



05



06



07

Mission Statement

Fairbanks is a nonprofit organization focused on recovery from alcohol and other drug problems, serving as a resource to improve the well-being of individuals, families and communities by offering hope and support through its programs and services.



Fairbanks

Experts in addictions. Focused on recovery.

What's Inside:

02 A Letter from the President

03 Fourth Annual Susan Li Conference: Two-day event focused on addiction recovery

Fairbanks Participates in Indiana University Research Project: Prescription drug abuse trends in 18-25-year-olds

04 Fairbanks Is Tobacco-Free: Providing the best environment for recovery

Hope Academy Open Enrollment: Now enrolling for fall 2011 classes

05 Giving Back to Fairbanks: Using your IRA to make a gift

Russ Dellen Memorial Loop Fairbanks Programs and Services

06 90 in 90: A Tool for Recovery: Daily journal workbook for individuals in recovery

07 Employee Spotlight: Matthew Haughton-Endicott, Recovery Center Coordinator

Upcoming Events at Fairbanks: Alumni and volunteer events for 2011

2011

You are invited to attend the: Fairbanks Circle of Hope Dinner 2011

The 2011 Fairbanks Circle of Hope Dinner will be held on Wednesday, May 4, 2011 at the JW Marriott Indianapolis. The reception will begin at 6 p.m., with dinner at 7 p.m. This year's speaker is actress/author, Meredith Baxter.



Over the last 40 years, Meredith Baxter's humor and warmth have made her one of the most popular women on television. Baxter achieved early success in the comedy *Bridget Loves Bernie*; the acclaimed ABC drama *Family* and the popular NBC sitcom *Family Ties*. While she starred in over 50 movies and received Emmy nominations, Baxter was hiding a tumultuous personal story and private life. While juggling young motherhood and a successful acting career, she thought she had her drinking under control; she soon was confronted with losing her livelihood. Now after nineteen years

of sobriety, she shares her inspiring success story of overcoming her fears and regaining control of her life.

The annual Fairbanks Circle of Hope Dinner raises awareness in the community about alcohol and drug addiction while honoring individuals and organizations for outstanding contributions related to research, education or treatment of drug and alcohol abuse and addiction.

To purchase your tickets, please visit www.fairbankscd.org/coh or contact Stacy Traylor at 317.572.9384 or straylor@fairbankscd.org.



TENTH ANNUAL
FAIRBANKS
CIRCLE OF HOPE
DINNER

A LETTER FROM THE PRESIDENT:



Photo as published in *Indianapolis Woman*.

Dear Friends,

Recovery from drug and alcohol addiction is a reality for millions of Americans. At Fairbanks, lives are changed each day as individuals and families seek treatment and recovery. While millions of Americans have reclaimed their lives, there are still 23 million struggling with addiction from drugs and alcohol.

Treatment for addiction models the treatment for other chronic illnesses such as diabetes, hypertension and asthma. We recognize that recovery from addiction is a lifetime process and offer numerous ways to continue support after the formal inpatient and outpatient levels of care.

Recovery benefits individuals and families. It brings relief to communities by improving public health and safety and reducing tax burdens. Every \$1 invested in treatment delivers a return of up to \$7 in reduced drug-related crime and criminal justice costs. Total savings in health care can exceed costs by a ratio of 12 to 1.5. These benefits would improve if addiction treatment shifted from an acute care model of brief treatment to a model of continued recovery support.

Over the past several years, we have seen progress on a national level toward ending discrimination against individuals who seek addiction treatment services through insurance parity legislation. In 2008, U.S. House and Senate bills were passed that would require health plans to provide equal insurance payments for mental health and substance abuse treatment. This means the same deductibles, co-pays and coinsurance without treatment limitations such as frequency of visits, days of coverage and lifetime limits. This legislation was a milestone in our efforts for parity for addiction treatment.

Fairbanks is fortunate to have community support and strong leadership through our board of directors, volunteers and staff. I ask that you continue your advocacy for addiction treatment and educate yourself and others about treatment and recovery.

Warm regards,

Helene M. Cross, President and CEO

Top Substances Treated at Fairbanks

- Poly-substance (more than one substance)
- Alcohol
- Opiates (pain medications, Vicodin, Oxycontin, Heroin)
- Stimulants (Cocaine, Crystal Meth)
- Marijuana
- Sedatives (Valium, Xanax, Ativan)

Fairbanks is going green!

If you would like to receive
Fairbanks updates electronically,
please email tspisak@fairbanks.cd.org.

Fourth Annual Susan Li Conference ▶ June 2 and 3, 2011

Addiction Recovery Full Circle: 12-Step Programs, Science and Recovery Management

The Susan Li Conference is hosted by Fairbanks and honors Susan Li, MSW, LCSW, LMHC, for her continuing contributions to the fields of addiction and mental health. During the two-day conference, 12 CEU's will be provided to the professionals in attendance. Join us as we explore scientific research and various ways to support individuals in recovery from drug and alcohol addiction.

Conference topics include:

- Science and practice of 12-step recovery
- Smart phone applications to prevent relapse
- Web-based virtual world to support recovery
- Relapse protection for adolescents
- Enhancing recovery skills for male and female offenders

The conference will be held at the Fairbanks Recovery Center, 8102A Clearvista Parkway, Indianapolis, IN 46256. For more information, contact Wendy Rayburn at 317.572.9443 or wrayburn@fairbanksd.org.

KEYNOTE SPEAKERS:



Dr. Christine Timko, Ph.D.
Senior Research Scientist, Department of Veterans Affairs, Professor, Stanford University Medical School

Connecting People with Addictions to Mutual Help Groups



Norma Bartholomew, M.Ed., LPC
Institute of Behavioral Research, Texas Christian University

Mapping the Steps: Evidence-Based Cognitive Enhancements

Fairbanks Participates in Indiana University Research Project on the Latest Trends of Prescription Drug Abuse

The Indiana University Center for Health Policy is partnering with Fairbanks to learn about the social connections of prescription drug users who are 18-25 years old. Currently, the Center for Health Policy is conducting focus groups of men and women who have participated in treatment at Fairbanks. Results from these focus groups will be used to prepare a grant application to explore social connections with prescription opioid use.

According to research conducted by The Substance Abuse and Mental Health Services Administration (SAMHSA), after alcohol and marijuana, prescription medications are the most commonly abused drug in America. This research also showed that seven million people 12 years of age or older have used prescription drugs recreationally in the last 30 days. Additionally, it has been found that Indiana ranks in the top third of states for prescription drug abuse.

The age group with the most prevalent use is 18-25-year-olds and the most commonly abused prescription pain killers are hydrocodone and oxycodone. National statistics show that people who use prescription pain medications obtain them from friends, relatives, doctors, drug dealers and the internet. There is currently no data to compare whether sources of prescription opioids in Indiana are comparable to the rest of the nation. In addition, no studies have been conducted to examine the impact of social connections and prescription drug use.

The data results from the Indiana University Center for Health Policy research project will provide a better understanding of the local trends of prescription drug abuse. Fairbanks is committed to developing the most up to date research in the field of addiction by collaborating with universities and other stakeholder organizations interested in identifying information and best practice methods that can be integrated into treatment and recovery services.

Fairbanks Is Tobacco-Free

As a leader in addiction treatment, Fairbanks strives to provide the best environment for recovery from addiction. To ensure the health of patients, employees, students and volunteers, Fairbanks is now tobacco-free. Studies show that when an individual stops the use of tobacco products while in treatment, his or her chance for recovery success increases. The tobacco-free Fairbanks initiative has been positively received by staff, patients, visitors and volunteers.

In the initial follow up survey, the overall reports were encouraging. In a sample of adult patients, 40% were non-smokers/tobacco users and 60% were smokers/tobacco users.

Of the 60% of tobacco users, 12% wanted to quit, 24% were open to quitting and 24% did not have the desire to stop smoking or stop using tobacco products. This is a great start to a tobacco-free Fairbanks.

Nicotine replacement therapy is provided to detox and rehab patients according to their tobacco use assessment results. Patients who are admitted to outpatient treatment are provided with education and treatment support groups. If you would like more information about the tobacco cessation program at Fairbanks, please call 317.579.7090.

“Adopting a tobacco-free policy is a milestone for Fairbanks,” said Dr. Tim Kelly, Medical Director at Fairbanks. “Our patients work too hard at their recovery from drugs and alcohol to suffer the long-term consequences of tobacco use. These efforts will make a great impact in the lives of our patients.”

Hope Academy Open Enrollment Now Enrolling for Fall 2011 Classes

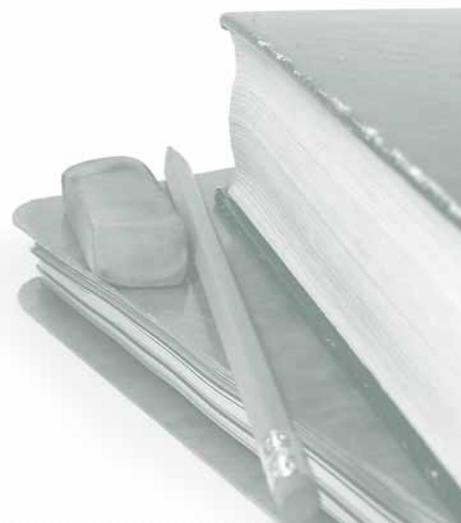
Hope Academy, the recovery high school at Fairbanks, is a tuition-free, charter high school. Enrollment applications for the 2011-2012 school year are now being accepted. For more information please call 317.572.9440 or visit www.fairbanks.cd.org to download the enrollment application online.

Hope Academy Snapshot

- * Parents who initially reported being reluctant to enroll their son/daughter in Hope Academy reported 100% satisfaction with the school structure, academics and graduation timeline after their son/daughter was enrolled.
- * Hope Academy offers small class sizes with one-on-one teacher instruction.
- * Students are provided an opportunity to recover credits online and in the classroom.
- * Hope Academy offers the Indiana Core 40 diploma, which is accepted by all colleges.
- * All Hope Academy teachers are licensed by the state of Indiana and receive special training in ways to work with young people in recovery from drug and alcohol addiction.
- * By joining a sober peer network at Hope Academy, students achieved greater sobriety, increased standardized test scores and showed a 40% increase in their grade point average.



**Honesty. Respect. Support.
Commitment. Community.**



How Can You Give Back to Fairbanks?

Included in the Middle Class Tax Relief Act of 2010 was a provision for the IRA (Individual Retirement Account) Charitable Rollover. The new law allows donors age 70½ and older to exclude from their taxable income any IRA funds up to \$100,000 that have been withdrawn and transferred to a charity when filing a tax return. The provision is extended through December 31, 2011.

This provides a meaningful opportunity for:

- Individuals who must take minimum IRA distributions but do not need the additional income—taking advantage of the new law could reduce taxable income for the year.
- Anyone who has designated Fairbanks as a beneficiary of an IRA or considered using IRA assets to make a gift.

Before proceeding with this type of gift, please consider the following restrictions:

- Distributions must be made as outright gifts.
- Distributions cannot be used to fund gift annuities or charitable remainder unitrusts.
- Distributions can only be made from traditional IRAs and Roth IRAs.
- Please also note that the gift must be made directly from the IRA to Fairbanks.

To find out more information or to coordinate an IRA charitable distribution to Fairbanks, please consult your tax or financial advisor.

For more information about how your gift can help support Fairbanks, please contact:

Katy Crichlow Cummings
Director of Development
317.572.9398 or ccrichlow@fairbanksd.org

Save the Date!

Russ Dellen Memorial Loop
Saturday, August 20, 2011
Marion County Fairgrounds



The Russ Dellen Memorial Loop is a motorcycle ride around I-465 in memory of Russ Dellen. Russ Dellen was a member of the Fairbanks Board of Directors. He served on the finance, development and marketing committees contributing many volunteer hours, his expertise and sharing his compassion for individuals and families who struggled with addiction. A portion of the proceeds will benefit Fairbanks. To learn more or to register, visit www.dellenloop.org.



FAIRBANKS PROGRAMS AND SERVICES

□ Rehab Services

- Detoxification (detox)
- Rehabilitation (rehab)
- Residential Services (residential)
- Family Program

□ Outpatient Services

- Partial Hospitalization (PHP)
- Intensive Outpatient (IOP)
- Relapse Prevention Group
- Family Program

□ Supportive Living

- First Step Adult Supportive Living
- HOWSE (residential living for adolescents)
- La Verna Lodge (residential living for men)

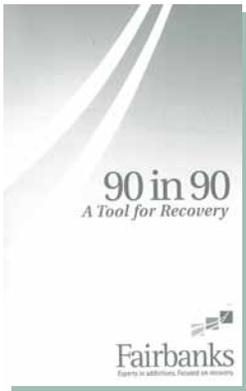
□ Recovery Management Services

- Behavioral Couples Therapy (BCT)
- Recovery Coaching
- Tobacco Cessation
- Hope Academy, The Recovery High School at Fairbanks
- Family Support Meetings
- Parent Support Group

□ Alumni and Volunteer Activities

- Fairbanks Annual Alumni Association Golf Tournament
- Saturday Night Performances
- Annual Summer Picnic
- Volunteer Appreciation Dinner
- Gift Shop
- Fresh Start Café

90 in 90: A Tool for Recovery



Ninety meetings in ninety days can help set the foundation for a recovery-based lifestyle. Making a habit of attending 12-step meetings regularly creates structure and provides individuals with a new support group. At Fairbanks we offer a workbook called *90 in 90: A Tool for Recovery* to our recovery management participants to support them as they begin their new sober lifestyle.

In 2004, Dr. Tim Kelly, Medical Director at Fairbanks, and Dr. Sigurd Zielke, Clinical Specialist at Fairbanks, created

the *90 in 90* workbook. This daily journal takes individuals through ninety days of their recovery journey. This tool offers a gradual process that provides guidance in structuring each day while allowing individuals to evaluate their emotions, drug/alcohol cravings and track their daily progress.

According to the recovery coaches at Fairbanks, the *90 in 90* workbook is an important and useful tool for the participants in their programs. It allows individuals to have a greater understanding of a recovery-based lifestyle. This workbook is intended to be used as a personal journal, but it is also helpful to the recovery coaches as they provide guidance to participants in the program.

.....
“There is a difference between just going to meetings and being in recovery,” said Charlo Burrell, men’s recovery coach at Fairbanks. “The *90 in 90* journal allows individuals to go to the next level and really process their daily behaviors.”
.....



90 in 90: A Tool for Recovery is sold in the Fairbanks gift shop located in the main lobby of Fairbanks.

The Fairbanks gift shop offers this resource along with other literature and recovery tools. If you would like to purchase *90 in 90: A Tool for Recovery*, visit our gift shop in the main lobby of Fairbanks at 8102 Clearvista Parkway, Indianapolis, Indiana.

Recovery Tip from Tobyn Linton, Adult Services Program Manager:

In addition to journaling in your *90 in 90* daily, get a blank calendar and a stamp or stickers. Place a stamp or sticker on the calendar for each day you don’t drink alcohol or use drugs. This is a great way to visualize and evaluate your progress.

Fairbanks Alumni Association

Formal membership in our alumni association is free and entitles those who have successfully completed treatment at Fairbanks to the following:

- Free admission to various events
- Notification of all alumni workshops and activities
- Ten percent discount on specialty and educational items in the Fairbanks gift shop

If you are interested in joining the Fairbanks alumni association, please visit www.fairbankscd.org and submit your application online.

Contact Kathleen Gill at kgill@fairbankscd.org or Judi Kramer at jkramer@fairbankscd.org to learn more about the Fairbanks alumni association.

Employee Spotlight: Matthew Haughton-Endicott

The next time you visit the Fairbanks Recovery Center, you will likely see the new Recovery Center Coordinator, Matthew Haughton-Endicott. In his position at Fairbanks, Matthew is responsible for providing group education, customer service to visitors, coordinating meetings in the various group rooms and overseeing activities held within the building. As a member of the recovery community, he is excited to share his passion for recovery with individuals and families that come to Fairbanks.

Prior to becoming an employee, Matthew provided service as a volunteer at The Fresh Start Café, the coffee shop at Fairbanks. Through giving back, he discovered how much he enjoyed interacting with visitors, patients, families and staff.

“This position allows me to utilize my education and my knowledge about a recovery-based lifestyle in order to help others. My goal is to do the best I can and see where that takes me. I am excited about being here.”

Matthew received his associate’s degree from Ivy Tech where he studied business. He was previously employed as a retail manager.

If you have questions about meetings, patient services or activities at the Fairbanks Recovery Center, you may contact Matthew at mhaughton@fairbankscd.org.



Matthew Haughton-Endicott

Upcoming Events at Fairbanks

■ Mindfulness as a Path to Sustained Recovery...Going Deeper

Retreat series by Jo Holt, Ph.D.

April 30, May 21, June 11 and June 25, 2011 • 9 a.m.-12 p.m.
\$15 per session

■ Annual Summer Picnic

July 16, 2011 • 11:30 a.m.-2:30 p.m.
Food, games and fellowship!

■ Ice Cream Social

August 20, 2011 • 6:30-8 p.m.
Suggested donation of \$5

■ 19th Annual Alumni Association Golf Tournament

September 24, 2011 • Shotgun start at 9 a.m.
Ironwood Golf Club

Additional details for each event will be posted online at www.fairbankscd.org.

For more information about these events and to register, contact Kathleen Gill at 317.572.9469 or kgill@fairbankscd.org or Judi Kramer at 317.572.9305 or jkramer@fairbankscd.org.



United Way agency

If you do not wish to receive this newsletter, please call 317.572.9354 or email tspisak@fairbankscd.org.



The screenshot shows the Fairbanks website homepage with a navigation menu, a search bar, and a main banner featuring a family walking. Below the banner are sections for 'Signs & Symptoms', 'why FAIRBANKS?', and 'Need help for yourself or someone else?'. There is also a call to action for a conference and a 'Tenth Annual Fairbanks Circle of Hope Dinner' event.

The Fairbanks website has a new look!

- Photo Tours of the Fairbanks Cafeteria, Gymnasium, Coffee Shop and More
- News, Blog and Facebook
- Frequently Asked Questions
- Support Group Meetings Held at Fairbanks
- Signs and Symptoms of Drug and Alcohol Addiction
- Treatment Services and Programs for Adults and Adolescents
- The History of Fairbanks

Please visit us online today to get the latest news and updates!

www.fairbankscd.org