock

Leadership Team

A.W. Kady Abbott - Clinical Director

Elizabeth Norman - Associate Director

Takeyla Heard - Residential Coordinator

Greg Billings - Low Intensity Coordinator

Camille Holcomb - Outpatient Coordinator

Mike King - Intake and Placement Coordinator

Willie Thompson - Case Management Coordinator

2023 Board of Directors

Monique Campbell - President

Misty Williams - Vice President

Jessica Drummond - Secretary/Treasurer

Jack Carney - Member at Large

Kurtis Eaton - Member at Large

Jeannine Bailey - Member at Large

Denise Torossian

Camille Edwards

Debi Lacher

Jack Brasher

James Walsh

Clifford Kennon

Kay Laumer

Eason Blanch, III

A Look Toward the Future

2024 marks a new year and a new CEO for Fellowship House. This change in leadership is an exciting opportunity for our organization and community. Beth Bachelor has led us for the past 12 years and has made quite an impact on the employees, clients, volunteers, interns, board members, and community. We are excited to welcome her predecessor, Elizabeth Norman, as the CEO and to support her in her vision for the Fellowship House.

Here is a note from Elizabeth on her transition to CEO.

I am honored to be stepping into the role of CEO in 2024 and humbled by the legacy that Beth Bachelor has left for Fellowship House. I want to express my deepest gratitude for the accomplishments she has been able to achieve for our agency and the positive impact she has made in countless lives. As we celebrate her achievements, we also recognize the challenges that we continue to face as a community with consistently emerging drug trends, high overdose rates, and limited availability of treatment beds. Fellowship House is dedicated to being ever evolving and collaborative to ensure that continuously changing community needs are met. Under Beth's leadership we have grown our footprint tremendously and we are committed to continuing that growth in 2024.

I want to thank our Board, staff, volunteers, Junior Board, community partners, and donors for your dedication to our mission. I am excited about the opportunities ahead and look forward to achieving more milestones together.

Elizabeth Norman

Thank you

The impact we strive to make would not be what it is today without the help of our community, volunteers, interns, and staff. The mission of Fellowship House could not be exemplified to the magnitude we did in 2023 without your support. We are excited for the future as we continue to grow and adapt to meet the unique needs of our community members.

