



Fairbanks
Experts in addictions. Focused on recovery.

Treatment and Recovery Management Services at Fairbanks

As a regional leader in addiction treatment and recovery, we strive to be a resource that serves men, women, adolescents and their families who struggle with the chronic disease of addiction. Fairbanks provides confidential and individualized, short and long-term alcohol and drug treatment and recovery programs. Participants will experience a continuum of care that provides the support and resources needed to achieve life-long recovery.

INPATIENT

Detoxification (Detox) is designed for individuals likely to experience serious withdrawal complications requiring medical intervention. Patients are medically stabilized and detoxified under 24-hour medical management. A comprehensive evaluation is conducted during this stage of treatment to determine the appropriate level of ongoing care.

Rehabilitation (Rehab) is a structured inpatient environment using a multidisciplinary team and group therapy to meet the specific needs of men, women and adolescents in early recovery or relapse. Medical observation continues during rehab, but patients do not require withdrawal intervention. Involvement in 12-step recovery groups such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Cocaine Anonymous (CA) is emphasized.

Residential Services (Residential) are designed for individuals who no longer require medical observation, but still require a structured environment in order to abstain from using drugs and alcohol. Involvement in 12-step recovery groups such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Cocaine Anonymous (CA) is emphasized.



OUTPATIENT

Partial Hospitalization (PHP) is for medically stable individuals who live in a supportive environment and have daily transportation for on-campus programming. Partial hospitalization is comparable to inpatient rehabilitation in intensity, but allows the patient to return home nightly. Involvement in 12-step recovery groups such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA) or Cocaine Anonymous (CA) is emphasized.

Intensive Outpatient (IOP) offers group therapy several days or evenings per week. Education is offered to individuals and their families through special weekly family programming. Individuals are expected to participate in a 12-step recovery program. Special groups are available for chronic relapse patients.

Education Groups are designed for adults and adolescents at the early stage of drug and alcohol use. These programs motivate participants by assisting them in making the connection between life problems and their use of drugs and alcohol.

SUPPORTIVE LIVING

First Step Adult Supportive Living Program (SLP & TRS) provides a structured living environment where individuals can develop and practice life skills while maintaining an alcohol and drug-free lifestyle. By combining this residential program with continuing partial hospitalization, outpatient therapy, recovery management and 12-step support groups, a positive return to families, jobs and the community can be achieved.

HOWSE (Residential Living for Adolescents) is a residential program that assists adolescents in developing life skills. Adolescents live at Fairbanks and attend school (which may include Hope Academy, the recovery high school at Fairbanks) and/or work in the community while participating in therapeutic activities. They are able to experience the real world while acquiring the tools they need to achieve self-sufficiency.

La Verna Lodge (Residential Living for Men) is an extended-residential program for men that provides opportunities for life skill development within recovery. The private, secluded, home-like environment is targeted to those who have complex recovery issues and require a structured long-term, transitional, therapeutic atmosphere. For more information, please visit www.lavernalodge.com.

RECOVERY MANAGEMENT

The first year of recovery following treatment is a critical time. Therefore, Fairbanks offers group and individualized follow-up in order to support the recovery plans of individuals who completed treatment at Fairbanks. These programs help individuals develop and enhance their recovery life skills and transition back to work, school and the community.

Behavioral Couples Therapy (BCT) is offered to individuals seeking the opportunity to work towards progress in recovery through relationships. Individuals, along with their significant others, receive coaching and mentoring to learn how to communicate better and improve conflict resolution and problem solving skills.

Recovery Coaches assist individuals as they transition from treatment to recovery. Individuals meet with coaches in weekly groups that introduce sober stress management, recovery maintenance and ideas of how to develop a balanced life without drugs and alcohol.

Family Support Meeting is designed to assist family members in connecting with other individuals who are experiencing similar situations as well as gain knowledge about what can be expected when their loved one leaves treatment and begins recovery.

Nicotine Dependence Program at Fairbanks assists individuals who want to achieve a tobacco-free lifestyle. This program offers a step-by-step plan that is tailored to the individual and is open to everyone.

Hope Academy, the recovery high school at Fairbanks, is a tuition-free, charter high school that provides educational excellence and an achievement-oriented curriculum with the promotion of sobriety and personal growth. Students will graduate engaged in a recovery lifestyle and ready for higher education or the workforce.

ALUMNI RELATIONS AND VOLUNTEERING

Alumni involvement and volunteering are ways to stay connected to Fairbanks. We understand that recovery is much more successful when an individual maintains recovery support the first year following treatment. To support each individual's recovery, Fairbanks facilitates many volunteer opportunities and social events for alumni.



For directions to Fairbanks, visit www.fairbankscd.org.



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