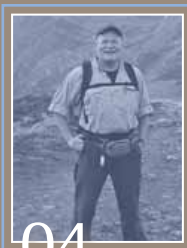


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Mission Statement

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.

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Fairbanks Receives Indiana Achievement Award

Fairbanks is honored to be a 2011 recipient of the Indiana Achievement Awards (IAA). The award was presented during a banquet at the Indiana Nonprofit Capacity Building Conference hosted by the IUPUI Solution Center.

The Indiana Achievement Awards is a program that recognizes nonprofits in Indiana for exemplary practices and demonstrated effectiveness. IAA is a partnership of foundations, businesses and individuals who join together to identify, recognize and reward Indiana nonprofits making a difference in our community.

"This award is dedicated to the thousands of individuals who had the courage to step through our doors and seek help," said Helene Cross, President and CEO of Fairbanks. "This is an honor and a testament to the vision of our board of directors and the hard work of our staff."

As the oldest independent nonprofit treatment and recovery center in the country, Fairbanks was recognized for its mission and strategic focus on long-term recovery from drug and alcohol addiction.



Fairbanks staff and board members pose for a photo with IAA committee members and emcee Tarik Glenn, retired Colts football player, during the Indiana Achievement Awards Ceremony.

A LETTER FROM THE PRESIDENT:

Dear Friends,

The holiday season is filled with celebration, food, gatherings, giving and receiving. A great way to spend this joyful time of year is with family. We can call our family with good news and with sad news. In a time of need, they offer their support. The love of family carries us through the day.

We often refer to you as our Fairbanks family...Fairbanks and Hope Academy alumni, board members, volunteers, donors, referral sources and staff. We are connected through the miracle of hope and the precious gift of recovery. Together we celebrate at our year-round gatherings including the Fairbanks Circle of Hope Dinner, Taste of Hope, the Alumni Picnic and the Volunteer Recognition Dinner. We always know our Fairbanks family will be there to celebrate with us.

Like all families, we continue to grow. Through our partnerships with United Way of Central Indiana, Larue Carter Memorial Hospital, Marion County Community Corrections, Fathers and Families and J.P. Craine House, we touch the lives of thousands affected by drug and alcohol addiction. In fact, last year our family consisted of over 19,000 individuals who were touched by Fairbanks in some way.

Treatment and recovery services and various Fairbanks activities and events would not be possible without you, our Fairbanks family. As a family, we rely on each other for support. You have been there to give freely of your time, energy and wealth. Your contributions have helped make us the family we are today and have positioned us for a bright future.

Thank you for being part of Fairbanks. We look forward to seeing you at our next family gathering.

Warm regards,



Helene M. Cross, President and CEO



United Way campaign chair, Marianne Glick and Fairbanks President and CEO, Helene Cross pose for a picture after the UWCI awards ceremony.

During the kickoff to the United Way of Central Indiana (UWCI) Campaign, outstanding agencies and corporations were awarded for their participation in their individual United Way pacesetter campaigns. Helene Cross was recognized as the Most Creative CEO for her enthusiasm and unique involvement in the Fairbanks campaign.



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@fairbanksd.org.

Hope Academy Helps the Homeless



Nearly all people living without a home for more than a month have family problems and some kind of disability, including drug or alcohol addiction

The Association of Recovery Schools received a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) and selected Hope Academy to make this project possible.

or mental illness. During National Recovery Month, the staff and students of Hope Academy and the adolescent patients of Fairbanks filled 50 backpacks with survival supplies and educational materials for Outreach Inc., an organization reaching out to homeless and at-risk youth.



Survival supplies and educational materials which were donated to homeless youth in the community.

“This project not only provided much needed resources to the homeless, but it also taught our patients and students the importance of giving back and sharing the message of recovery to others in need.”

- Rachele Gardner, Director of Adolescent Services at Fairbanks and Chief Operating Officer at Hope Academy.



Taste of Hope

Thanks to these local chefs and restaurants for making Taste of Hope possible:

Barto's Catering & Concessions	Chef Sam Brown, Second Helpings
Chef Suzanne Catering	Sodexo
Michael's SouthShore Restaurant	The Chef's Academy
Chef Rino Baglio, Osteria Pronto	To The Last Drop
R Bistro	Usual Suspects
Sangiovese	

Taste of Hope is a tasty fundraising event for Hope Academy. This event took place on December 4, 2011 at The Fairbanks Recovery Center. Proceeds from this interactive culinary event supported Hope Academy to provide students with the opportunity to take elective courses and a recovery-focused basic skills course.



Fairbanks Board Member Spotlight: Tom Flowers

He is a teacher, world traveler, hiker, returned Peace Corps volunteer, shrimp boat owner, grandfather, banker and friend. Tom Flowers has a passion for adventure and helping others—now he is sharing his talents with Fairbanks as a member of the board of directors.



Tom Flowers hiking in Scotland.

When board members Tom Craig and Rusty McKay asked Tom Flowers if he would like to get involved with Fairbanks, he didn't hesitate to say yes. In 2008, Tom brought his skills to Fairbanks when he joined the Finance and Audit Committee. Then, in May of 2011 he was asked to join the Fairbanks Board of Directors.

"I was honored to be asked to serve on this outstanding board," said Flowers. "I believe very strongly in what Fairbanks is doing and know their work contributes to our community," he added. "Fairbanks is a piece of the recovery pie."

The Fairbanks Board of Directors consists of community leaders with extensive knowledge in a variety of industries.

"Tom's expertise in banking provides the board of directors with invaluable advice regarding financial decisions and relationships," said Barb Elliott, CFO of Fairbanks. "He is passionate about making a difference at Fairbanks and takes great pride in his board position."

Tom received his bachelor's degree from Purdue University and his Master of Business Administration degree from Indiana University. Before retiring, Tom worked in the banking industry for 30 years. He has one son, two daughters and seven grandchildren.

Fairbanks Kokomo Outpatient Office

Over the years Fairbanks has shown steady growth, serving patients throughout Indiana and across the country. As a result, Fairbanks has expanded its services outside of the Indianapolis area to Kokomo, Indiana, through an outpatient satellite office.

"We have seen an increasing number of patients from the Kokomo area and felt it was important to have a presence within that community," said Robin Parsons, Director of Adult Services for Fairbanks. "The Kokomo office gives clients who live in or near Howard County the opportunity to begin or continue their treatment and recovery program closer to home."

Services for the Fairbanks Kokomo Office include:

- Assessments – professional chemical dependency assessments by appointment or walk in
- PRIME for Life - monthly drug and alcohol education classes
- Intensive Outpatient – day and evening programming
- Recovery Management – continuing support following primary treatment

Since opening in March, 2011, Fairbanks Kokomo has served over 100 individuals and families. Fairbanks looks forward to providing drug and alcohol treatment and recovery services to other Indiana

communities by opening additional outpatient offices in the near future.

The Kokomo office is located in the United Way building on the square in downtown Kokomo, 210 W. Walnut St. For more information, call 756.236.0313.



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Fairbanks Kokomo staff and volunteer pose for a picture outside their office.

From left to right: staff members, Misty Resendez, Chuck McCoskey, Angela Heinzman and Fairbanks volunteer, Jill Bieber.
.....

Nevitt Brady Society

Planned Giving

As we launch the Nevitt Brady Society we take time to remember Bob and Pat Martz. Bob served on the Fairbanks Board of Directors from 1986 to 2003 and was chairman for ten years. He was tireless in his efforts during difficult financial times in the 1990s to help ensure that Fairbanks remain a community resource in this new century. After he sold Martz Catering, golf and Fairbanks became his vocations. Pat was often by his side supporting Fairbanks and helping



Bob and Pat Martz

others understand treatment and recovery. Bob and Pat Martz are greatly missed, but are remembered daily through the legacy they left by generously including Fairbanks in their wills. Their planned gifts help ensure the success of Fairbanks and our ability to provide quality programs and services to individuals struggling with the disease of addiction.

The Nevitt Brady Society has been established to honor individuals who choose to include Fairbanks in their will. Dr. John F. Nevitt and Mr. James F. Brady helped thousands of men find sobriety through the Indiana Home for Alcoholic Men (the forerunner to Fairbanks). Members of the Nevitt Brady Society share the ideals and values of the two founding men by helping individuals struggling with alcohol or drug addiction through their planned gift to Fairbanks. As you think about your legacy, please consider including Fairbanks in your will.

NEVITT BRADY SOCIETY

Anonymous
Helene and Bob Cross
Bob and Pat Martz

Members of the Nevitt Brady Society are recognized in the following ways:

- Gift identifying you as a member
- Recognized as a member on the donor wall at Fairbanks
- Listed yearly as a member in the Fairbanks Annual Report
- Two complimentary tickets to a Fairbanks event annually

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

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



FAIRBANKS PROGRAMS AND SERVICES

Rehab Services

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

Outpatient Services

- Partial Hospitalization (PHP)
- Intensive Outpatient (IOP)
- Kokomo Outpatient Office
- PRIME for Life
- Relapse Prevention Group
- Family Program

Supportive Living

- First Step Adult Supportive Living (SLP)
- 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 Recognition Dinner
- Gift Shop
- Fresh Start Café

Volunteer Spotlight: Kevin Stahl

Q. How did you become a volunteer at Fairbanks?

A. I had been through treatment many times without success and knew I needed to do something different. During my last time in treatment, my doctor told me, "Don't forget where you came from." Six months later, I came back to Fairbanks to become a volunteer and have been sober ever since.

Q. How long have you been a volunteer?

A. In April of 2011 I received my five year volunteer recognition pin. It's hard to believe that I've been volunteering for over five years.

Q. What is your volunteer role?

A. I volunteer as an alumni speaker on Monday nights, talking to men who are patients at Fairbanks. I also speak during the Saturday morning alumni panel to all Fairbanks patients. I share my experience, strength and hope to help them feel a connection and see that recovery is possible.

Q. Why do you volunteer?

A. Volunteering is an expression of my gratitude. When I look into the eyes of the people just going through treatment, it makes me realize where I came from and that I need to continue down the path I'm on now. I can only hope sharing my story helps someone else, but without a doubt, it helps me.

Q. Tell us about the Volunteer Recognition Dinner.

A. It's a great event. We all get dressed up and the Fairbanks staff show their appreciation for us. It's a celebration for all the volunteers to come together. We can all be grateful because we've finally made it to the "other side."

Q. What would you tell someone who is thinking about becoming a volunteer?

A. This experience has allowed me to grow and see the growth in others. If you want to carry the message of recovery, this is a great place to do that.



Kevin Stahl

BECOME A VOLUNTEER TODAY!

Contact Judi Kramer at 317.572.9305 or Kathleen Gill at 317.572.9469. Learn more at www.fairbankscd.org/volunteering.

Volunteer Opportunities at Fairbanks Include:

- Gift shop and coffee shop attendants
- Adult detox and rehab group leaders
- Access center greeters
- Administrative support
- Alumni speaker panelists
- Drivers for supportive living program



Upcoming Events at Fairbanks

Intent Heals Workshop

January 28, 2012 • 9-11:30 a.m.
Fairbanks Recovery Center

St. Patrick's Day Party

March 17, 2012 • 9-11:30 p.m.
Fairbanks Recovery Center

Annual Summer Picnic

June 23, 2012 • 11:30 a.m.-2:30 p.m.
Held at Fairbanks. Food, games and fellowship!

Ice Cream Social

July 21, 2012 • 7 p.m., before the 12-step meeting
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.fairbankscd.org/alumni-events.

Tobacco Cessation at Fairbanks

Studies show, when an individual stops the use of tobacco products during alcohol and drug treatment, his or her chance of achieving long-term recovery from all substances increases. As a leader in addiction treatment, Fairbanks strives to provide the best environment for recovery. To ensure the overall health and well being of our patients, support is offered to individuals that use tobacco products.

“Our goal is for our patients to recover from *all* addictions, including nicotine,” said Cindy Budyn, Fairbanks Nicotine Dependence Counselor. “By quitting tobacco, patients learn to manage stress and gain confidence to embrace a lifetime of health and wellness.”

Health benefits of quitting the use of tobacco are noticeable after just twelve hours, as one’s heart rate decreases back to a normal rate. Over time, these improvements become more significant as the risk of heart attack, stroke and tobacco-related cancer decreases. Smoking is the leading cause of preventable death in the United States. With this knowledge, Fairbanks partners with physicians, nurses, mental health care providers and dentists to educate more individuals about this public health issue.

The Indiana University Nicotine Dependence Program at Fairbanks is a step-by-step plan tailored to each person’s individual needs. Following an evaluation, a specialized nicotine dependence counselor will provide guidance in selecting the proper nicotine replacement therapy and assist with a quit plan through individual counseling. While in treatment, all patients receive education about nicotine dependence and nicotine replacement therapy as medically determined.

The program is also open to the general public through individual counseling and will be available through group counseling in January of 2012. To make an appointment for a free assessment, please call 317.579.7090.



Cindy Budyn and Dr. Arden Christen in the Fairbanks Recovery Center.

Tobacco Recovery Tip from Cindy Budyn and Dr. Arden Christen, Nicotine Dependence Counselors at Fairbanks

“Write down the top three reasons why you want to quit using tobacco and keep it somewhere you can refer to it often, like your wallet. Make sure these reasons resonate deeply within you because they will be truly important for the long-term. Seeing these daily will be a constant reminder as to why you are quitting.”



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

If you have questions, contact Katy Crichlow Cummings, Director of Development, at 317.572.9398 or ccrichlow@fairbankscd.org.



Fairbanks
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United Way agency

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



Dance for joy, pray for peace
and hold **hope** in your heart
this season and always.

Happy holidays from your
friends at Fairbanks.



Fairbanks
Experts in addictions. Focused on recovery.