

# ANNUAL REPORT

2020

FHR<sup>®</sup>

FELLOWSHIP  
HEALTH  
RESOURCES





# 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 7,000 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.





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# A MESSAGE FROM THE CEO & BOARD CHAIR



Grateful, honored, and proud – these are words that come to mind when reflecting on the way the FHR community has been able to come together this past year. Despite obstacles due to the public health crisis, our staff remained committed to the FHR mission.

Across seven states, we witnessed innovation and creative thinking as FHR staff brainstormed new ways to provide high quality care. We saw perseverance as individuals helped one another through unprecedented circumstances. We observed compassion as teams ensured that those in our care received critical mental health services.

This led to new opportunities for growth as we expanded programming, opening the only Crisis Stabilization Unit (CSU) offering individual rooms in Rhode Island, as well as Michela's Place, a new residential living program named in honor of board member Dr. Michela Coffaro, in Delaware.

FHR also strengthened its strategic partnership with Elwyn, collaborating to share expertise and resources to meet common goals.

We invite you to read this year's annual report to learn more about what we've been able to accomplish together as a team. You'll also find stories of recovery that illustrate how individuals – with the support of FHR's devoted employees – have been able to reach a greater level of independence and an improved quality of life.

With your support, FHR can continue to provide lifesaving programs that empower individuals to reach their full potential.

We're fortunate to be able to count on friends and partners like you who help make this work possible.

We thank you in advance for supporting FHR and our mission.

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

**Associate Regional Director:** Mary Sellman

**Email:** msellman@fhr.net

**# Individuals Served:** 769

**# Staff:** 58

**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:** Ashley Robertson

**Email:** arobertson@fhr.net

**# Individuals Served:** 36

**# 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:** 748

**# Staff:** 148

**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:** 4,849

**# Staff:** 60

**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:** 337

**# Staff:** 30

**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:** Jamie Souza

**Email:** jsouza@fhr.net

**# Individuals Served:** 503

**# Staff:** 99

**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

**# Individuals Served:** 266

**# Staff:** 94

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

# BOARD OF DIRECTORS & OFFICERS



Chairperson,  
Alan Wichlei  
Lexington, MA



Assistant Treasurer,  
Robert G. Colucci, CPA, MBA  
South Kingstown, RI



Joseph E. Lundy, Esquire  
Gladwyne, PA



Richard Sheola, MA  
Brookline, MA



Vice Chair,  
Kelly McGee, Esquire  
Pawtucket, RI



Neal B. Brown  
Potomac, MD



Charles S. McLister, MA, MBA  
Haddonfield, NJ



Secretary,  
Russell J. Sylvia, SPHR, SHRM-SCP  
Sutton, MA



Chief Executive Officer,  
Debra M. Paul, MBA  
Cumberland, RI



Michela Coffaro, Psy. D, ACSW  
Milton, DE



Jeffrey McCloud  
Kinston, NC



Treasurer,  
Stephen M. Duggan  
Cranston, RI



Len Kirby  
Springfield, PA



Michael B. Owen  
Chapel Hill, NC

## EXECUTIVE LEADERSHIP TEAM (ELT)



Stephen Duggan,  
Finance Director



Kimberly Mello,  
Regional Director,  
Massachusetts



Debra M. Paul,  
Chief Executive Officer



Kristen Guilfoyle,  
Executive Director



John Muehsam,  
Regional Director, Pennsylvania  
Elwyn Director, Behavioral  
Health Outpatient & Recovery  
Services



Karen Trudeau,  
Human Resources Director &  
Corporate Compliance Officer



Mary Ann Johnson,  
Regional Director,  
North Carolina



Robert Ortiz,  
Director of Peer Services,  
Northeast



Ashley Robertson,  
Regional Director,  
Maine



Dominic Marfisi,  
Executive Director,  
Community Based  
Services, Elwyn/FHR



Michael Pacheco, Jr.,  
Vice President of Corporate  
Quality, Elwyn/FHR



Jamie Souza,  
Regional Director,  
Rhode Island

# BOARD COMMITTEE STRUCTURE

## Executive Committee:

Alan Wichlei, Chair  
Kelly McGee, Vice Chair  
Robert Colucci  
Jeffrey McLoud  
Debra M. Paul  
Russell Sylvia

## Finance Committee:

Robert Colucci, Chair  
Michael Owen  
Debra M. Paul  
Richard Sheola  
Russell Sylvia  
Sarah Charette, Community Member  
Amy Guldhaug, Community Member

## Governance Committee:

Jeffrey McLoud, Chair  
Neal Brown  
Kelly McGee  
Debra M. Paul  
Alan Wichlei

## Investment Committee:

Robert Colucci, Chair  
Debra M. Paul  
Russell Sylvia  
Sarah Charette, Community Member

## Quality Committee:

Kelly McGee, Chair  
Neal Brown  
Michela Coffaro  
Michael Owen  
Debra M. Paul  
Richard Sheola  
Andrea Barton-Reeves, Community Member  
William Emmet, Community Member  
America Carmichael, Community Member

# WHAT INDIVIDUALS SAY ABOUT OUR PROGRAMS

**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:**



**98%**

**are happy with the services they receive from FHR**



**99%**

**staff encourage them to be independent**



**98%**

**they are involved in deciding their treatment goals**



**98%**

**staff treat them with dignity and respect**



# PASCOLINA'S JOURNEY OF RECOVERY

## START

Pascolina immigrated to the U.S. from Portugal at the age of 19. She spent her first years in America studying the dictionary by herself in her room as she prepared for the GED.



Next, she set her sights on an associate degree. Her first step was to tackle the college entrance exam. After failing her first time, she began to work with a tutor.



She passed the exam her second attempt, earning the highest score in the exam group. This is a true testament to her driven work ethic.



While receiving support, Pascolina was also an inspiration to many other members. She would tell others enrolled in school, "We can do this! We're all in this together."



She enrolled in community college and started classes. During this time, she received support from Towne House Clubhouse, a program of FHR.

**FHR**

This past year, she officially graduated, earning an associate degree in general studies.

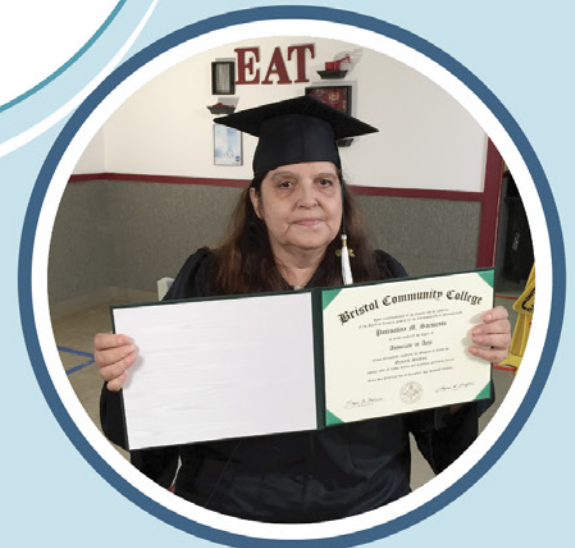


Pascolina faced challenges as an immigrant, an individual with a mental illness, and a person who spoke English as a second language, but she overcame all of these obstacles in pursuit of her goal.

In honor of this accomplishment, she was recognized with an ACE (Academic, Civic Engagement, and Employment) Award from the Massachusetts Department of Mental Health.



"Pascolina never ever gave up, despite her trials and tribulations," said Terri Bernier, FHR Assistant Program Director. "She took that one step at a time to reach her goals, and we all couldn't be prouder of her."



# MICHAEL'S FUND TO SUPPORT RECOVERY



In 2019, FHR launched Michael's Fund to assist individuals with taking steps towards a greater level of independence. Since then, this program has made an incredible impact, awarding \$20,000 to nearly 50 individuals in FHR's care across seven states.

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.

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.

Michael's Fund has enabled individuals to receive a wide variety of items, including laptop computers to facilitate schoolwork, furnishing for independent apartments, and car repairs in order to travel to jobs in the community.

For Andro, who suffers from severe mental health symptoms, Michael's Fund was an opportunity to connect with his love of horticulture and nature. He shares that when he is working on these activities, his mood and thought process are much more stable.

After being chosen as a Michael's Fund recipient, Andro has felt motivated and that he has purpose. Using the funding he received, he created a flourishing garden. Andro has successfully been able to grow and sell high quality vegetables and produce to local farmers' markets and restaurants in the community, something he explains as a dream come true.

"I am so thankful for all of the items that Michael's Fund has provided to me and for making my dreams possible," Andro shared.

Contributions to Michael's Fund enable FHR in continuing to provide transformational lifelines to individuals in recovery, making stories like Andro's possible. To make an immediate impact, visit [www.fhr.net/donate](http://www.fhr.net/donate).



# FINDING MEANINGFUL EMPLOYMENT

In Massachusetts, each of FHR's four clubhouses represent a community focused on employment, education, friendship, 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:



KEVON

**Title:**

Customer Service Representative, Walmart

**Responsibilities:**

Keeps count of who goes in/out of the store, cleans and organizes shelves, retrieves items for customers, and answers customer questions

**Member's Thoughts:**

"This is the best feeling in the world. I feel like I can finally have a real life and I never thought that would be possible."



MARK

**Title:**

Maintenance, Home Goods

**Responsibilities:**

Cleaning, organizing merchandise, setting up displays

**Member's Thoughts:**

"I enjoy being a team player and being able to help out my coworkers when they need it."



LISA

**Title:**

Maintenance and COVID-19 Sanitation, Espirito Santo Parochial School

**Responsibilities:**

Cleans the building each day and makes sure it is safe for both students and teachers

**Member's Thoughts:**

"I really love my job. This job gives me purpose in my community and helps me establish structure in my life. I am so grateful to be a part of the team. I know I give back by keeping the children of Espirito Santo safe during the pandemic."

# HEROES OF HOPE AND RECOVERY



*Ashley Robertson, FHR Regional Director, Maine, after receiving her COVID-19 vaccination.*

As the world faced the COVID-19 pandemic, FHR's workforce remained committed to ensuring that those in our care continued to receive the high-quality care that they depend on.

'Heroes of Hope and Recovery' were recognized at FHR for going above and beyond and being true heroes in the lives of those we serve. These employees were recognized by leadership, their peers, and the individuals in our care. 112 staff were distinguished as a 'Hero of Hope and Recovery' across seven states.

These recognitions included:

**Amy Buchanan**, FHR Case Manager, Rhode Island: "Amy continues to be an outstanding team player and member of our community. She emits an exemplary work ethic, and I am proud of all the challenges and problems she has helped her clients work through during this time."

**Teresa Massey**, FHR Psych Rehab Specialist, and **Alisa Calvo**, FHR Lead Psych Rehab Specialist, Pennsylvania: "They have successfully been able to take a group structured program and have modified it into a successful telehealth program. Thank you, Teresa and Alisa, for your creativity, flexibility, and for doing an awesome job!"

**Kim Vinal**, Director of Respite Services, Massachusetts: "FHR would like to recognize the continued dedication, kindness, and commitment of employees at FHR's Respite programs in Massachusetts. Individuals who have been quarantined recently received a special package, put together by Kim. The 'Bee Well' bag included honey, tea, chapstick, cough drops, and tissue. It was greatly appreciated by those who received it. Thank you to the Respite Programs for all that you do to make a difference."

**Delaware ACT Team**: "I would like to give recognition to the entire Delaware ACT team for their hard work and dedication to our clients during the pandemic. We have been essential staff during this entire pandemic while providing continuous community-based treatment and wearing appropriate PPE in order to keep the team and the clients safe. I have had several consumers tell me that without FHR ACT they don't know where they would be and are extremely thankful for all of the work that this team does for them."

**Antoinette Burch**, FHR Program Director of the Drop In Center, North Carolina: "Thank you, Antoinette, for your continued thoughtfulness and commitment to the individuals in FHR's care. Antoinette has been working closely with a number of individuals, including those who are homeless and living at a hotel during this time. Individuals living at this hotel had expressed missing the feeling of eating a warm meal. Instead of the daily cold cereal these individuals are used to, Antoinette was able to provide a hot catered breakfast for all. Thank you, Antoinette, for going above and beyond to make a difference."



# START

## JC'S JOURNEY OF RECOVERY

JC had a difficult upbringing. His parents struggled with substance use, which resulted in him and his siblings being raised in the foster care system.



When he became old enough, he took over the task of raising his two sisters.



He did his best to keep them safe and fed. Unfortunately, this led to JC dealing drugs, following in the footsteps of his own parents.



After getting into trouble with the law, he recognized he needed to break the cycle. At this time, he was connected to FHR.

**FHR**



He set ambitious goals for himself and was determined to accomplish them. This included holding a job. Soon after, he was hired at a moving company.

JC began working with FHR's team of caseworkers, therapists, and clinicians, and started to turn his life around for the better. He shared that with this support, he felt as though he had been given a second chance at life.

JC began coaching a basketball team for troubled youth, helping encourage them to reach their full potential.



After working at the moving company for a number of years and learning the ins and outs of the business, he became the owner.



JC also married the love of his life.



"His perseverance and willingness to work on his recovery on a daily basis is a true example to many" said an FHR staff member.



JC believes that none of this would have been possible without the help of FHR and the team that believed in him.



# MAKING A DIFFERENCE

In 2020, FHR recognized employees organization-wide who had exemplified behavior or achieved accomplishments that were 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

Katie Ginn, Maine  
Yvenel Louis-Jean, Delaware  
Amber Perry, Rhode Island  
Ashley Saincy Louis, North Carolina

## MARCH

Mary Ann Donahue, Corporate  
Courtney Hanlan, Rhode Island  
Sheila Hever, Corporate  
Alison Lasher, Rhode Island  
Pamela Moquete, Corporate

## APRIL

Lisa Hatfield, Delaware

## MAY

Fred Schut, North Carolina

## JUNE

Richard Moul, Corporate  
Casey Myers, Pennsylvania

## JULY

Thomas Constantine, Maine  
Gertrude Cunningham, Pennsylvania  
Chelsea Resch, Delaware

## AUGUST

Victoria Batten, Pennsylvania  
Hannah Knechel, Delaware  
Cecil Pusey, North Carolina  
Doug Rolnick, Maine





# A WALK IN MY SHOES

FHR successfully held its 3rd Annual 'A Walk In My Shoes' event on September 26, 2020. Due to the COVID-19 pandemic, this event was celebrated as a virtual fundraiser.

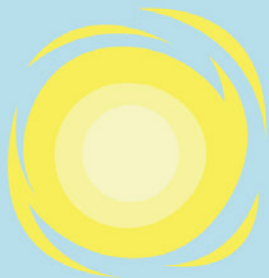
The event featured a special video presentation, which included words from Rep. Antonio F.D. Cabral; a guided meditation, led by Isabel Storey, LMHC, FHR Therapist; a Studio 35 creative arts workshop, which detailed how to create a Wellness Toolbox, shared by Jenevieve Sullivan, FHR Director of Studio 35; FHR and mental health trivia; and a poignant Journey of Recovery Story, told by Ryan Chabot, FHR Certified Peer Support Specialist.

FHR would like to thank all of the event sponsors for making this fundraiser possible: our Lead Sponsor, WJFD 97.3 FM, our Gold Sponsor, NAMI (National Alliance on Mental Illness); and our Silver Sponsor, Granite Recovery Centers.

'A Walk In My Shoes' began in 2018 in support of FHR's Peer Recovery Services and Community Peer Connections program (CPC). CPC is a peer-driven volunteer program that matches a volunteer with an individual from the community seeking support and companionship. Volunteers spend at least one hour per week with their 'match' pursuing activities they both enjoy, in a relationship of mutuality, connection, collaboration, socialization, and support.

For more information, contact Robert Ortiz, FHR Director of Peer Recovery Services, NE, at [rortiz@fhr.net](mailto:rortiz@fhr.net).





# BOB'S JOURNEY OF RECOVERY

## START

For most of Bob's adult life, he struggled with substance use. He was frequently in and out of prison and on probation.



While incarcerated, his mother passed away. This was a major turning point in his life, and he became determined to be more responsible and make a more productive life for himself.

This included finding a safe environment to live in, being employed, and working on his relationship with his family.



He began receiving care from FHR, where he created an individualized plan to work towards his goals.

**FHR**



Bob began studying in order to obtain a CDL (Commercial Driver's License).

He earned his CDL and landed his first job. He shared that he was so excited and felt like he had self-worth and purpose.



Staff share that during this time, Bob remained goal-oriented and focused on making a better life for himself and his sister.



After securing his own apartment and reaching a point in his life where he felt confident, he was able to take on the responsibility of adopting his sister.



Losing his mother at a younger age made him realize that family is of utmost importance, so this step was especially meaningful to him. He also greatly improved his relationship with his grandmother at this time.



FHR staff explain that Bob is at a wonderful place in his life and continues to be motivated to create the best life he can for himself and his family.





# CONSOLIDATED OPERATING MARGIN

## FELLOWSHIP HEALTH RESOURCES, INC. AND AFFILIATES

	2018	2019	2020
Total Revenue	\$38,762,838	\$31,867,712	\$30,837,430
Operating Margin	\$94,205	\$585,123	\$787,832
Operating Margin %	0.24%	1.84%	2.55%
Total Full-time Employees (FTEs)	542	440	515
Total Individuals Served	8,948	9,985	7,508

# 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](http://www.fhr.net/donate).**

## **FHR Board and Advisory Board Members:**

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

Michela Coffaro  
Robert G. Colucci  
Stephen M. Duggan  
Len Kirby  
Kelly McGee  
Jeffrey McLoud  
Michael B. Owen  
Debra M. Paul  
Richard Sheola  
Russell J. Sylvia  
Alan Wichlei

## **Corporations and Foundations:**

Accumedic Computer Systems, Inc.  
Amica Companies Foundation  
Granite Recovery Centers  
I2i Center for Integrative Health  
NAMI of Bristol County  
Network for Good  
Schneider Electric North America Foundation  
The Speedwell Tavern  
WJFD 97.3 FM

**The donors listed above have contributed to FHR between the dates of January 1, 2020 and June 1, 2021.**





# INDIVIDUAL SUPPORTERS:



Anis Ahmed  
Meagan Almy  
Henry Arruda  
Noelle Bernier  
Sarah Blank  
William Braden  
Benjamin & Joyce Brayton  
Jeffrey Busha  
Grace Cabral  
Sara Caetano  
Kia Caldwell  
Jordan Chabot  
Ryan Chabot  
Yun Chabot  
Janet Chadie  
Sarah Charette  
Jean Charles  
Michela Coffaro  
Robert Colucci  
Lindsay Daskalopoulos  
Stephen Duggan  
Christina Ellersick  
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Dolores Fell  
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Dale Ferris  
Michael Finegold  
Giovanna Fischer  
Michael Fitzpatrick  
Victoria Gigus  
Geoffrey Green  
Ronald Grillo  
Kristen Guilfoyle  
Christyn Guillotte  
Liane Hagemoser

Lynn Pike Hartman  
Heather Hilton  
William Jennings  
Raffaella Kane  
Erica Kelly  
Mary Louise Kennedy  
Leonard Kirby  
Jon Korzeniowski  
Kristen Larsen  
Karen LeBlanc  
Jennifer Lima  
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Mary Jo McEldowney  
Kelly McGee  
Timothy McGinn  
Jeffrey McLoud  
Kimberly Mello  
Kamlesh Mistry  
Robert Moore  
Virginia Mullen  
Mary Nelson  
Caitlin Oliveira  
Lynne Olsen-Vieira  
Robert Ortiz  
Michael Owen  
Michael Pacheco  
Debra Paul  
Jennifer Pearlman  
Carol Pelletier  
Carrie Pessini  
Caroline Peterson Prag  
Francis Pozzi

Jp Prag  
Warren Purvis  
Debra Ramsay  
Joseph Reid  
Carla Roderick  
Lori Santos  
Madelin Schlenz  
Richard Sheola  
Amie Sica  
Jodi Souza  
Samantha Spader  
James Spencer  
Isabel Storey  
Russell Sylvia  
Janet & Raymond  
Tetrault  
Karen Trudeau  
Beverly Tulino  
Elizabeth Valente  
Brenda Venice  
Maureen Vieira  
Jeff White  
Alan & Janice Wichlei  
Christian Wieden  
Kevin Winston  
Judith Ziss



# HOW YOU CAN MAKE AN IMPACT

## 1. MAKE A DONATION THROUGH OUR WEBSITE:

Visit our website, [www.fhr.net/donate](http://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:

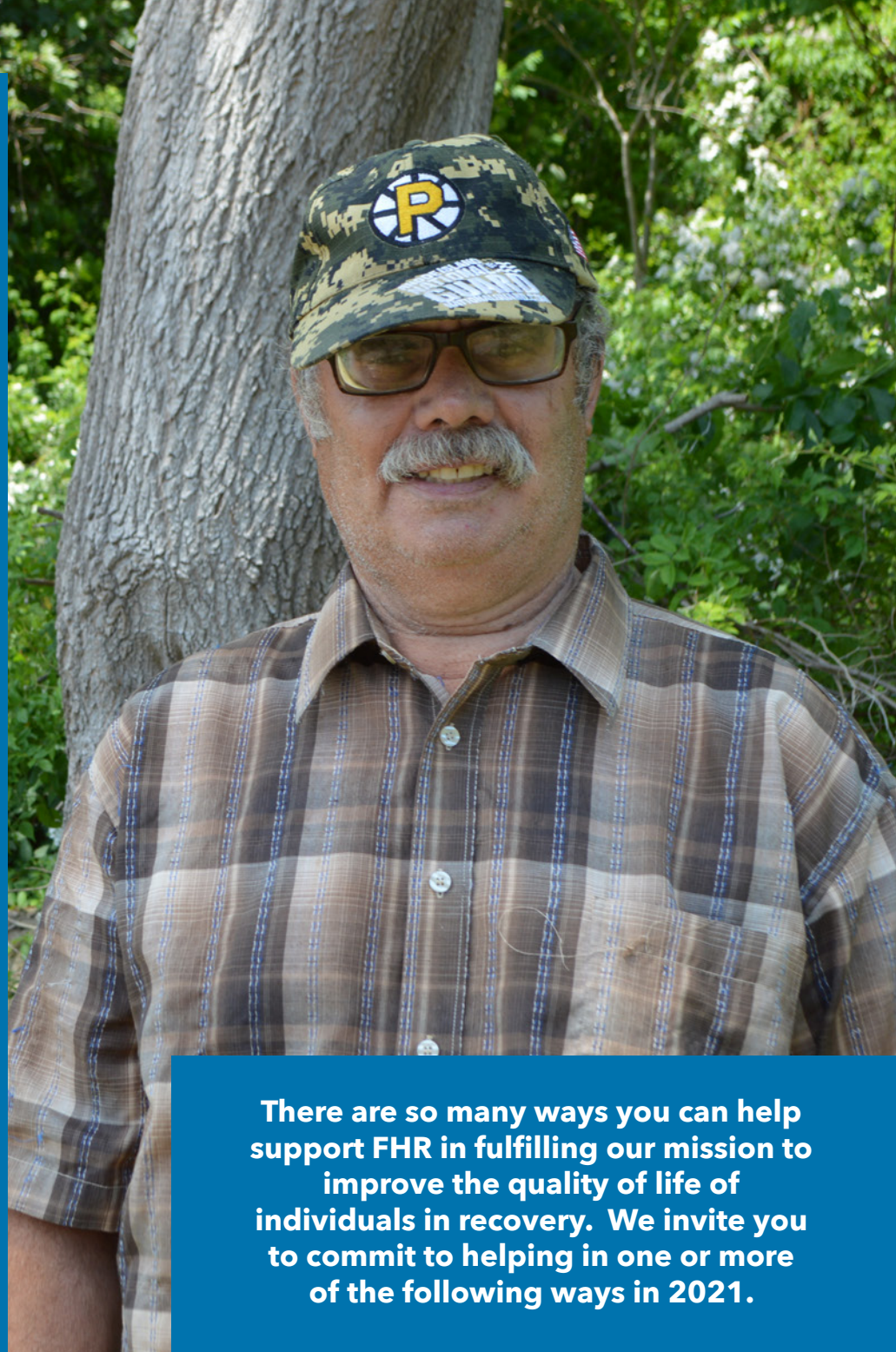
Follow along with us on Facebook, Twitter, LinkedIn, YouTube, and Instagram for pictures, videos, recent happenings, and more. Visit FHR's website, [www.fhr.net](http://www.fhr.net), and click the icons on the top right hand side of the homepage to be directed to a particular social media page. You can 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](http://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](http://www.smile.amazon.com) so that you can help support FHR with your purchase.

## 4. GIVE THIS REPORT TO A FRIEND:

Help us spread the word about how FHR is making an impact in the communities we serve by forwarding this email to someone you know.



**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 2021.**



# THANK YOU FOR YOUR SUPPORT!



**24 Albion Road, Suite 420  
Lincoln, Rhode Island 02865**



**[www.fhr.net](http://www.fhr.net)**