



Fairbanks Approaches 70 Years

For nearly 70 years, Fairbanks has remained committed to raising awareness about the disease of addiction, spreading the message of hope and offering help to those impacted by chemical dependency. As our anniversary year approaches in 2015, we celebrate our history, focus on our mission and prepare for the future.

In 1945, the awareness of alcoholism was growing across the nation. Dr. John Nevitt and Mr. James Brady responded to this need by purchasing a home on North Alabama Street and starting a nonprofit organization called The Indiana Home for Alcoholic Men. At the time, nobody knew this organization would eventually become Fairbanks, one of the oldest independent nonprofit treatment centers in the United States.



Today, Fairbanks is a nationally recognized addiction treatment center that has expanded beyond anything its founders might have imagined. However, the foundation that was established 70 years ago is what has allowed Fairbanks to become the strong organization it is today.

Fairbanks has proven to be a community resource and the place to turn for addiction treatment throughout the years. While change, advancements and enhancements to programs and services has occurred, the mission has never wavered.

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.

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A MESSAGE FROM THE CHAIRMAN OF THE BOARD



"Change is the law of life. And those who look only to the past or present are certain to miss the future." - John F. Kennedy

Over the last several months, there have been many changes at Fairbanks. Change is coming from healthcare reform, the aging of America, local and national competition, evolving technology and changing treatment practices. Change is positive and Fairbanks

has much to celebrate this year as we look at our accomplishments. At Fairbanks, we embrace change.

As the needs of our community change, Fairbanks must continue to develop programs to meet those needs. Over the last several years we have seen more opiate usage in our patient population. In response, we launched the Odyssey Program for young adult males. This age group has special treatment needs and this program focuses on those unique needs. We started the program in February of 2014 and demand for the program is strong.

In October we celebrated the one year anniversary of La Verna Lodge for Women. The lodge is modeled after our successful men's program, La Verna Lodge for Men. Dozens of women have chosen La Verna Lodge for long-term residential treatment. La Verna Lodge for Women offers a peaceful and private setting for women as they begin their recovery journeys.

Recently, Barb Elliott was named the interim president and CEO of Fairbanks and Hope Academy. Barb has served the organization for 7 years as CFO and has 36 years of healthcare experience. She has the full support of the Fairbanks and Hope Academy boards and the leadership team. We look forward to watching Fairbanks and Hope Academy continue to grow and evolve under her leadership as we search for a new president and CEO.

Change can be scary and the future is impossible to predict. While we keep a sharp eye on the environment, our strategy is to focus on serving patients and facilitating great outcomes. We are focusing on providing a unique and diverse array of the most effective and highest quality treatment options. Fairbanks is well positioned for the future because we continue to evolve to meet the changing needs of our patients and their families.

No matter the change, Fairbanks will remain focused on a mission of recovery. I am honored to be part of Fairbanks, as we grow and build our reputation as the "Experts in Addictions. Focused on Recovery."

Sincerely,

Richard A. Collins
Chairman of the Fairbanks Board of Directors

Leading the Way

Fairbanks is fortunate to have a talented team of individuals who are deeply committed to our mission and those we serve. Meet a few of our dedicated leaders.

Barb Elliott
*Interim President and CEO/
Vice President and CFO*
7 years of service at Fairbanks



"Each day Fairbanks makes a difference in people's lives. Fairbanks has continued to grow, not only in the number of those we serve, but also financially over the past seven years. I am very excited about the opportunities ahead of us in the new healthcare environment. We have an important mission and offer services that are vital to our community. It is an honor to work for such an amazing organization."

Rachelle Gardner
*Director of Adolescent Services/
COO of Hope Academy*
22 years of service at Fairbanks



"I'm inspired every day by the change that young people can make in their lives. What they have to do on a daily basis is so difficult, but when we give them the tools, skills and resources for recovery they begin to thrive. It is an honor to be partners in their journey in recovery and into adulthood."

Robin Parsons
Director of Adult Services
28 years of service at Fairbanks



"I am proud to be associated with the high-quality addiction treatment services that Fairbanks offers and grateful for the fabulous team of experts I have been able to work with over the years. Like many diseases, recovery is a slow process. Some healthcare workers never have the opportunity to see recovery happen, but at Fairbanks we see it happen all the time. It's like witnessing miracles daily."

Other members of the Fairbanks Leadership Team include:

Sharon Baker, *Director of Support Services*
Molly Burns, *Director of Marketing and Business Development*
Katy Crichlow Cummings, *Director of Development and Alumni Relations*
Jennifer Horstman, *Chief Nursing and Information Officer*
Dr. Dennis Rhyne, *Interim Medical Director*

Hope Academy Welcomes Principal Linda Gagyi

At an early age, Hope Academy Principal Linda Gagyi knew she wanted to be an educator. In middle school she looked up to her neighbor who was a teacher and offered her assistance. “I would help her grade papers, enter scores in the grade book, write her tests and prepare materials for classroom lessons,” Linda said.

Linda joined the Hope Academy staff in August of 2014. With 28 years of experience as an educator, she has taught science, math and computer programming and applications. Linda has also served as an administrator for 14 years. She was an assistant principal at several schools, including traditional and alternative education. Linda has been a principal for the past six years.

According to Linda, the most rewarding aspect of her job is getting students on the right track by supplying them with the resources they need.

“I love the problem-solving, figuring out where the gap is that impedes student success and then coming up with an action plan to fill in the gap and remove the barriers to student achievement,” Linda said. “It’s exciting to watch as students gain confidence and a new attitude as their efforts begin to make a difference.”

Linda enjoys the close knit community at Hope Academy and the opportunity to learn more about recovery.

“Most of my previous schools were much larger and it was difficult to know all of the students and to see their daily progress,” Linda said. “I appreciate the chance to learn about recovery and how teens are impacted by the drug and alcohol culture that it is so pervasive in their environments.”

To learn more about Principal Gagyi, read her Q&A on the Hope Academy student blog! www.hopeacademyrhs.org/blog



Hope Academy Celebrates National Recovery Month



For National Recovery Month in September, Hope Academy celebrated by raising awareness at school and in the community.

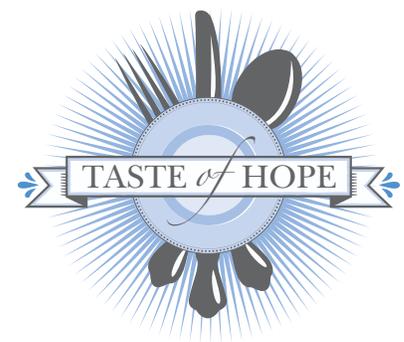
1. The students and faculty supported recovery with a “Wear Purple Day.”
2. Hope Academy students, alumni, teachers, and family members participated in The 24 Group Hawk Walk at Ft. Benjamin Harrison.
3. Hope Academy student, Emily, shared her story of recovery with all the participants at the Hawk Walk, creating an experience she will not forget.



Taste of Hope

On average it costs \$20,500 per year to educate one student in recovery. Hope Academy is reimbursed \$13,500 per student through the state of Indiana. The \$7,000 difference is supported through fundraising efforts.

Please join us for Taste of Hope, a tasty fundraising event benefiting Hope Academy.



8 Taste of Hope
FEB 12-2 p.m.
Fairbanks Recovery Center

www.hopeacademyrhs.org/tasteofhope

Congresswoman Susan Brooks Visits Fairbanks and Hope Academy

Heroin addiction is a serious problem throughout the country. In Indiana, heroin use is also on the rise, and often the cause of fatal overdoses. On October 29, 2014, addiction treatment professionals gathered in the Fairbanks Recovery Center with Congresswoman Susan Brooks to discuss solutions to the heroin problem facing our community. This event came just months after the congresswoman had a similar conversation with local law enforcement officials.

During her visit, Brooks had the opportunity to engage with students at Hope Academy to better understand how the issue specifically impacts youth. She toured the recovery high school and participated in a group circle where students shared their viewpoints, not only about the problem, but suggestions for change.



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1. Hope Academy Chief Operating Officer Rachel Gardner and Hope Academy Senior Carson took Congresswoman Brooks on a tour of Hope Academy. "My classmates and I encouraged Congresswoman Brooks to reform laws on drug possession charges and consider a treatment-focused approach," Carson said. "It's inspiring to know that my voice is important to government officials."



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2. During the listening session, Brooks moderated a conversation about the trends, best practices and resources for individuals who struggle with heroin addiction. Representatives from Drug Free Marion County, Indiana Addictions Issues Coalition, Access to Recovery, Aspire Indiana and Pro-Active Resources were in attendance at the event.



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3. Congresswoman Brooks' visit to Fairbanks and Hope Academy gained attention from several local media outlets. In her remarks with the news stations she touched on her experience of talking with young people at the recovery high school who have battled drug addiction.

OUR PROGRAMS AND SERVICES

Rehab Services

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

Outpatient Services

Partial Hospitalization (PHP)
Intensive Outpatient (IOP)
Relapse Prevention Group
Hendricks County Office

Family Involvement

Family Support Meetings
Parent Support Group

Specialized Programming

First Step Adult Supportive Living (SLP)
La Verna Lodge (gender-specific residential programs)
Odyssey (for young men ages 19-23)

Recovery Management Services

Recovery Coaching
Tobacco Cessation
Hope Academy
Link

Education

PRIME For Life
Marijuana Education
Susan Li Conference

Alumni and Volunteer Activities

Fairbanks Golf Outing
Summer Picnic
Gift Shop
Fresh Start Café

Top Substances Treated at Fairbanks:

Adults:

Alcohol | Opiates | Sedatives | Amphetamines

Adolescents:

Marijuana | Opiates | Alcohol | Sedatives

Data collected from all patients who sought treatment at Fairbanks 07.14-10.14.



Stay up to date on Fairbanks happenings. Like us on Facebook at www.facebook.com/fairbanksdcd.



Residents and alumni of La Verna Lodge for Men built this bridge to connect a nature trail on the property in Hamilton County.



La Verna Lodge for Women Celebrates One Year Anniversary

In October of 2014, La Verna Lodge for Women celebrated its one year anniversary. This new Fairbanks program offers a peaceful and private environment for women as they begin the healing process and embrace a new life in recovery. The holistic approach to treatment encompasses the physical, emotional and spiritual aspects of women who are struggling with addiction. Since opening, 35 women have chosen La Verna Lodge as their residential addiction treatment provider.



The residents enjoy the beautiful setting filled with wildlife and nature. They can relax by the river that flows through the property, spend time on the patio around the fire pit and admire the scenic drive up to the house. One group of residents built a vegetable garden where they grew tomatoes, peppers, green beans, radishes, squash, cucumber and romaine, which was used for meal planning and cooking together. Many residents utilized their creativity with expressive art therapy by making collages, crafts, bead work, drawing and sewing.

These are just a few of the highlights of how this program has grown during its first year! To learn more, please visit www.lavernalodge.com.

“La Verna Lodge saved my life. I was able to learn that life is still going to happen and some days will be good and some will be bad, but they gave me the tools to handle it all,” La Verna Lodge for Women Alumna Kristin J. said. “Every week I come back and volunteer as a peer group facilitator. I do it because I have been there and it gives the women hope that it is possible to live your life and be happy.”

La Verna Lodge for Men Kitchen Renovation

La Verna Lodge for Men recently finished construction on their new kitchen! Thank you to the generous donors who made this renovation possible. If you would like to make a contribution to La Verna Lodge, please visit www.lavernalodge.com/contributions.



Board of Directors Spotlight Dr. Beverley Pitts

When Dr. Beverley Pitts received a phone call about serving on the Fairbanks board one year after retiring as president of the University of Indianapolis, she jumped at the opportunity. She was familiar with Fairbanks and Hope Academy, believed in the mission and wanted to contribute to an organization where she could make a difference.

“I have always respected the powerful image of Fairbanks and the sense of dignity and respect the nonprofit displays for the illness of addiction,” Dr. Pitts said. “I was also familiar with Hope Academy as the University of Indianapolis had been engaged in the charter process. To me, Hope Academy is the ultimate example in the best of what charter schools can do.”

Since joining the board in the spring 2013, Dr. Pitts has served as a member of the executive committee, development committee and was recently named as the chair of the marketing committee. Her background and expertise bring a critical new perspective for Fairbanks as the nonprofit faces a time of change and growth. To Dr. Pitts, serving on the Fairbanks Board of Directors is a true honor.

“At Fairbanks, we are carrying out a mission that saves lives,” said Dr. Pitts. “The decisions we make as a board are important because we are making a difference in people’s lives.”

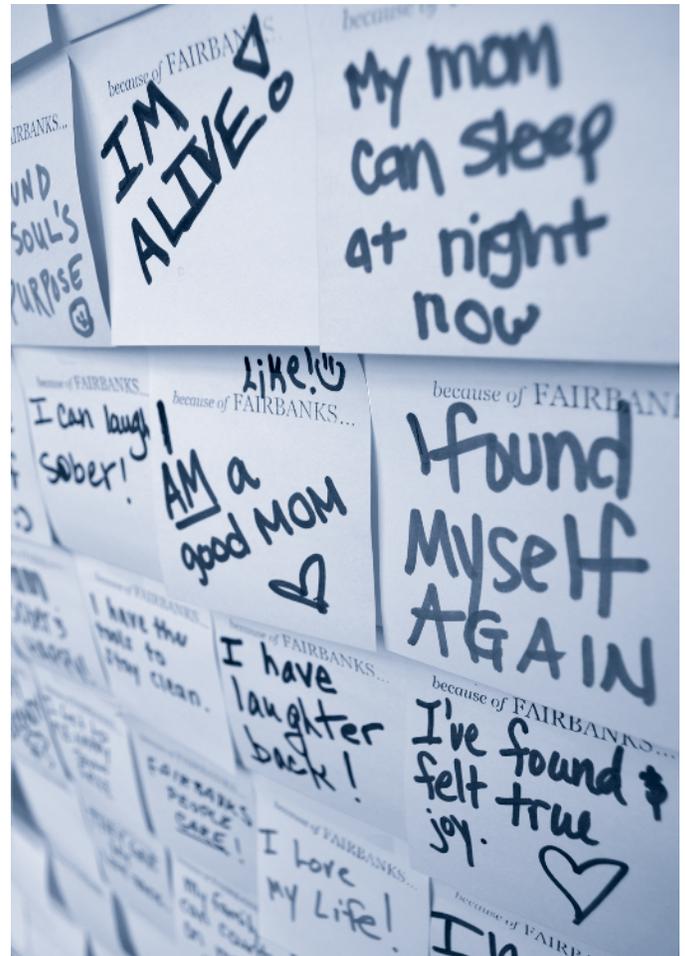


University of Indianapolis photo

In addition to her experience as the president of the University of Indianapolis and provost and vice president of academic affairs at Ball State University, Dr. Pitts is a writer, researcher, communications professional and professor. She has served on a number of boards including the Greater Indianapolis

Chamber of Commerce and United Way of Central Indiana and currently serves on the board of the Indiana Humanities and American Pianists Association. She has received several awards and honors including the Indiana Torchbearer Award in Education, National Football League Players Association Award of Excellence and Girls Inc. Touchstone Award.

Dr. Pitts earned a bachelor’s degree from Anderson University and a master’s degree in journalism and a doctorate in higher education from Ball State University. She is married and has two sons and two granddaughters. She enjoys traveling, reading and writing and continues to work as a communications consultant for education issues.



Because of your support, Fairbanks can offer hope and healing to those who struggle with drug and alcohol addiction.

See the “Because of Fairbanks” video at www.fairbanks.org/recovery-at-fairbanks and consider making a donation today!



Understanding Addiction and Recovering Together

Helping a loved one who is struggling with addiction can be a difficult task. It is important to understand boundaries and how to implement them, but often family members don't know where to turn or even where to begin. Family members can feel alone in this battle, but they don't have to. Fairbanks offers group sessions for families to gain additional insight and education about addiction.

Jay Harpring is an adult counselor and facilitator of the family recovery management group at Fairbanks. He understands just how important communication is for families in recovery.



Jay Harpring

"They don't want to enable, but that's the role they have often taken," Harpring said.

"Learning boundaries and how to communicate with a loved one in a way that is recovery-focused, supportive and not demeaning is key."

Families often neglect their daily routine and health to fully care

for and support their loved one. But this can be harmful to all parties involved.

"Just as a person struggling with addiction gives up their hobbies and interests, the entire family does as well." Harpring said. "We teach them how this affects the whole family and what steps they need to take so *they* can be healthier as well."

Adult Family Program at Fairbanks

At Fairbanks, we understand the importance of family support in the recovery process. Our Family Program provides loved ones with information about addiction and recovery. Programming involves educational lecture, group therapy and family support meetings facilitated by our expert staff.

• Educational Lecture and Group Therapy

For patients and their loved ones (spouses, significant others, parents, relatives, children over the age of 12, friends, pastors and employers).

• Inpatient

Wednesday evenings, 6 to 8 p.m., *Fortune Hall*

• Partial Hospitalization Program (PHP)

Friday afternoons, 1 to 4 p.m., *Recovery Center*

• Intensive Outpatient (IOP)

Thursday evenings, 6 to 9 p.m., *Recovery Center*

• Recovery Management for Families

For families and friends only (spouses, significant others, parents, relatives, friends, pastors and employers).

Wednesday evenings, 6 to 8 p.m., *Recovery Center*.

The families are able to share with one another, ask questions and give feedback, which is a unique attribute for these groups called cross talk.

"They are educating each other about addiction through their experiences and sharing healthier ways of living, which is the goal of the group," Harpring said.



Mike and Jennifer

Mike and Jennifer joined the family support group after a loved one received treatment at Fairbanks. They believe that cross talk is the most beneficial part of this group.

"That communication is so important because we are able to learn from one another," said Jennifer. "It helps having different opinions of advice because everyone

is different and everything doesn't work for everyone."

The support group has taught their family how to understand each other and has strengthened their bonds.

"Going to the group has brought us closer as a family and couple. Instead of us drifting apart because of our differences in opinion, we can accept them," Mike said.

"It has changed us from enabling to having boundaries and being firm with them. We have become more supportive of each other and stronger as a family."

MARK YOUR CALENDAR FOR UPCOMING EVENTS!

February 8 — Taste of Hope

February 17 and May 19 — Mary Jane Doesn't Do Well at School

February 28 and May 16 — Open Mic Night

March 7, 14, 21, 28 — Meditation and the 12 Steps Workshop

March 31 — LGBT Community Awareness:
Serving a Specialty Population

April 21 and June 1 — Helping Your Clients Maintain Recovery

April 23 — Fairbanks Circle of Hope Dinner

June 20 — Fairbanks Summer Picnic

July 17 and 18 — Susan Li Conference

Visit www.fairbankscd.org/our-events for a full listing of events.



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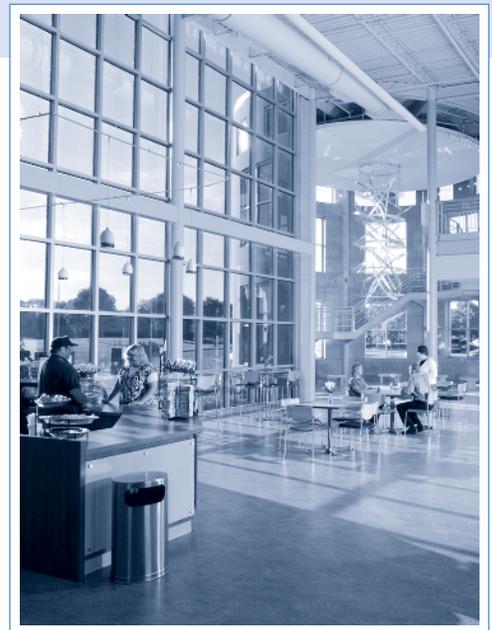
“Change is a process, not an event.”

Join the Fairbanks Alumni Association!

The Fairbanks Alumni Association welcomes anyone who has graduated from programming at Fairbanks. This group of individuals comes together for fun activities, workshops and events—all in the spirit of supporting each other on a journey to long-term recovery. And, it's free!

What's included in your free membership?

- A Fairbanks Alumni Association membership card
- Coupon for a free cup of coffee at the Fresh Start Café
- Discounts at the Fairbanks Gift Shop and Fresh Start Café
- Distribution of newsletters and updates on available educational and social events that aim to enhance your recovery
- Discounted pricing to the Fairbanks Circle of Hope Dinner and other special events
- The opportunity to interact with thousands of others who are committed to life-long recovery and helping others live free from alcohol and drugs



For more information or to join the Fairbanks Alumni Association, visit www.fairbankscd.org or call 317.572.9469.