



FELLOWSHIP
HEALTH
RESOURCES

2019 ANNUAL REPORT



ABOUT FHR



OUR MISSION

is to assist people of all ages to improve their behavioral health, well-being, and quality of life. We believe quality service is based in a culture of hope, respect, ethical behavior, and genuine caring for our clients and our employees. We invest in the individual and never lose hope in the potential for personal growth and recovery of each person we serve.

WHO WE ARE:

FHR fosters hope and recovery. We provide behavioral health services to improve the quality of life for individuals living with mental illness and addiction disorders. FHR serves more than 8,000 individuals through a person-centered approach across 7 states - Delaware, Maine, Massachusetts, North Carolina, Pennsylvania, Rhode Island, and Virginia.

OUR VISION

is to become a national leader of behavioral healthcare services.

2019 ANNUAL REPORT

A Message from the CEO and Board Chair 4

Services by State 5

**Board of Directors & Officers/Executive
Leadership Team 6**

Board Committee Structure 7

Our Satisfaction Survey Results 8

Lawrence's Journey of Recovery 9

FHR and Elwyn Strengthen Strategic Partnership 10

Finding Meaningful Employment 11

Staying Connected Through COVID 12

Michelle's Journey of Recovery 13

Making a Difference 14

**FHR Announces Living Wage Initiative to Underscore
Commitment to Employees 15**

Michael's Fund to Support Recovery 16

Brenda's Journey of Recovery 17

**Consolidated Operating Margin - Fellowship Health
Resources, Inc. and Affiliates 18**

Donors 19

Donors (Ctd.) 20

How You Can Make an Impact 21

Corporate Office 22



A MESSAGE FROM THE CEO & BOARD CHAIR



This past year has been unprecedented and unique in many ways. Amidst the challenges of a rapidly changing environment, FHR's team has remained adaptive, resourceful, and compassionate, continuing to put the individuals we serve and our mission at the center of the work we do each day. We're proud to say that throughout our 45-year history, this focus has remained the same.

In the pages of our annual report, you'll read more about our dedicated team and how we're working to make a difference in the lives of those in recovery in our community. You'll learn how, during the COVID-19 pandemic, FHR remained nimble, utilizing technology and innovative new programs to connect with some of the most vulnerable individuals in need. You'll see results that we're pleased to share from our annual Satisfaction Survey - that 97% of the individuals in our care would recommend our services to others.

You'll also have the opportunity to read Journey of Recovery stories, which showcase the challenges met, obstacles overcome, and courage shown on each individual's path to a greater level of independence.

In the year ahead, we look forward to our continued work in advancing our mission, expanding our service spectrum, and partnering with more individuals in reaching their recovery goals.

Here's where we need your help. Your support for FHR means a future in which we can continue these critical programs in our communities, as well as invest in our employees who make these programs possible.



Together, with your support, we can change thousands of lives for the better.

Sincerely,

A handwritten signature in black ink that reads "Debra M Paul".

Debra M. Paul
FHR Chief Executive Officer

A handwritten signature in black ink that reads "Alan Wichlei".

Alan Wichlei
FHR Board Chair

DELAWARE



Regional Office:

505 West Market Street, Suite 110,
Georgetown, DE 19947

Phone: 302-854-0626

Director: Katrina Ringgold

Email: kringgold@fhr.net

Individuals Served: 1,613

Staff: 55

Programs: Assertive Community Treatment (ACT); Outpatient Mental Health and Counseling Services; Residential/Group Living Programs; CBHOT - Substance Abuse Intensive Outpatient Program (SAIOP); Peer Recovery Services

MAINE



Regional Office:

166 Broadway,
Bangor, ME 04401

Phone: 207-947-9630

Regional Director: Kristen Guilfoyle

Email: kguilfoyle@fhr.net

Individuals Served: 23

Staff: 26

Programs: Outpatient Services; Case Management (Community Integration Services); Daily Living Skills Support; Skills Development Services; Community Rehabilitation Services; Residential/Group Living Programs

MASSACHUSETTS



Regional Office:

43 Tower Drive,
New Bedford, MA 02740

Phone: 508-994-2511

Regional Director: Kimberly Mello

Email: kmello@fhr.net

Individuals Served: 913

Staff: 145

Programs: Adult Community Clinical Services (Rehabilitation and Recovery Group Milieu, Residential/Group Living Programs, Supportive Housing, Intensive Medical Group Living Environment, Assertive Community Treatment, Peer Recovery Services); Respite Program; Anchor House Clubhouse; Fairwinds Clubhouse; Taunton River House Clubhouse; Towne House Clubhouse; Community Peer Connections

NORTH CAROLINA



Regional Office:

5509 Creedmoor Road,
Raleigh, NC 27612

Phone: 919-573-6520

Regional Director: Mary Ann Johnson

Email: mjohnson@fhr.net

Individuals Served: 5,710

Staff: 52

Programs: Assertive Community Treatment (ACT); Behavioral Health Outpatient Clinic; Substance Abuse Intensive Outpatient Program; Drop-In Center; Psychosocial Rehabilitation; DWI Assessment and Treatment; Peer Recovery Services

PENNSYLVANIA



Regional Office:

1041 W. Bridge Street, Suite 5,
Phoenixville, PA 19460

Phone: 610-415-9301

Director: John Muehsam

Email: jmuehsam@fhr.net

Individuals Served: 359

Staff: 23

Programs: Blended Case Management Services; Outpatient Mental Health Services; Mobile Mental Health; Psychiatric Rehabilitation Services (Site-based and Mobile); Peer Recovery Services

RHODE ISLAND



Regional Office:

45 Sockanosett Cross Road, Unit 4,
Cranston, RI 02920

Phone: 401-383-4885

Regional Director: Kristen Guilfoyle

Email: kguilfoyle@fhr.net

Individuals Served: 456

Staff: 103

Programs: Ocean State Outreach; Assertive Community Treatment (ACT); Outpatient Psychiatric and Counseling Services; Residential/Group Living Programs; Peer Recovery Services; U.S. Department of Correction Program; Crisis Stabilization Unit

VIRGINIA



Regional Office:

46 S. Glebe Road, Suite 101,
Arlington, VA 22204

Phone: 703-979-5077

Regional Director: Brent Bailey

Email: bbailey@fhr.net

Individuals Served: 266

Staff: 36

Programs: Residential Crisis Stabilization Program; Mental Health Skill Building Services; Peer Recovery Services

BOARD OF DIRECTORS & OFFICERS



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Lexington, MA



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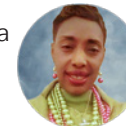
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Services



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Regional Director,
Delaware



Mary Ann Johnson,
Regional Director,
North Carolina



Robert Ortiz,
Director of Peer Services,
Northeast



Karen Trudeau,
Human Resources Director &
Corporate Compliance Officer

EXECUTIVE LEADERSHIP TEAM (ELT)

BOARD COMMITTEE STRUCTURE

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Lynn Pike Hartman, Community Member

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Debra M. Paul

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Jeffrey McLoud, Chair
William Emmet
Kelly McGee
Alan Wichlei
Debra M. Paul

Quality Committee:

Kelly McGee, Chair
Michela Coffaro
Michael Owen
Debra M. Paul
America Carmichael, Community Member



WHAT INDIVIDUALS SAY ABOUT OUR PROGRAMS



97%

would recommend our services to others



98%

they are involved in deciding their treatment goals



96%

groups run by FHR are available to meet their needs



98%

staff treat them with dignity and respect

Each year, individuals in our care are invited to have their voices heard through taking part in a Satisfaction Survey. We're proud to share the following results:



LAWRENCE'S JOURNEY OF RECOVERY

When Lawrence first came to FHR's Psychosocial Rehabilitation (PSR) Program in Raleigh, North Carolina, he faced a number of major obstacles. He struggled with substance use and lacked socialization skills, often having trouble understanding boundaries.



Staff began working closely with Lawrence, as well as encouraging him to take part in group activities at the program. These focused on symptom management and learning how to live independently, including topics about wellness, utilizing resources in the community, and how to interact with others in public settings.



It became evident that Lawrence was developing confidence in himself as his attendance and participation in these groups continued to grow.



With encouragement and guidance from staff, he was able to successfully reach all of these goals.

Lawrence became motivated in working towards achieving his goals, which included becoming drug-free, moving from a group home to an independent apartment, and being named his own legal guardian.



He also made significant progress with FHR's team, who utilized cognitive behavioral therapy as a tool to help Lawrence learn to stop and think before he reacts.



This past January, Lawrence officially graduated from the PSR program. During the program's cap and gown ceremony, his family was in attendance, and shared how proud they were of the steps he has been able to take to improve his quality of life.

When asked to describe Lawrence in just a few words, FHR PSR Program Manager Sabrina Jones answered, *Independent, determined, and motivated*. "Lawrence's journey of recovery has consisted of him moving from a place where someone else was making his decisions to now, where he is in control. It has been incredible to see."



FHR AND ELWYN STRENGTHEN STRATEGIC PARTNERSHIP

In December 2018, FHR entered into an affiliation agreement with Elwyn, a nonprofit human services organization supporting individuals with intellectual and developmental disabilities (IDD) and behavioral health needs. This year, the partnership between FHR and Elwyn has further developed as both organizations worked together to advance their missions and shared vision. Here are several of the ways FHR and Elwyn have strengthened their partnership:

Collaboration and Knowledge Sharing



The two organizations collaborate on a regular basis, sharing expertise, experience, and lessons learned in the healthcare field. This partnership has been beneficial throughout the COVID-19 pandemic, enabling both organizations to be a part of one another's COVID-19 Response Teams.

Shared Leadership



Dominic Marfisi, Elwyn's Vice President, Behavioral Health, also began providing oversight of FHR's southeast regional directors and programs. John Muehsam, who acts as Elwyn Director, Behavioral Health Outpatient and Recovery Services, also serves as FHR's Regional Director in Pennsylvania. Danielle Gasperone, FHR Director of Psychiatric Rehabilitation Services, joined Elwyn as Director of Welcome House. Through their leadership, expertise, and hands-on guidance, FHR and Elwyn's programs have improved throughout Delaware, Pennsylvania, North Carolina, and Virginia.

New Board Members Named to FHR and Elwyn Board of Directors



FHR Board Chair Alan Wichlei, board member William Emmett, and former board member Pierre La Perriere have been named to Elwyn's Board of Directors. In addition, Elwyn Chief Executive Officer and President Charles McLister, and Board Chair Joseph Lundy now sit on FHR's Board.

To learn more about Elwyn, visit www.elwyn.org.

FINDING MEANINGFUL EMPLOYMENT

In Massachusetts and Rhode Island, each of FHR's five clubhouses represent a community focused on friendship, employment, education, and support. Each day mimics a typical work day, enabling members to build on their unique strengths, talents, and abilities. Through transitional, supported, and independent employment opportunities, the following members have found meaningful work in their community:

Title:

Crossing Guard, City of Fall River

Responsibilities:

Responsible for the safety of school children crossing the crosswalk in the morning and afternoon.

Member's Thoughts:

"I work closely with Fall River City Hall with any suspicious activity concerning the school children and I serve and protect. I monitor traffic and also cross buses. I enjoy most when the vehicles obey direction. I also like the interaction with the school children."



Ron

Title:

Dishwasher, Green Pond Yacht Club

Responsibilities:

Wash dishes and kitchenware from dining and kitchen areas.

Member's Thoughts:

"I have been working at Green Pond Yacht Club for over a year. I have great coworkers that care about me and are always willing to help out. I look forward to going to work because it gives me a purpose."



Dana

Title:

Carriage Retriever, Walmart

Responsibilities:

To collect all carriages throughout the store and parking lot.

Member's Thoughts:

"Complete satisfaction knowing that my hard work will pay off—hopefully with a job promotion! I truly enjoy leaving my house to go work with a team that cares about me as a person."



Thomas

Title:

Dishwasher, Bob Cats Catering

Responsibilities:

Wash pots and pans, clean the parking lot and picnic area.

Member's Thoughts:

"My employer is extremely nice, and he has taught me how to clean the area that the truck is parked in and the grill. I like cleaning the picnic tables, and it is nice to work outside in the warmer weather."



Gary

Title:

Groundskeeper, White Columns Property

Responsibilities:

To maintain the grounds, rake leaves, sweep, and collect trash.

Member's Thoughts:

"It gives me a sense of responsibility and work ethic to have a scheduled routine. I will seek further Part-Time employment while I'm at Harbor House."



Jauhauzi

STAYING CONNECTED THROUGH COVID-19



Our focus and priority has always been to provide the individuals in our care, our employees, and the community with a safe and healthy environment.

"From the onset of the COVID-19 pandemic, FHR worked together as a responsive team, continually monitoring program needs and taking every precaution to prevent and contain the spread of the disease," said Debra M. Paul, FHR Chief Executive Officer. "I am so proud of the way this team has come together to support one another and those in our care."

Here are just some of the ways the FHR team has been making a difference:

In North Carolina, FHR has provided support, in coordination with Wake County and Alliance Health, to homeless individuals currently being housed in hotels in downtown Raleigh. Services provided include case management and peer support services, as well as recreational activities. Staff have also held a number of group sessions to discuss barriers and goals. One resident shared, "I feel blessed to have this help during this time."

In Massachusetts, FHR's clubhouse team continues to think outside of the box in order to provide support to its members. Each day, homemade, nutritious meals are delivered to members in need. Digital workshops are held on a wide variety of topics, including employment; arts and crafts socials to combat isolation; and Wellness Wednesdays, focused on coping skills, healthy cooking, and more.

In Rhode Island, FHR has been working with patients recovering from COVID-19 at a hotel, providing psychiatric nursing support, counseling, and medication management. As a result of the team's hard work and dedication, FHR will continue providing this service, allowing staff to support a vulnerable population while they are medically ordered to isolate during their recovery.

To offset the expenses associated with COVID-19, FHR developed the COVID-19 Relief Fund. Donations will directly assist with FHR's front line efforts, and have made an immediate impact in the lives of our most vulnerable populations - the individuals in our care, who are combatting devastating isolation and mental health challenges and our dedicated employees, who selflessly report to work each day to help those who need their support.

You can make a difference by contributing to FHR's COVID-19 Relief Fund today at www.fhr.net/donate



MICHELLE'S JOURNEY OF RECOVERY

Throughout Michelle's life, she battled ongoing behavioral issues. She experienced depression and was suicidal, which led to her being diagnosed with schizoaffective disorder: bipolar type.

She became a resident at FHR's Hope House in Milford, Delaware, in 2015. Staff began working with Michelle on developing coping strategies, as well as helping her learn how to communicate her needs.



Staff emphasized to Michelle that her mental illness did not have to be a dominant, controlling force and that she could reach a point where she could manage it and significantly improve her quality of life.

As Michelle continued to make strides in her recovery, she became focused on reaching the goal of holding a job. With staff support, she began working at Kent Sussex Industries doing piece work and janitorial tasks out in the community.



Michelle's path took a turn for the worse when she fell, injuring both her chest and ankle. Because of this injury, she needed ankle surgery and spent many months in rehabilitation. She was unable to stand on her feet, which led to her losing her job.



Michelle loved her job and was excelling in it. She was working four days a week and was recognized with an "Employee of the Quarter" award. She was ecstatic when she learned she had been chosen to appear in a television commercial about her company, which was broadcasted throughout the state of Delaware.



She was frustrated and disappointed that everything seemed to be going wrong. She spoke with staff and shared that she knew that she could act out and go back to her old ways of wanting to give up, but that she had come too far to resort back to living life that way. Day by day, she moved past this difficult period, utilizing the coping strategies she had learned, as well as support from staff.

Today, Michelle has fully recovered and is very healthy. She previously would have needed the care of a psychiatric hospital two to four times a year, but for more than two years, this has no longer been necessary.



"Michelle is a young lady who would not give up or give in to her illness," explains Linda Tuft, FHR Assistant Program Director, Hope House. "She accepts the feedback she receives from staff, her peers, her family, and friends. We are all very proud of her accomplishments and her progress. We believe her future looks very promising."



When other individuals at the group home are feeling down, Michelle is quick to be compassionate, refusing to let anyone give up on themselves. She often offers to sit on the porch with others and talk, always lending a listening ear and her support.



She currently volunteers at a nursing home and is working with a job coach to explore employment opportunities. Michelle remains an active member of her church, and has also tremendously improved her relationship with her family.

MAKING A DIFFERENCE

Each month, FHR recognizes employees organization-wide who exemplify behavior or achieve accomplishments that are above and beyond the expectations of their roles. These accomplishments tie directly to the components of FHR's balanced scorecard - clinical and quality, financial stability, operations, and innovation and growth.

Thank you to all FHR staff for their contributions to fulfill FHR's mission. The following employees have been selected for the Making a Difference Awards:

January

Denise Debeck, Maine
Lisa Pacheco, Massachusetts
Tyshia Renee, Massachusetts
Bill Crump, Virginia

February

Shelley Williams, Delaware
Laurence Pantan, Virginia
Elizabeth Valente, Corporate

March

Gary Bastian, Delaware
Stacey Buchanan, Delaware
Nicole Downing, Delaware
Eric Garcia, Delaware
Francis Gwanmesia, Delaware
Kelly Hague, Delaware
Loretta Hibbs, Delaware
Yvenel Louis-Jean, Delaware
Vanita Myles, Delaware
Marlo Snead, Delaware
Grace Wood, Delaware
Brittany Fritchman, Pennsylvania
Julie Hannaway, Rhode Island
Meade Hanna, Virginia
Joann Chan-Conti, Corporate
Jennifer McKenna, Corporate
Grace Cabral, Corporate

April

Rachel Krieg, Virginia

May

George Bell, Maine
Kyle Corley, North Carolina
Amy Buchanan, Rhode Island

June

Janice Berry, Massachusetts
Danielle Gasperone, Pennsylvania
Maureen Vieira, Corporate

July

Jeramie Doton, Maine
Kamlesh Mistry, Corporate
Abigail Vandivier, Virginia

August

Casey West, Delaware
Sheila White, Maine

September

Andrew Muthemba, North Carolina
Danielle Caudle, Rhode Island
Joann Chan-Conti, Corporate

October

Ashley Richards, Maine
Ashley Saincy Louis, North Carolina
Donna Smith, Virginia

November

Sue Daigle, Maine
Hillary Andrews, Massachusetts
Paul Lavoie, Massachusetts
Lori Zeh, North Carolina
Samantha Craner, Pennsylvania
Carolina Prag, Corporate
Grace Cabral, Corporate

December

Vanessa Evearts, Pennsylvania
Erin Kilpatrick, Pennsylvania
Danielle Gasperone, Pennsylvania



FHR ANNOUNCES LIVING WAGE INITIATIVE TO UNDERScore COMMITMENT TO ITS EMPLOYEES

At FHR, we recognize that our employees are our greatest asset and most crucial resource. It is because of their dedication and commitment to our mission that we are able to provide person-centered care that improves the quality of life for individuals in recovery.

We also recognize that the state minimum wage is not a sufficient income to cover the basic costs of living or supporting a family. Because of this, recruiting and retaining compassionate and hardworking staff is a growing challenge in the behavioral healthcare field.

So that FHR can continue to invest in our employees and the long-term growth of our team, we have launched a Living Wage Initiative, effective July 2019. This will be rolled out in a multi-phase approach, with the goal to have all FHR employees earn a minimum of \$15/hour by July 2021. As an organization, we will continue to offer staff annual Pay for Performance increases, based on individualized employee goals. This new wage program has been redesigned so that all staff are recognized for the strides they have taken in ensuring the success of FHR's programs.

With your support, FHR looks forward to continuing to offer critical programs in our communities, while supporting the people who make these programs possible. You can learn about opportunities at FHR at www.fhr.net/join-our-team.

What is a living wage?



A 'living wage' can be defined as a wage that covers an individual's basic necessities for life.

These needs include:

- Food
- Housing
- Other essential needs, such as clothing

What is the focus of FHR's initiative?



Through its Strategic Plan, FHR continually focuses on investing in the organization's dedicated staff that provide compassionate and person-centered care to individuals in recovery.

The goal of FHR's Living Wage Initiative is that by July 2021, all FHR employees will earn a minimum of \$15/hour.

How is this program making a difference?



"I supervise a lot of staff who have been with this company many years. They stayed because they truly love it, both the company and the people we serve. Money plays a huge role in determining if you should work in another industry and make dollars more an hour. It just does. I was so excited to share this incredible news with staff, as well as that recruiting will be easier. This has had such a great impact," shared one FHR director.

MICHAEL'S FUND TO SUPPORT RECOVERY

Michael's Fund began through a very generous gift of \$50,000 from FHR Board Chairperson and FHR's founder Alan Wichlei. Alan received the major gift from the estate of an individual from Rhode Island, Michael, who was in FHR's care nearly 30 years ago.

"Although Michael had challenges and limitations, like everyone in FHR programs he also brought and developed important skills," explained Alan. "He wanted to live independently, and was capable of planning, working, and saving money to make that possible. He was determined to put together a life for himself."

Alan created the fund to commemorate Michael – his determination and persistence in pursuit of his dreams – and to help other FHR individuals reach their recovery goals and take steps towards a greater level of independence.

The road to recovery is a journey that takes place one day and one step at a time. For the individuals FHR serves, having the support to move in the right direction often means an enormous improvement in their quality of life.

Since Michael's Fund has launched, over 25 individuals in FHR's programs have received funding, including:

- A laptop to facilitate schoolwork in order to complete an educational degree
- Furnishing for a new independent apartment
- Car repairs in order to travel to a job in the community and healthcare appointments
- Stereo headphones for managing stress and symptoms
- Materials to develop a garden to grow fresh produce

One individual shared that receiving this funding has truly changed her life. She had previously put her education on hold due to severe mental health symptoms and financial hardships. She is now re-enrolling in school and plans to use her laptop to independently complete her coursework and reach her goal of being re-appointed as a notary. She shares that finally, she feels like she can "see the light at the end of the tunnel."

FHR looks forward to the future of Michael's Fund and being able to continue to help those we serve overcome major obstacles, take steps towards independence, and reach their recovery goals. Thank you to those who have contributed to Michael's Fund who continue to make this program possible.



Wade stands proudly with his newly repaired vehicle



Garden boxes made by scratch from an individual in FHR's care, in preparation of receiving soil through Michael's Fund in order to grow fresh produce

BRENDA'S JOURNEY OF RECOVERY

For several years, Brenda struggled with an addiction to crack cocaine. As a result, she had trouble with the law, taking part in whatever it took to keep up with her habit.



She realized she needed help, and reached out for support to the Salvation Army. Here, she was able to become sober.



She advocated for herself and was connected to FHR's Ocean State Outreach program in Rhode Island.



Brenda worked one-on-one with staff to map out a path to reach her recovery goals. With support, she was able to move into an FHR apartment, while continuing to remain drug-free.

She gained confidence in herself and rekindled her relationships with her adult daughters. Brenda also reached her goal of getting her license.



Brenda enrolled in Rhode Island College, where she is currently working towards earning her Bachelor of Social Work degree.



FHR staff continued to encourage Brenda, instilling hope and empowering her to continue on her journey of recovery. This included improving her physical health and to support her through weight loss surgery.



She began working and moved into her own apartment, outside of FHR's care

Today, she continues to receive services through FHR's Integrated Health Home program. Staff share that Brenda is incredibly driven and truly capable of achieving everything she wants in life.



CONSOLIDATED OPERATING MARGIN FELLOWSHIP HEALTH RESOURCES, INC. AND AFFILIATES

	2017	2018	2019
Total Revenue	\$39,174,438	\$38,762,838	\$31,867,712
Operating Margin	\$183,267	\$94,205	\$585,123
Operating Margin %	0.47%	0.24%	1.84%
Total Full-time Employees (FTEs)	558	542	440

DONORS

FHR is grateful and would like to thank all of our supporters and donors for helping us foster hope and recovery for individuals with mental illness and addiction disorders across seven states. To join FHR's contributors, please visit www.fhr.net/donate.

FHR Board and Advisory Board Members:

Thank you for your service, commitment to our mission, and financial support.

Michela Coffaro
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William Emmet
Kelly McGee
Jeffrey McLoud
Colin Murphy
Michael B. Owen
Debra M. Paul
Richard Sheola
Russell Sylvia
Alan Wichlei

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Network for Good
Southcoast Health, New Bedford, MA
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United Way of Greater Fall River, MA

FHR Second Annual Walk in My Shoes Event:

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Boston Medical Center Healthnet Plan, Gold Sponsor
Neurocrine Biosciences, Gold Sponsor
Staples, Gold Sponsor
Melville Towers, Silver Sponsor
NAMI of Bristol County, Silver Sponsor
Busha Brothers Communications, LLC, Bronze Sponsor
Regal House Furniture, Bronze Sponsor
South East Recovery Learning Community through Boston Medical Center, Bronze Sponsor

In-Kind Event Sponsors:

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DeMoulas Market Basket
Dunkin'

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HOW YOU CAN MAKE AN IMPACT

There are so many ways you can help support FHR in fulfilling our mission to improve the quality of life of individuals in recovery. We invite you to commit to helping in one or more of the following ways in 2020:



1. MAKE A DONATION THROUGH OUR WEBSITE:

Visit our website, www.fhr.net/donate. Here, you'll also find regional wish lists, which lists specific needs from our programs across seven states.



2. CONNECT TO OUR SOCIAL MEDIA CHANNELS:

Follow along with us on Facebook, Twitter, LinkedIn, YouTube, and Instagram for pictures, videos, recent happenings, and more. Visit FHR's website, www.fhr.net, and click the icons on the top right hand side of the homepage to be directed to a particular social media page. You can also sign up to receive emails from FHR by clicking the yellow button on the bottom right corner of our homepage.



3. LINK FHR TO YOUR AMAZON SMILE ACCOUNT:

Each time you use Amazon Smile, Amazon will donate a percentage of your purchase to a non-profit organization of your choice. Before shopping, visit www.smile.amazon.com. Sign into your Amazon account, or if it's your first time using Amazon, create a new account. Choose a non-profit spotlight by typing 'Fellowship Health Resources Inc' into the box and click 'search.' Next, click the 'select' box next to Fellowship Health Resources Inc. That's it! When you're ready to shop on Amazon, remember to visit www.smile.amazon.com so that you can help support FHR with your purchase.



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THANK YOU FOR YOUR SUPPORT!



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