



## A Message from the President and CEO



Costing approximately \$600 billion dollars a year, substance abuse may be the greatest public health and safety concern facing our nation. The Substance Abuse and Mental Health Services Administration estimates that only ten percent of Americans who need addiction services receive care due to access issues, stigma and a lack of comprehensive care. The results of those who receive addiction treatment and recovery services are comparable to individuals who are managing other chronic health conditions such as hypertension, diabetes or asthma.

The Affordable Care Act (ACA) will take effect in 2014. When fully implemented, the ACA will provide access to coverage for an estimated 32 million Americans who are uninsured. The

greatest challenge with this new implementation is the potential for reduction in reimbursement from all major payors. Although there are significant challenges ahead, the ACA will increase support for prevention and early intervention among primary care providers. Additionally, the ACA will promote wellness initiatives supporting the overall health of individuals who struggle with addiction.

To prepare for this change, Fairbanks is completing a comprehensive community needs assessment. Based on the results, Fairbanks will strategically add outpatient satellite offices independently or in collaboration with community partners. Specialty residential programs, like the new extended women's program opening in Shelbyville, Indiana will be added to the continuum of care. Recovery management programs at Fairbanks will be strengthened through use of technology and increased peer support. Tele-medicine will allow us to engage more people in addiction treatment services. And finally, participation in the Franciscan St. Francis Health Accountable Care Organization will allow us to reach thousands of Medicare beneficiaries.

Fairbanks will embrace change and quality improvement while remaining focused on our mission of recovery from alcohol and other drug problems. The message of hope at Fairbanks can never be underestimated!

Best regards,

Mark Monson  
President and CEO

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.

## Newsletter SPRING 2013



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# La Verna Lodge for Women Coming Soon

This summer, Fairbanks will open a residential treatment and recovery program for women. Modeled after the nationally-recognized La Verna Lodge for Men, this program will provide women with a healing and therapeutic environment while focusing on long term recovery from drug and alcohol addiction.



## La Verna Lodge

Fairbanks purchased an existing home in Shelby County for the long term women's residential program. La Verna Lodge for Women will accommodate up to 12 residents. The program is designed for participants to stay an average of 90 days. Female participants will have the opportunity to develop life skills and focus on their recovery needs during their time at La Verna Lodge.

As the experts in addiction, focused on recovery, Fairbanks will provide a full continuum of care to men and women struggling with the disease of addiction.

*Photos: La Verna Lodge for Women is located on 38 acres of beautiful scenery.*



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## Help us reach our fundraising goal for La Verna Lodge for Women!

Will you help us reach our goal by making a donation to La Verna Lodge for Women? Your gift will be matched dollar-for-dollar up to \$100,000 thanks to the generosity of anonymous donors.

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



### La Verna Lodge for Women Clinical Manager: Bridget Kielty

Fairbanks welcomes Bridget Kielty, the new clinical manager at La Verna Lodge for Women. A native of Indianapolis, Kielty received her undergraduate degree from Purdue University and her Master's Degree in Clinical Psychology from Eastern Illinois University. She is a Licensed Mental Health Counselor and has clinical and program management experience. She looks forward to engaging residents in a comprehensive treatment plan and holistic care.

# Examining Prescription Drug Addiction

Prescription drug addiction. It's not a new problem, but its prevalence continues to grow at a rapid pace across the country. At Fairbanks, prescription drugs are the second most commonly abused substance among adults and adolescents. Often, these medications are used in combination with alcohol and marijuana, making the consequences even more severe. But how big is the problem, and why does it continue to get worse?

While many individuals use prescription medications responsibly, approximately 52 million people have used prescription drugs for non-medical purposes one or more times in their life. The National Institute on Drug Abuse's Monitoring the Future 2010 survey found that 1 in 12 high school seniors used Vicodin, and 1 in 20 used OxyContin for non-medical purposes. Opiate pain reliever overdose deaths have quadrupled since 1999 and now outnumber deaths from heroin and cocaine.

The increase of prescription drug abuse can be attributed to many factors. Some of which are perception, prevalence and availability. Between 1991 and 2010, prescriptions written for stimulants increased from 5 million to nearly 45 million and opiate prescriptions increased from about 75.5 million to 209.5 million. There is also a misperception about the safety of these drugs. Because they are prescribed by doctors, many believe they are less harmful than street drugs. But the reality is that prescription drugs can have dangerous consequences when used incorrectly or by someone other than for whom they were intended.



At Fairbanks, we address each person's individual needs and incorporate multiple components into the treatment plan. These treatment components may include medical detoxification, group and individual counseling, family education, recreational therapy, 12-step meetings and sometimes the use of medications. If you or someone you know is struggling with prescription drug addiction, contact Fairbanks or a trusted medical professional.

*(Statistics from The National Institute on Drug Abuse)*

## What are some of the commonly abused prescription drugs and what are their risks?

### **Opiates (such as OxyContin and Vicodin, used to treat pain):**

- Prescription opiates act on the same receptors as heroin and can be highly addictive.
- Abuse of opiates, alone or with alcohol or other drugs, can depress respiration and lead to death.

### **Central Nervous System Depressants/Sedatives (such as Xanax and Valium, used to treat anxiety and sleep problems):**

- These drugs are addictive and, in chronic users, discontinuing without medical supervision can cause severe and sometimes life-threatening withdrawal symptoms.
- High doses can cause severe respiratory issues. This risk increases when central nervous system depressants are combined with other medications or alcohol.

### **Stimulants (such as Concerta and Adderall, used to treat ADHD and narcolepsy):**

- These drugs are addictive and can have other health consequences including psychosis, seizures and cardiovascular complications.

## TOP SUBSTANCES TREATED AT FAIRBANKS

### **Adults:**

Alcohol | Opiates | Sedatives | Cocaine

### **Adolescents:**

Marijuana | Opiates | Alcohol | Sedatives

The majority of adults and adolescents also reported using at least one other substance. The use of multiple substances is called polysubstance abuse.

# Link: Connecting Young People in Recovery



When a young person leaves primary treatment for drug or alcohol addiction, the next steps can be challenging. Since most teens are faced with returning to their high school with the “people, places and things” from their time of drug and alcohol use, it’s important they develop a strong network of friends and

mentors who support their new sober lifestyle. That’s why the expert adolescent staff at Fairbanks developed Link.

Link is an engaging program that connects young people in recovery while teaching them how to have fun without using drugs and alcohol. Teens have the opportunity to meet individually with a certified recovery coach, network with other young people in recovery, develop goals and participate in life skills workshops.



*Link coordinators and Link participants enjoy a weekly meal together as part of the program.*

*“Our goal is to show teens who have been through our programs that they can have a new and better life,” said recovery coach Lauren Woeste. “Many of these young people have talents they have never explored. Link gives each young person the opportunity to discover what they enjoy and connects them to a great new group of peers who have experienced similar situations.”*

Each participant has their own individualized plan that fits their recovery journey—no two are the same. Young people in Link participate in recovery activities of their choice. This may include yoga, basketball, volleyball, art, cooking or other activities of interest. Family members are encouraged to be a part of this process through participation in support group meetings, phone calls or meetings with their young person’s recovery coach and activity involvement when appropriate.

Fairbanks is dedicated to helping each individual achieve a fulfilling life in recovery. Link is a great way for young people new to recovery to get involved and stay connected. To learn more about Link, contact a recovery coach at 317.572.9390 or 317.572.9351.

Do you know a teen who might be struggling with drugs and alcohol?

**MAYBE IT’S TIME TO START ASKING QUESTIONS.  
THE EXPERTS AT FAIRBANKS HAVE ANSWERS.**

You can speak confidentially with our adolescent specialist about available resources or to set up an appointment.

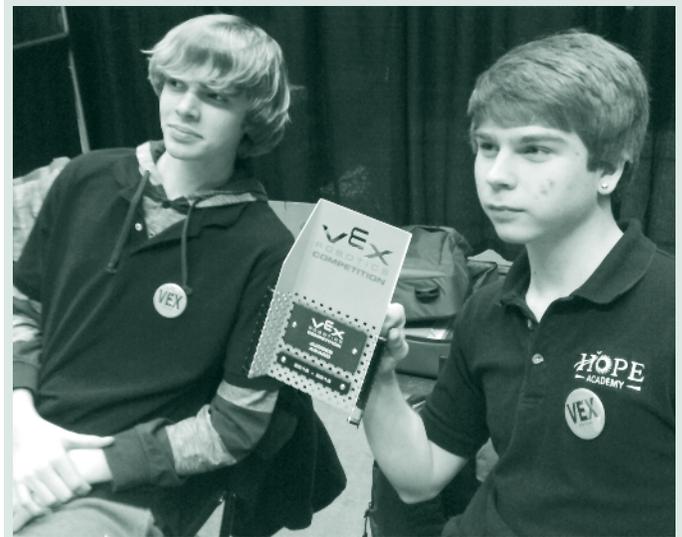
**855.518.2501**  
**[www.fairbanks.cd.org/teens](http://www.fairbanks.cd.org/teens)**

# Building a Future

Thanks to a grant from the Mayor's office, three Hope Academy students are having the experience of a lifetime. The VEX Robotic Design System grant for \$2,500 was used to purchase the equipment and supplies needed for students to build a robot and compete in local robotics competitions. Not only have the students had fun building and competing with their robot, they've learned a few valuable skills along the way.

Hope Academy junior Dakota McGinnis and sophomore Grant Kane thought they were ready for their first competition. But with only minutes to spare they realized their robot wasn't working. Quickly they assessed the robot and determined that the two motors were overheating. On a time constraint, they figured out what needed to be done and added two additional motors to the robot just in time.

They made it to the top 12 out of 40 teams and received the Judges Choice Award. The judges were impressed with how they handled themselves during a stressful situation and their problem solving abilities. The students overcame adversity even with their disadvantage as the smallest team at the competition.



*Robotics team members, Grant and Dakota, after receiving the Judges Choice Award.*

*“Watching these students win an award at their first competition was a proud moment for the students and their parents,” said Hope Academy Principal Gale Stone. “They learned so much through this opportunity and it’s rewarding to see all of their hard work noticed.”*

This semester, a third teammate, sophomore Zach Brown, joined the robotics team. They look forward to seeing what they can do next. Together, the team learned the importance of teamwork, problem solving, project management, time management and stress management. They are uncovering what engineering is really about, which is a benefit as they are all interested in going into the engineering field.



*The Hope Academy Robotics Team prepares their robot for competition.*



THE RECOVERY HIGH SCHOOL  
AT FAIRBANKS

### About Hope Academy:

Hope Academy is a fully accredited, tuition-free, public charter high school that provides opportunities for academic achievement, sobriety and personal growth for students and their families. To learn more about enrollment, please call 317.572.9440 or email [lbusch@fairbanksd.org](mailto:lbusch@fairbanksd.org).

## Board of Directors Spotlight: Faraz Abbasi

It was November of 2009, and Faraz Abbasi was reading the Indianapolis Business Journal (IBJ). This edition of the IBJ featured Women of Influence and one honoree particularly stood out to Faraz—the former president and CEO of Fairbanks, Helene M. Cross. Eager to learn more about Fairbanks, he emailed Helene and requested a meeting.

Faraz witnessed the devastation of addiction at a young age while growing up in Pakistan. His uncle, who was a physician, lost his life after a long battle with heroin addiction. When Faraz contacted Helene, he didn't have an anticipated outcome, but after their first meeting he knew he wanted to be involved.

*“Fairbanks is one of the few organizations that touches so many lives,” said Faraz. “The services that we provide are very important to this community.”*

His passion for the mission of Fairbanks coupled with his work experience was the perfect match for Faraz, who currently serves on the board of directors. He joined the board in 2010 and has served on numerous committees including: executive, nominating, investment and CEO search.

Faraz has worked for Centerfield Capital Partners since 2001 and is a partner at the firm. His accomplishments include being



recognized by the IBJ as one of the “Forty under Forty” young leaders in Indianapolis and “Who’s Who in Finance” as well as Junior Achievement’s “Indy’s Best and Brightest” award in the banking and financial services category.

In addition to his involvement with Fairbanks, Faraz is a past board member and president of the Venture Club of Indiana, member of the Young Presidents’ Organization and a board member of Butler University’s College of Business. He received his undergraduate degree in chemical engineering from the University of Texas, and an MBA in finance from the Kelley School of Business at Indiana University.

Faraz and his wife Shehzadi have three children, ages two, six and nine. He enjoys reading, traveling and running, and is preparing to run his first full marathon this spring.

### MARK YOUR CALENDAR FOR OUR UPCOMING EVENTS!

02  
MAY

**Fairbanks Circle of Hope Dinner**  
May 2, 2013  
Indianapolis Marriott Downtown

22  
JUN

**Alumni Picnic**  
June 22, 2013  
Fairbanks front parking lot

28  
SEP

**Fairbanks Alumni Association Golf Tournament**  
September 28, 2013  
Ironwood Golf Club

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

## Are you an alumnus? Get involved!

Did you know that membership in the Fairbanks Alumni Association is free, and offers those who have successfully completed treatment in a Fairbanks program the following benefits?

- Free admission to various events sponsored by the Alumni Association
- Notification of all alumni workshops and activities
- Discounts on specialty and educational items in the Fairbanks Gift Shop

Please contact Kathleen Gill [kgill@fairbankscd.org](mailto:kgill@fairbankscd.org) or Judi Kramer [jkramer@fairbankscd.org](mailto:jkramer@fairbankscd.org) to learn more about the Fairbanks Alumni Association and how you can become involved.

# Fairbanks Expands

## Construction is underway! Here are some highlights:

- Funding for the project provided by the Richard M. Fairbanks Foundation and United Way of Central Indiana
- Expansion to the men's unit will create more quiet areas and group therapy space for our patients
- Remodeling of the physician offices and access center will provide more space for staff and improved patient comfort
- White noise technology will be used in the access center for maximum patient confidentiality
- Design-build team is F.A. Wilhelm Construction Company and Axis Architecture + Interiors



**Left:** Wilhelm Project Superintendent Terry Liphard reviews materials with a tradesman. **Right:** View of the hallway in the new access center.

## Give the Gift of Hope...

### Send a Donation Today

You can provide help and support by mailing your check to Fairbanks or Hope Academy or by using our secure online donation page at [www.fairbankscd.org](http://www.fairbankscd.org).

### Make an Honorary or Memorial Gift

Pay tribute to a friend or loved one and we will send a notification card to the recipient or family letting them know about your gift.

### Join the Hope Academy Alliance

Support an important school and help adolescents in recovery earn a high school diploma with your \$1,000 unrestricted gift.

### Leave a Legacy

Consider naming Fairbanks in your will or trust and become a member of the Nevitt Brady Society. A planned gift will provide a lasting legacy at Fairbanks.

For more information on giving options, contact Katy Crichlow Cummings at 317.572.9398 or [ccrichlow@fairbankscd.org](mailto:ccrichlow@fairbankscd.org).



Stay up to date on Fairbanks happenings. Like us on Facebook at [www.facebook.com/fairbankscd](http://www.facebook.com/fairbankscd).



## OUR PROGRAMS AND SERVICES

### Rehab Services

Detoxification (detox)  
Rehabilitation (rehab)  
Residential Services (residential)

### Outpatient Services

Partial Hospitalization (PHP)  
Intensive Outpatient (IOP)  
Relapse Prevention Group  
Kokomo and Plainfield Offices

### Family Involvement

Family Support Meetings  
Parent Support Group

### Supportive Living

First Step Adult Supportive Living (SLP)  
La Verna Lodge (gender specific residential programs)

### Recovery Management Services

Recovery Coaching  
Tobacco Cessation  
Hope Academy, the Recovery High School at Fairbanks  
Link

### Education

PRIME For Life  
Marijuana Education  
Susan Li Conference

### Alumni and Volunteer Activities

Fairbanks Alumni Association Golf Tournament  
Summer Picnic  
Gift Shop  
Fresh Start Café



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

8102 Clearvista Parkway  
Indianapolis, IN 46256

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

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United Way agency

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newsletter, please call 317.572.9354  
or email [tspisak@fairbankscd.org](mailto:tspisak@fairbankscd.org).

TWELFTH ANNUAL  
**FAIRBANKS CIRCLE OF HOPE DINNER**

**THURSDAY, MAY 2, 2013**  
Indianapolis Marriott Downtown  
350 West Maryland Street

Reception at 6 p.m.  
Dinner served at 7 p.m.

*Honorary Chairman*  
**Mickey Maurer**

Chairman of the Board, The National Bank of Indianapolis

*Guest Speaker*  
**Laurie Dhue**  
Former National News Anchor

*Richard M. Fairbanks Circle of Hope Award Recipient*  
**Ellen K. Annala**  
Former President and CEO, United Way of Central Indiana

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

