



### 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.



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Photo as published in *Indianapolis Woman*.

Dear Friends,

What a joy it has been to celebrate 65 years of hope with our alumni, volunteers, donors, employees and community leaders. Fairbanks is the oldest independent treatment and recovery center in America and the excitement this has generated has been tremendous.

We began the year celebrating our rich history with you through our newsletters and social gatherings. Reading through historic documents and looking through old pictures of where we came from will always inspire me.

During our annual Circle of Hope Dinner in June, Judy Collins moved us with her amazing grace and voice, sharing a remarkable story. And we reflected on our past and enjoyed a special birthday video featuring many of our alumni. In it they each lit a candle on the Fairbanks birthday cake marking their sobriety date; we felt and understood hope.

A special online history timeline, [www.fairbankshistoryofhope.org](http://www.fairbankshistoryofhope.org), was designed this year so you could go online, learn about our history and share how Fairbanks has touched your life. Included were photos of The Indiana Home for Alcoholic Men, The Cornelia Cole Fairbanks Hospital, La Verna Lodge, Hope Academy and more.

Yet another topping for our birthday cake was the employee dance video. Please take a moment to view it at [www.fairbanksed.org](http://www.fairbanksed.org) under "About Us." Everyone sang "I'll be there for you," words that have remained true for over the last six and a half decades.

It was great fun sharing this birthday year with you; your generosity made a difference. Thank you for your support of our mission of serving men, women, adolescents and families struggling with addiction. We look forward to celebrating hope and recovery for years to come.

Warm regards,

Helene M. Cross, President and Chief Executive Officer

## Running for Recovery



Dr. Tim Kelly, Medical Director at Fairbanks

"I see myself like a sports coach. I try to give people the tools needed to make the right choices for recovery," says Dr. Tim Kelly, Medical Director at Fairbanks. Throughout his 35 years working in addiction treatment, Dr. Kelly has helped patients and families with his caring, insight and expert abilities.

During his high school years, Tim ran from alcoholism. His dad struggled as an alcoholic. His mother did what she could to learn more about the disease through Al Anon and learned that she couldn't control, cause or cure alcoholism. Tim's young man's solution to run away didn't last long. He had hitchhiked to Tupelo, Mississippi on his way to Florida with \$10 in his pocket, but his heart knew his mother would be worried and he soon came back home.

Tim was 19 and a freshman majoring in education at Regis University in Denver when his dad found recovery and stopped drinking. This time, instead of running away from alcoholism, he ran to embrace it and watched and learned as AA became the center of his father's life. As life began to change for his dad and him, Tim became interested in helping others achieve sobriety. During a semester of work at IU Hospital, he set his sights on a pre-med degree.

"My father's recovery helped me, a wacky medical student, get a paid summer internship at a treatment facility in Terre Haute," Dr. Kelly says. "But because I was so late in applying, my bunk was one of the beds in the detox unit."

In the meantime, his dad retired, enrolled at the VA hospital for alcohol counseling training and got a job at Fairbanks when it was located on 16th Street. In 1978, Dr. Kelly completed his senior residency at Fairbanks. During his internal medicine residency at Methodist Hospital, he worked as the weekend doctor at Fairbanks and shortly after, in 1982, became the medical director. This time, Dr. Tim Kelly was leading the race and running *with* the patients and families who sought help at Fairbanks.

"When I entered the field over 30 years ago, it was quite different than it is today," says Dr. Kelly. "Very few physicians knew much about addiction treatment; there was little community awareness, little family involvement, no use of medications and a significant amount of stigma connected to drug addiction and alcoholism."

Today, there is more knowledge about addiction and a more individualized approach to treatment and recovery. Dr. Kelly also emphasizes the important component of scientific brain research that supports the connection between addiction and the brain. Dr. Kelly is committed to providing the most current and best practices for patient care. And with a loving memory of his father, he continues to believe in the power of life-long recovery found through AA.

"Long-term support for recovery will always be part of the work we do at Fairbanks. There will always be value in helping people achieve long-term recovery."

Dr. Kelly is a faculty member at the IU School of Medicine. In 2003 he was honored with the Richard M. Fairbanks Circle of Hope Award for his outstanding service in addiction treatment and recovery. In 2003 he was given the Brebeuf Fred McCashland Outstanding Alumnus Award recognizing alumni who personify the fundamental Ignatian principles. Dr. Kelly is renowned by his peers as the Midwest expert in addiction medicine. He is married to Dr. Becky Kelly. They have a son and two daughters and a granddaughter on the way.

*"I remember when Dr. Tim Kelly told me to get in the backseat and let my recovery program drive me, and I've been doing that ever since. Now, I've got my family back. I've found peace, I'm happy, healthy and I am complete. I have a sense of peace that I've never had in my entire life."*

David, Fairbanks alumni and volunteer

# Fairbanks Welcomes Tobyn Linton, Adult Services Program Manager



Fairbanks is proud to have some of the most talented and experienced clinical staff and managers in the field of addiction. Earlier this year, Tobyn Linton became part of this group. In his role at Fairbanks, Tobyn is responsible for managing the adult programs and services throughout the

continuum of care. His background is in counseling and program management and he expresses excitement about working at Fairbanks.

“I really appreciate the structure of this organization and the strength of the mission,” says Tobyn. “The culture of Fairbanks is completely driven by the vision and values, which you can see in every employee.”

Tobyn strives to focus on the mission of Fairbanks in all of his responsibilities as the adult program manager. In

addition to day to day operations, he utilizes the latest research in the field of addiction to determine the best practices for treatment and recovery. He particularly enjoys having the opportunity to work with the counselors in every program.

“Helping our counselors to provide the highest quality of care helps our patients and the overall direction of Fairbanks.”

Tobyn received his undergraduate degree from Wabash College and his master’s degree from the University of Indianapolis. Prior to joining the team at Fairbanks, he worked as a therapist for a mental health center and then later as a partial hospitalization program manager.

Tobyn can be reached at [tlinton@fairbankscd.org](mailto:tlinton@fairbankscd.org) or 317.572.9359.

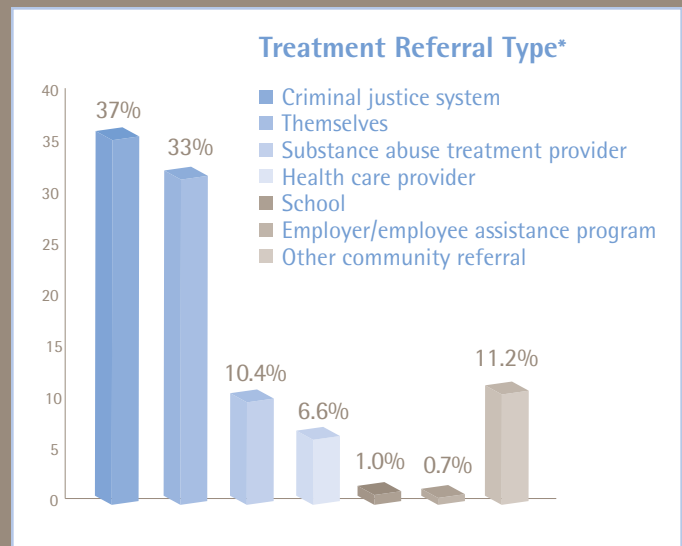


## Treatment Gap Data

### Access to treatment services: health care integration needed

An estimated 23.5 million Americans are currently addicted to alcohol and/or drugs and need treatment and other supportive services. Unfortunately, only one in 10 of them (2.6 million) receives the treatment they need. The result: a treatment gap of more than 20 million Americans. Like heart disease, diabetes and hypertension, addiction is a chronic illness that can be managed successfully over time—as long as there is access to quality treatment services, integrated medical care and continuing support. Studies show that slightly more than two-thirds of those receiving treatment were referred through self referral or the criminal justice system while fewer than seven percent were referred by a health care provider. This provides compelling evidence that addiction screening and treatment need to be integrated into the nation’s health care delivery system.

\* As published in *Defining the Addiction Treatment Gap: Data Summary*, September 2010, Open Society Foundations, [www.treatmentgap.org](http://www.treatmentgap.org)



# Hope Academy, the Recovery High School at Fairbanks

Hope Academy entered its fifth school year on August 9, 2010. As the first semester comes to a close, the students and faculty have much to celebrate. Here's a recap of the first semester of this school year.



Left: Benjamin B. Tucker meets with Hope Academy students. Right: Benjamin B. Tucker, left, stands with students and faculty from Hope Academy. Pictured opposite him, from left to right, are Gale Stone, principal, Rachelle Gardner, chief operating officer, and Helene Cross, president and CEO.

Benjamin B. Tucker, Deputy Director of State, Local and Tribal Affairs of the White House Office of National Drug Control Policy visited the school September 14, 2010. During his visit, Mr. Tucker met with the students, faculty and leaders of Hope Academy to learn about the model of recovery high schools. At the end of his visit, Mr. Tucker presented a proclamation from President Obama to the school.

A \$25,000 grant from the Christel DeHaan Family Foundation is now helping students at Hope Academy learn more about the arts. Students have participated in an "Introduction to 2-D Art" class, facilitated by Art with a Heart instructors as a component of the grant. Art with a Heart is a local not for profit organization that teaches at-risk youth how to be successful using art. One of the projects completed during this class was a sidewalk chalk recovery artwork project.

All students also participated in a theatre program facilitated by The Booth Tarkington Civic Theatre as part of this grant. Next semester, a theatre class will be offered for credit towards graduation.

"Art allows our students to express their emotions about recovery in a visual format. It is very therapeutic and an excellent way for them to learn about culture," says Gale Stone, principal of Hope Academy.



Above: Sidewalk chalk recovery artwork project.  
Below: 2010 Hope Academy students and faculty pose for a picture on the first day of school.

## HOPE ACADEMY ENROLLMENT

- All students are enrolled in a Core 40 curriculum
- 46 students are enrolled this semester, a 30% increase from last semester
- 58% of students have returned from last semester
- The current student body represents 15 counties
- Visit [www.fairbanksed.org](http://www.fairbanksed.org) for more information about enrollment



## Hope Academy School Board 2010-2011

Christopher Stack, M.D., Physician (retired), *Chairman*

Helene M. Cross, Hope Academy, *President and CEO*

Marissa Manlove, Indiana Grantmakers Alliance, *Secretary*

Malcolm C. Pownall, First of America Bank (retired), *Treasurer*

Donna Dellen, F.C. Tucker Company, Inc.

Jim Holton, Holton Investment Group

Julie Johnson-Unwin, Community Volunteer

Dorothy J. May, Indianapolis Public Schools (retired)

William T. "Rusty" McKay, II, Retired

Pat Garrett Rooney, Community Volunteer

Michael Rosiello, Barnes & Thornburg LLP

Thomas D. Weede, Butler University

# PRIME For Life: Adult Alcohol and Drug Education at Fairbanks

Fairbanks is now providing an alcohol and drug education program for adults.

The PRIME For Life program is used in many states across the country in impaired driving programs and education classes. Program studies have shown that PRIME For Life education classes contribute to attendees increasing abstinence, decreasing high-risk use of alcohol or drugs and decreasing recidivism among DUI and other offenders. Classes are now offered on weekends each month.

## 2011 CLASS SCHEDULE

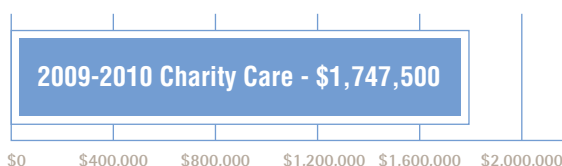
January	21	22	23
February	18	19	20
March	18	19	20
April	15	16	17
May	20	21	22
June	17	18	19

**PRIME**  
For Life®

For more information or to register for PRIME For Life, please call 317.849.9396.

## Annual Charity Care

In the fiscal year July 1, 2009 to June 30, 2010, Fairbanks provided \$1,747,500\* in charity care for the treatment of adolescents and adults. These individuals desperately needed treatment but could not afford to pay for services, were underinsured or did not have insurance.



\* Represents 11.1% of total operating revenue



## FAIRBANKS PROGRAMS AND SERVICES

### □ Inpatient 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 Alumni Golf Outing
- Saturday Night Performances
- Alumni Picnic
- Volunteer Appreciation Dinner
- Gift Shop
- Fresh Start Café

# Fairbanks Launches a New Website

[www.fairbankscd.org](http://www.fairbankscd.org) has been completely redesigned and upgraded. The web address remains the same, but you will see a new look and experience improved functionality next time you visit the website.

In partnership with SmallBox, an Indianapolis based web design company, Fairbanks has released this website to meet the needs of all visitors. The website now provides important information for individuals, family members and referral sources describing all of the programs at Fairbanks. It has also been designed with the latest search engine optimization techniques for better visibility on all search engine sites.

[www.fairbankscd.org](http://www.fairbankscd.org) includes the following information:

- Frequently Asked Questions (FAQ)
- Signs and Symptoms of Drug and/or Alcohol Abuse and Addiction
- Directions to Fairbanks
- Meetings Held at Fairbanks
- Upcoming Alumni and Volunteer Events
- News, Blog and Facebook
- Treatment Services and Programs for Adults and Adolescents
- Hope Academy, The Recovery High School at Fairbanks
- La Verna Lodge, Residential Treatment for Men
- Photo Tours of the Rehab/Detox Center and Recovery Center
- Stories of Recovery from Our Alumni
- Online Donation to Fairbanks

Please visit our new website today to learn more. If you have questions regarding the website, email [tlynch@fairbankscd.org](mailto:tlynch@fairbankscd.org).



## Annual Report Available Online

The 2009-2010 Fairbanks Annual Report is now available online at [www.fairbankscd.org](http://www.fairbankscd.org).

Highlights include:

- Fairbanks History Timeline
- Hope Academy Update
- Stories of Recovery
- Registry of Donors
- Details of Operations



# Leaving a Legacy

As a non-profit organization, Fairbanks relies on financial support from individuals, foundations and corporations to increase awareness of drug and alcohol addiction and to support those who are unable to pay for treatment. Through the generous support of our donors, Fairbanks helps to transform lives. Many individuals are interested in contributing to this mission, but may not know how.

It is estimated that over half the population does not have a will. In the past, the perception has been that only the wealthy need this kind of document. However, that is not true. Most individuals have personal belongings they want to pass on to a family member, friend or loved one. A will ensures that your assets (home, car, jewelry, life insurance, etc.) are distributed and used as you wish.

As you begin putting together a will, please consider how you can make an impact on the organization that you care about most. *How can you leave a legacy?* Creating a bequest is simply making a gift through your will. Discuss with your attorney how you can create a bequest and leave a legacy.

If you are considering making a bequest to Fairbanks or would like more information, please contact Katy Cummings at 317.572.9398 or [ccrichlow@fairbankscd.org](mailto:ccrichlow@fairbankscd.org).



Your contribution offers hope and healing to those struggling with addiction to alcohol and other drugs. Financial contributions can be made in the following ways:

- Cash
- Checks
- Credit cards
- Pledges
- Bequest
- Stock

You may make your donation online at [www.fairbankscd.org](http://www.fairbankscd.org).

## Recovery Coach Corner

At Fairbanks, recovery coaches work with individuals to achieve long-term recovery from drug and alcohol addiction. Our expert staff is dedicated to providing the latest tips and tools to help you or your loved one maintain sobriety. Here are some helpful tips from the recovery coaches at Fairbanks.

Recreate social activities without the use of drugs and alcohol

Find out what you like and discover new hobbies

Learn how to deal with stressors and relapse triggers

Participate in service work

Help someone new to recovery

Explore your spirituality

Celebrate your milestones

Write in a daily journal

Remain close to those who support your recovery

Practice balance between work and play

## Upcoming Events at the Recovery Center

### Mindfulness Workshop, 9 a.m.-12 p.m.

January 15, 2011: Stress and Difficult Emotion  
February 19, 2011: Wholeness

### Susan Li Annual Conference

June 2-3, 2011  
Keynote speaker is Dr. Christine Timko of Stanford University

### Fairbanks Annual Summer Picnic

July 16, 2011

### The Fairbanks Alumni Association Golf Tournament

September 24, 2011



Visit [www.fairbankscd.org](http://www.fairbankscd.org) to learn more about our events.

Left: Bongo Boy Music School employees enjoyed entertaining at a Saturday Night Performance at the Fairbanks Recovery Center and invited attendees to participate in a drumming circle. Saturday Night Performances are held at the Recovery Center the third Saturday of every month.



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

8102 Clearvista Parkway  
Indianapolis, IN 46256

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

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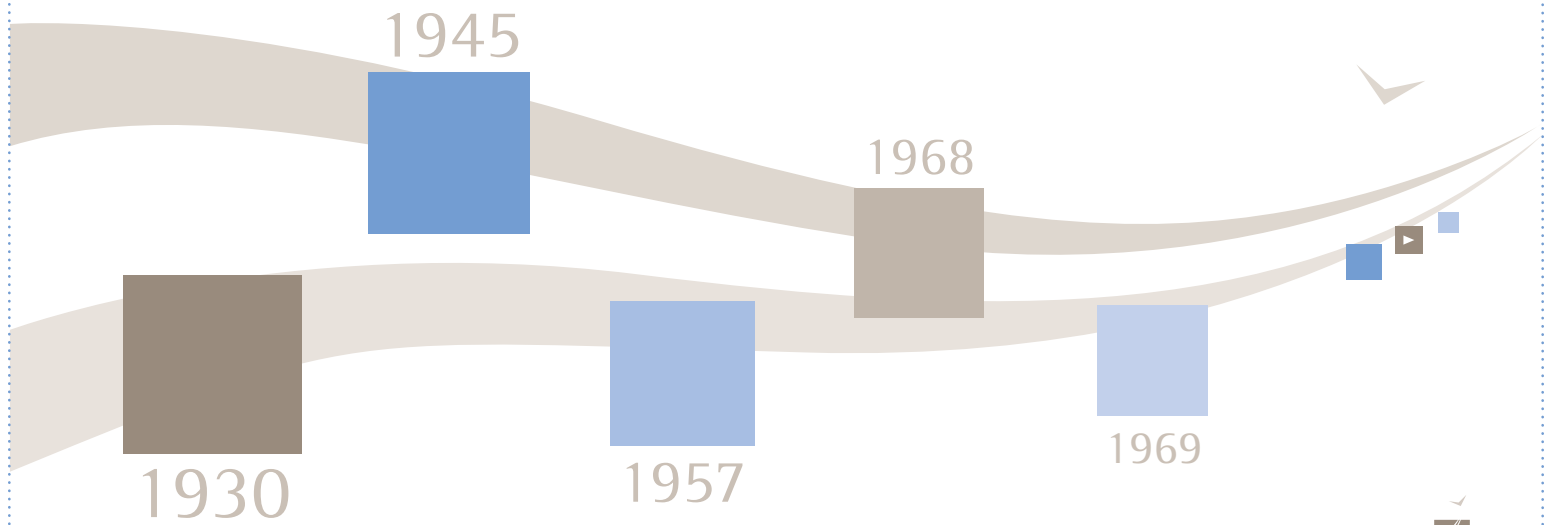
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United Way agency

If you do not wish to receive this newsletter, please call 317.572.9354 or email [tlynch@fairbankscd.org](mailto:tlynch@fairbankscd.org).

**Celebrating 65 Years of:** HOPE COURAGE TRUST SERENITY WISDOM



Add to our history of hope at:

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

Fairbanks employees celebrate 65 years of hope with a video. Visit [www.fairbankscd.org/about-fairbanks](http://www.fairbankscd.org/about-fairbanks).



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