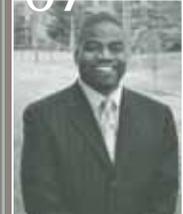


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## Mission Statement

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:

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### Online Giving

2012

*You are invited to attend the*

Eleventh Annual  
**FAIRBANKS CIRCLE OF HOPE DINNER**



Brad Stevens

The 2012 Fairbanks Circle of Hope Dinner is Tuesday, May 8th at 6 p.m. at the Indianapolis Marriott Downtown. Hosting the event as honorary chairman is Butler Head Basketball Coach, Brad Stevens. Continuing the basketball theme, former NBA player, Chris Herren, will share his personal journey of addiction to recovery as the keynote speaker. The prestigious Richard M. Fairbanks Circle of Hope Award will be presented to Helene M. Cross, retiring president and CEO of Fairbanks, for her leadership and service to Fairbanks and the field of addiction.



Chris Herren

Keynote speaker, Chris Herren, a basketball legend from Fall River, Massachusetts, appeared to be living the American dream. Following a successful college basketball career he was drafted to play for the Denver Nuggets and a year later traded to the Boston Celtics. But off the court, Herren was struggling with drugs and alcohol. Deep into his addiction, he hit bottom when he was found in Fall River, near death behind the wheel of his car. Today, Herren is clean and sober. He mentors young basketball players and speaks to high schools, colleges and organizations about his experiences.

For more information about this community event and to purchase tickets, please visit [www.fairbanksd.org](http://www.fairbanksd.org) or contact Stacy Traylor at 317.572.9384 or [straylor@fairbanksd.org](mailto:straylor@fairbanksd.org).

## A LETTER FROM THE PRESIDENT:



Photo as published in *Indianapolis Woman*.

Dear Friends,

Recently I announced that I plan to retire from Fairbanks in September. A theme from the response from friends and colleagues has been that Fairbanks has come a long way in 11 years. Yes, we have.

There's an old African proverb that says, "If you want to go quickly, go alone. If you want to go far, go together." Ours was a journey that took us far and involved many others in our community.

Shortly after I began my work at Fairbanks, someone advised me to paint the lobby within six months. I laughed saying that we had no money for paint, and I meant it! Change did occur, however, within this timeframe due to the generosity of The Indianapolis Foundation and the Nicholas H. Noyes, Jr. Memorial Foundation. The purchase of comfortable replacements for the desperately worn group room chairs and new carpets became our symbols of change.

The next critical step was more like a leap across the horizon. In December 2001, Fairbanks was granted acceptance as an agency within the United Way of Central Indiana (UWCI). Shortly after, in mid-2002, funds from the UWCI/Lilly Endowment Inc. capital fund, matched with Richard M. Fairbanks Foundation dollars, provided us \$2.4 million for a facility renovation. At last, the lobby was painted!

Aided by those significant early investments, Fairbanks was able to go further. We changed our mission to focus on long-term recovery, created Hope Academy, developed outreach programs and expanded services to include La Verna Lodge and an outpatient program in Kokomo. Modern technological systems were added to enhance the services provided to our patients. We built the Recovery Center and expanded the cafeteria. Our road was lined with the gold of generosity as we were able to eliminate all debt and, whenever we needed help or guidance, there was always someone there to assist.

It was also lined with diamonds of knowledge, a dedicated board of directors with diverse backgrounds and our team of outstanding leaders and staff, the experts in addiction.

If all who joined us along the journey came together, we'd become a circle of many—a "circle of hope" surrounding thousands of men, women and adolescents in recovery. They are the center, the mission. They represent all that we have been since 1945 and will continue to be in the future.

These 11 years have been the most significant in my professional life. It has been my honor to serve in this role—I never felt alone. Thank you for walking, running and leaping with me.

Warm regards,

Helene M. Cross, President and CEO

## Honoring Helene M. Cross

The Helene M. Cross Fund has been established in recognition of Helene's hard work and dedication to Fairbanks. Individuals who would like to honor Helene are encouraged to make a contribution to this fund. More information will be available in the coming months before her retirement. If you would like to learn more or make a gift, please contact Katy Crichlow Cummings, Director of Development, at 317.572.9398 or [ccrichlow@fairbanksd.org](mailto:ccrichlow@fairbanksd.org).

# Animal Assisted Therapy at HOWSE

If you asked a resident of HOWSE, the transitional recovery program for adolescents at Fairbanks, what they enjoy most about living there, you would likely hear the names "Buckley" and "Jack". These are the two therapy dogs that have become an important component within the HOWSE community.

Animal Assisted Therapy at Fairbanks began in 2010 with the introduction of Buckley, a Great Dane. The adolescents took to him immediately and began to show improvements in their communication and overall recovery. Due to these positive outcomes, a Golden Retriever named Jack was added to the program in late 2011.

The two dogs compliment each other and enhance the therapeutic programming for the residents. As working dogs, their job descriptions include the following:

- Engage residents in the treatment process
- Motivate residents to make healthy changes
- Help reduce stress and anxiety among the HOWSE community
- Teach appropriate touch in a therapeutic manner
- Provide social support to the adolescents
- Give residents additional responsibilities

Buckley and Jack participate in daily programming including group therapy, recreational therapy and often, they are requested to join in individual counseling. During group and individual therapy they help set the tone for a calm and supportive environment. And, when it's time to have fun, they help residents relax and enjoy themselves.

"The dogs provide our young people with unconditional love and support, which allows them to begin moving into emotional healing," said Erin Flick, HOWSE counselor.

The HOWSE treatment team looks forward to seeing more growth and positive change through this innovative and therapeutic program.



Buckley



Jack

## Fifth Annual Susan Li Conference ▶ July 19 and 20, 2012

### New Hope and Healing for the Addicted Family

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The Susan Li Conference is hosted by Fairbanks and honors Susan Li, MSW, MCSW, LMHC, for her continuing contributions to the fields of addiction and mental health. Join us as we explore how to help families and individuals struggling with addiction.

#### Presentations and topics include:

- Efficiency of family and group treatment models for adolescents
- Public policy and healthcare reform
- Long-term outcomes of family-based interventions and drug courts
- Parent and family discussion panel
- Integrating marital therapy into recovery models



#### KEYNOTE SPEAKER

A. Thomas McLellan, Ph.D., CEO and founder of the Treatment Research Institute (TRI) and former Deputy Director of the White House Office of National Drug Control Policy

Learn more at [www.fairbankscd.org](http://www.fairbankscd.org).

*This two-day annual conference will be held at the Fairbanks Recovery Center, 8102A Clearvista Parkway, Indianapolis, IN 46256. For more information, contact Kim Manlove at 317.806.7515 or [kmanlove@fairbankscd.org](mailto:kmanlove@fairbankscd.org).*

# Inspiring Students through Art With a Heart

To many high school students, art is therapeutic. Art provides students with a creative outlet for self expression. The leaders of Hope Academy knew there was a need to provide art education, but without funding, it could not be offered as part of the curriculum.

In 2009, Hope Academy received a grant from the Christel DeHaan Family Foundation, which was used to provide students art education from a local organization, Art With a Heart. This was the beginning of a wonderful partnership. The mission of Art With a Heart is to provide hands-on visual arts experiences that educate and inspire Indianapolis at-risk children. Hope Academy became the first high school to partner with Art With a Heart and both organizations found the experience to be beneficial.

"The programming Art With a Heart has provided to Hope Academy has been a catalyst for the students' recovery process. Students have improved their mental, emotional and physical states," said Hope Academy Principal, Gale Stone. "They have gained social skills, confidence and healing."

Although positive outcomes were recognized, a lack of funding and resources would not allow the program to continue. Knowing the great benefits and understanding the financial constraints, Art With a Heart Executive Director, Andrew Lee submitted a grant proposal to The Glick Fund, a CICF fund, for support to help local schools. Art With a Heart was awarded the grant, which will allow their partnership with Hope Academy to continue through 2012.

"Our mission to educate and inspire at-risk students fits perfectly with Hope Academy," said Andrew Lee. "Following the first three months of our partnership, reports showed a 50% decrease in tardiness and absenteeism. That alone showed us that what we were doing was valuable."

According to Lee, he has witnessed Hope Academy students become leaders and show passion through art projects. Through art education, students are engaged, excited and making a difference for themselves and their school community. Hope Academy is grateful to donors like The Glick Fund who support this worthwhile program.



A Hope Academy student and art teacher, Debbie VanWyck, complete a mobile made out of recycled coffee cups.

## Hope Academy Open Enrollment

Hope Academy, the recovery high school at Fairbanks, is now enrolling for the 2012-2013 school year. Hope Academy is a tuition-free charter high school that offers a welcoming and supportive environment committed to sobriety, academic success and personal growth.

- \* Hope Academy offers small class sizes with one-on-one instruction from highly qualified, licensed and addictions-trained teachers.
- \* Students are provided the opportunity to recover high school credits.
- \* Hope Academy graduates receive the Indiana Core 40 diploma, which is accepted by colleges.
- \* By joining a sober peer network at Hope Academy, students achieve greater recovery success and significant academic improvements.

"Hope Academy has given me the tools and direction I need to stay sober. Without sobriety, I would not be able to achieve my academic potential." - **Hope Academy Student**

*If the number of applications received for enrollment at Hope Academy exceeds the amount of openings, a lottery will be held on May 21, 2012 to determine acceptance.*



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

For more information, please call 317.572.9440 or visit [www.fairbankscd.org](http://www.fairbankscd.org) to download the enrollment application.

# Fairbanks Chosen to Participate in Medicare Accountable Care Organization with Franciscan Alliance

Fairbanks will be part of the first Pioneer Accountable Care Organization (ACO) in Indiana. Fairbanks will work with the Franciscan Alliance in the development of a Pioneer ACO model, a transformative new initiative sponsored by the Centers for Medicare and Medicaid Services (CMS) Innovation Center.

The Franciscan Alliance ACO is one of 32 expanded networks selected from across the nation to participate in the new Pioneer ACO, which is the first of its kind in Indiana. Fairbanks will provide services to patients seeking treatment for drug and alcohol addiction.



“Fairbanks was selected to participate in this program because of our national reputation for providing treatment and recovery management programs for those who struggle with the disease of addiction,” explained Helene Cross, president and CEO of Fairbanks.

“More than 22,000 Medicare patients in Indianapolis and central Indiana will be served initially by our ACO,” said Jennifer Westfall, Franciscan Alliance ACO executive director. “From an industry perspective, the ACO model encourages organizations such as hospitals, physician practices and other healthcare providers to collaborate closely, thus bringing down the overall costs of medical care.”

Franciscan Alliance will work with CMS to provide area Medicare beneficiaries with higher quality care, while reducing growth in Medicare expenditures, through improved care coordination.

The Pioneer ACO Model is designed to encourage the development of patient-centered, team-based care, with healthcare providers delivering coordinated, high quality care for their patients. Franciscan Alliance ACO was chosen specifically by Medicare for the Pioneer Program.

Unlike a managed care plan, Medicare beneficiaries will not be locked into a restricted panel of providers. The Pioneer ACO Model is not a health plan or managed care plan. Under the Pioneer ACO Model, beneficiaries seeing doctors participating in an ACO will maintain the ability to see any doctor or healthcare provider, as well as the full benefits associated with traditional Medicare, but with the added benefit of a more coordinated care experience.

The selection of the Franciscan Alliance, together with Fairbanks, represents the culmination of a competitive selection process that began in May 2011 with the national release of a Request for Applications from CMS. According to CMS officials, the Franciscan application was chosen based on the group’s demonstrated capabilities.

## Drugs, Alcohol and Overall Health

The use of drugs and alcohol directly affects an individual’s overall health. Many who struggle with addiction often have one or more accompanying medical problems. The following are chronic physical problems associated with drug and alcohol abuse and addiction:

- Asthma
- Bronchitis
- Cancer of the liver, mouth and throat
- Cirrhosis
- Diabetes
- Heart Disease
- High Blood Pressure

The medical staff at Fairbanks is committed to educating patients and families about the long-lasting effects substance abuse and addiction can have on a person’s physical health. Guidance from the Fairbanks medical team has helped numerous patients with significant physical improvements.

## Fairbanks Drug and Alcohol Addiction Services

Serving men, women, adolescents and families

- Detox and Rehab Services
- Outpatient Services
- Supportive Living
- Recovery Management Services
- Alumni and Volunteer Activities
- Tobacco Cessation

For a full listing of programs and services, please visit [www.fairbanksed.org/our-programs](http://www.fairbanksed.org/our-programs).

# Family Support at Fairbanks

Drug and alcohol addiction is a complex disease that affects the entire family. At Fairbanks, we understand the need for family education and support. The Family Support Program was designed to teach family members about addiction, treatment and recovery while connecting them with other individuals who are experiencing similar situations.

Family support meetings are offered to friends and family of individuals participating in Fairbanks treatment programs. During these meetings, family members have the opportunity to talk openly with each other, receive support and gain a better understanding of addiction. To many family members this program is one piece of the "recovery puzzle."

.....  
"The Family Support Meeting at Fairbanks gives me the connection and understanding I need to be supportive of my loved one," according to one family participant. "I've learned so much about myself and my son."  
.....

The Family Support Meetings at Fairbanks are facilitated by Rick Long. His primary goal for the program is to help friends and family members understand that addiction is a treatable illness and that long-term recovery is possible. Rick has over 35 years of experience working with families and addictions.

## Adult Family Support Meeting Schedule:

### WEDNESDAY

*For family members and friends only*  
2-4 p.m. in Fortune Hall at Fairbanks (following the 12:30 lecture)  
6-8 p.m. in the Fairbanks Recovery Center

### THURSDAY

*For IOP patients and family members/friends*  
6-9 p.m. in the Fairbanks Recovery Center

### FRIDAY

*For PHP patients and family members/friends*  
1-4 p.m. in the Fairbanks Recovery Center

### SATURDAY

*For family members and friends only*  
2-4:30 p.m. in the Krieg Boardroom

[ If you have questions about the Family Support Program, please contact Rick Long, MSW, LCSW at 317.572.9336 or rlong@fairbanksd.org. ]

# Upcoming Events at Fairbanks

## Spiritual Development and the 12-Steps

May 5, 2012 • 9 a.m.-12 p.m.  
Fairbanks Recovery Center. \$15 per person.

## Annual Summer Picnic

June 23, 2012 • 11:30 a.m.-2:30 p.m.  
Held at Fairbanks. Family, fun, food and games.

## Ice Cream Social

July 21, 2012 • 7 p.m., before the 12-Step meeting  
Fairbanks Recovery Center. Suggested donation of \$5.

## 20th Annual Alumni Association Golf Tournament

September 22, 2012 • Shotgun start at 9 a.m.  
Ironwood Golf Club

For more information about these events, visit [www.fairbanksd.org/alumni-events](http://www.fairbanksd.org/alumni-events).

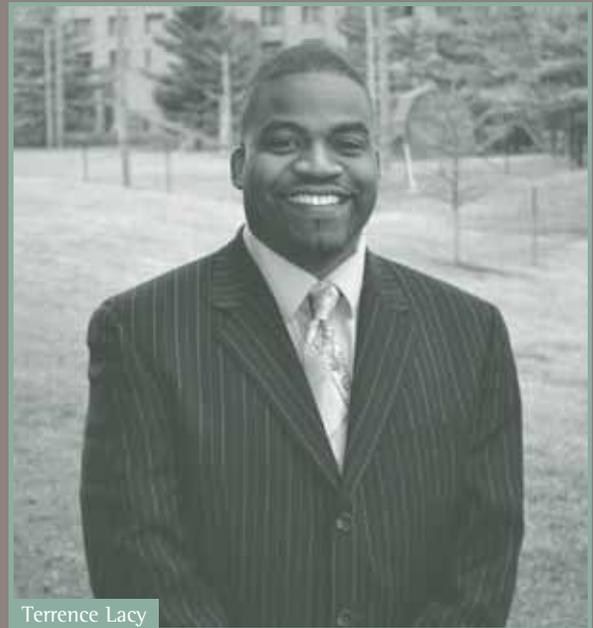
# Employee Spotlight: Terrence Lacy

Terrence Lacy has worked with adolescents and young adults as a counselor at Fairbanks for 20 years. Directly out of college, he began working as an adolescent guidance specialist and realized he had a passion for working with young people.

Throughout the years Terrence took on more responsibilities for the adolescent team and soon led adolescent education groups and the intensive outpatient program. Recently, he started the outpatient program for young adults ages 18-23.

“At Fairbanks, I am able to help young people grow to their potential and help families reconnect,” said Terrence. “I also recognize that I work with a wonderful team that helps me accomplish these goals.”

Mentored by the leaders of Fairbanks, Terrence has developed a great enthusiasm for the work he does each day. Terrence teaches participants in his program the following principals: respect for yourself and others, honesty, courage, support, commitment and values. He also emphasizes the concept of “progress not perfection.” Witnessing change first-hand keeps him motivated.



Terrence Lacy

“Often we see the change in the kids before they do. This may be through a smile, being more open or a willingness to do things differently,” said Terrence.

Terrence is a Licensed Clinical Addiction Counselor. He received his bachelor’s degree from the University of Indianapolis and his master’s degree from Martin University. He and his wife Mary have a son and a daughter.



**With your help, recovery is possible.  
Go online to make your donation today.**

We invite you to go green with Fairbanks  
and donate online.

[www.fairbankscd.org/make-a-donation](http://www.fairbankscd.org/make-a-donation)

If you have questions, contact Katy Crichlow Cummings,  
Director of Development, at 317.572.9398  
or [ccrichlow@fairbankscd.org](mailto:ccrichlow@fairbankscd.org).



**Fairbanks**  
Experts in addictions. Focused on recovery.

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or email [tspisak@fairbankscd.org](mailto:tspisak@fairbankscd.org).

“I got my life back.”

## Fairbanks Kokomo Outpatient Office

### Services at Kokomo:

- Comprehensive Assessments
- Intensive Outpatient Program for Adults
- Recovery Management for Adults
- PRIME for Life Education for Adults

Located in downtown Kokomo on the square.

210 West Walnut Street  
Kokomo, IN 46901  
765.236.0313

[www.fairbankscd.org](http://www.fairbankscd.org)



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