



U.S. education secretary visits Hope Academy

U.S. Secretary of Education Betsy DeVos visited Hope Academy in September as part of her four-day, six-state “Rethink School Tour.” The tour, which also included stops in Wyoming and Kansas City, was designed for DeVos to visit and learn more about schools that are actively delivering creative educational models for students.

“I’m really happy to be here,” DeVos told those gathered at Hope Academy for her visit—which included students and their parents along with board members, staff and officials from the local, state and federal levels.

“We’ve been intentional about visiting a wide range of schools that are meeting students’ needs in a wide range of settings and with various focuses and creative ways to meet students where they’re at,” DeVos said. “It’s exciting for me to learn more about this model.”

Hope Academy is a tuition-free, public charter high school for teens in recovery from drug and alcohol substance-use issues. Now in its 12th year, the school was one of the first accredited by the National Association of Recovery Schools. Dr. Andrew Finch, a Vanderbilt University researcher and co-founder of the National Association of Recovery Schools, said the association recently completed a five-year study of its schools, which found that graduation rates are 20 points higher than for students in recovery attending regular schools. Attendance rates are higher too.



U.S. Secretary of Education Betsy DeVos (center) is given a tour of Hope Academy by the school’s Chief Operating Officer Rachelle Gardner (left) and Principal Linda Gagyi (right).

Following a tour of the school and roundtable discussions, DeVos thanked the students and parents for bravely sharing their stories.

“I give you so much credit, and I’m going to be cheering you on continuously,” she said, while also applauding the staff for their commitment.

“This is another amazing example of a school meeting the specific needs of students who are unique individuals. They all have so much potential, and you recognize that.”

Fairbanks is a nonprofit alcohol and drug treatment center. Our mission is to inspire hope and transform lives as the experts in addiction, focused on recovery.

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The media have shined a spotlight on the opioid crisis this past year—and with good reason. There is rarely a day when the top story doesn't involve a drug-related death, either from overdose or from violence. It's easy to forget that by far the biggest addiction epidemic is also one of the oldest: alcoholism.

At Fairbanks, we address the full spectrum of substance-use disorders, from alcohol to

opioids. And we address the specific needs of different populations, from adolescents, young adult men, adults and issues specific to women's recovery.

For example, late this summer, we introduced a refurbished La Verna Lodge for Women long-term residential program and facility. The La Verna Lodge for Women joins its counterpart for men in providing gender-specific programming in a serene and private setting.

Hope Academy, with its focus on teen recovery and education, received well-deserved national recognition from both a feature on PBS NewsHour and with a visit from Secretary of Education Betsy DeVos. As the only recovery high school in the state and one of only 40 nationwide, Hope Academy is unique in its approach and mission with Indiana's adolescents.

On the state level, our annual Susan Li Conference saw the largest attendance in its 10-year history. Then in November, Fairbanks hosted the Indiana Commission to Combat Drug Abuse's recent session, which brought state legislators as well as health professionals and law enforcement onsite for high-level discussion of issues of substance use that affect every individual and family in our state.

In these and in a multitude of other ways, our professionals continue to be in the vanguard of prevention, treatment and research, both in Indiana and in the U.S. We hope you'll continue to help us stay at the forefront of the fight by supporting the important work being done here at Fairbanks.

Sincerely,

A handwritten signature in cursive script that reads "Barb Elliott".

Barb Elliott
President and CEO

Fairbanks part of pilot treatment program for Indiana National Guard service members

Fairbanks announced a joint partnership with the Indiana National Guard and Community Health Network to provide treatment to service members who have substance use disorders.

Called Mission: Recovery, the collaboration provides services for Indiana National Guard soldiers and airmen who are seeking help for problems with alcohol and other drugs.



Major Dr. Scott Edwards, state behavioral health officer for the Indiana National Guard, speaks during a news conference announcing a partnership between Indiana National Guard, Community Health Network and Fairbanks to provide treatment to service members with substance use disorders.

"Our service members are strong. We have good, strong men and women forming the Indiana National Guard," said Major Dr. Scott Edwards, state behavioral health officer for the Indiana National Guard. "Yet we're not invincible. We struggle with some of the same things that (civilians) struggle with."

Indeed, suicide remains a challenging reality for many service members, and substance abuse is a major contributor.

"When we're tackling difficult problems like suicide, we have to look at factors like substance abuse and how we can be better at addressing it," Edwards said. "That's what Mission: Recovery is all about. We're grateful for Fairbanks and Community Health Network for stepping up and developing this program that's specifically geared toward service members."

Clinicians at Fairbanks and Community Health Network have undergone training on military culture, including stressors common to military service.

"When service members come here, they're meeting with a provider that understands the realities of being a member of the military," Edwards said.

Fairbanks is committing \$120,000 annually to Mission: Recovery.

Indiana drug task force meets at Fairbanks, Hope Academy

Fairbanks and Hope Academy hosted the November meeting of the Indiana Commission to Combat Drug Abuse on Nov. 9.

The event included opening remarks by Fairbanks/Hope Academy President and CEO Barbara Elliott and Hope Academy student Sophi Herrick sharing her story of recovery.

Among the commission members in attendance were:

- **Jim McClelland**, Chairman, Executive Director for Drug Prevention, Treatment, and Enforcement
- **Kristina Box, MD, FACOG**, Commissioner, Indiana State Department of Health
- **Douglas G. Carter**, Superintendent of the Indiana State Police
- **Robert E. Carter, Jr.**, Commissioner of the Indiana Department of Correction
- **Curtis T. Hill, Jr.**, Indiana Attorney General
- **Deborah J. Frye**, Executive Director, Indiana Professional Licensing Agency
- **Jennifer McCormick, Ph.D.**, Indiana Superintendent of Public Instruction



The Indiana Commission to Combat Drug Abuse conducts a meeting at Fairbanks and Hope Academy.

- **Jim Merritt**, Indiana State Senator
- **David R. Murtaugh**, Executive Director, Indiana Criminal Justice Institute
- **Mara Candelaria Reardon**, Indiana State Representative
- **David N. Powell**, Executive Director, Indiana Prosecuting Attorneys Council
- **Mark A. Smith**, Judge, Hendricks County Superior Court
- **Greg Taylor**, Indiana State Senator
- **Jennifer Walthall, M.D., MPH**, Secretary, Indiana Family and Social Services Administration
- **Cindy Ziemke**, Indiana State Representative

Fairbanks receives donations and grants to bolster its mission

Fairbanks recently received a \$125,000 donation from an anonymous donor. It's the largest single donation from an individual in Fairbanks' history.

The money will be used for recovery management programming by expanding services, adding activities to keep people connected to recovery and cover staffing costs.

Fairbanks' patients are encouraged, along with loved ones, to continue receiving support following primary treatment through Fairbanks' recovery management program. That includes recovery coaching, alumni events, meetings and volunteer opportunities.

In addition, The 24 Group presented a check for \$3,000 to Fairbanks for its Odyssey Program, which is specifically designed for men ages 19-24 who need a highly-structured environment for cultivating their recovery while allowing for self-direction. Fairbanks will match the donation.

The contribution was made possible by The 24 Group's various fundraisers, including the annual Hawk Walk that was conducted in September.

Fairbanks also has been awarded nearly \$200,000 in grants recently. That includes \$50,000 from the Gladys Brooks Foundation for capital improvements to the women's La Verna Lodge, \$25,000 for a parking lot expansion at the men's La Verna Lodge, \$10,000 from the Hoover Family Foundation for the Supportive Living Program and a \$113,000 grant from United Way of Central Indiana for completion of all fire stop work.

Former NFL Quarterback to speak at Fairbanks Circle of Hope Dinner

The annual Fairbanks Circle of Hope Dinner is 6 p.m. Thursday, April 26, at the Indianapolis Marriott Downtown, 350 W. Maryland Street.

The 2018 keynote speaker is former National Football League quarterback Ryan Leaf. The No. 2 pick in the 1998 NFL draft, Leaf began abusing prescription opiates after retiring from the league due to an old football injury. After multiple stints in treatment and relapses—and serving time in prison—Leaf is now a behavioral health advocate and voice for the recovery community.



Tickets and sponsorships are available online at fairbankscd.org/our-events/circle-of-hope.

Hope Academy part of website offering adolescent addiction research

Dr. Sigurd Zielke spent years researching adolescent addiction issues and working one-on-one with students affected by the disease. His work helped form the basis for Hope Academy, a recovery high school supported by Fairbanks and the only school of its kind in Indiana.

Now Zielke's making his and other colleagues' research available to practitioners working in adolescent addiction treatment and recovery.

Along with Hope Academy, Fairbanks and Indiana Wesleyan University, he's played a seminal role in establishing the Adolescent Addiction Learning and Recovery Project (AALRP). Through the website AALRP.org, Zielke's goal is to provide recovery high school educators/practitioners and other professionals who facilitate student recovery with:

- A web-based forum for professional exchange
- Relevant information about substance-impacted students and recovery
- Practical strategies and tools to enhance student sobriety, learning, school success and personal development
- Professional studies and links, and
- Recovery educator professional postings

"Nationally there is very little data on the impact of substance abuse on learning—especially practical data for educators," Zielke said.

Along with professors from Indiana Wesleyan's addictions counseling program; his wife Debra, a certified clinical researcher; and former interns now at IWU, Zielke has been quantifying the data he's amassed on Hope Academy students over the years. Each contain numerous data points that show patterns and can lead to additional studies.



Dr. Sigurd Zielke

The results of this research will be offered as a free resource on the AALRP website, along with smaller studies on patterns and pathways of adolescent substance abuse relapse. With only about 40 recovery high schools nationwide, generating this type of data is of great worth.

"There are no other recovery schools conducting research like this," Zielke said. "We want Hope Academy, Fairbanks and Indiana Wesleyan to be thought leaders on this subject."

Hope Academy gets virtual with science

Hope Academy recently launched new cutting-edge technology to improve student engagement with science by introducing a virtual reality curriculum.

Students will now study photosynthesis in the Redwood Forests of California, design engineering at Kittyhawk and astronomy on the top of Sunspot Mountain in New Mexico—all without leaving the classroom.

The virtual reality curriculum is provided by VictoryVR, an Iowa-based education technology company. In all, Hope Academy will have 48 units of science with 240 unique virtual reality experiences. Those experiences include virtual field trips, interactive experiences like escape castles and traveling the solar system, as well as an educational lesson Wendy, America's runner-up teacher of the year.

"Numerous studies show that when students are immersed in virtual reality, they retain more knowledge and improve test scores," said Steve Grubbs, founder of VictoryVR. "We know test scores in science are low, so this is a way to get high school students excited about learning and improve test scores across our country."

The science curriculum is based on the Next Gen Science Standards, which more than 80% of schools in the United States have adopted in whole or in part.

The virtual reality curriculum is built for the Oculus Rift, a Facebook hardware system that delivers hyper-realistic 3D experiences.



Hope Academy students demonstrate how the school's new virtual reality technology works.

Hope Academy alumni join staff as peer specialists

AJ Stinnett and Julia Myers were two of Hope Academy's first students to spend all or most of their high school careers there. Many of the recovery high school's students and alumni don't or didn't matriculate there until their junior or senior year, often because they've denied the extent of their substance abuse.

"These two really represent what Hope Academy is all about," Brad Trolson, the school's recovery coach, said of Stinnett and Myers.

So much so that when they graduated in the spring of 2017, Trolson and Chief Operating Officer Rachelle Gardner began thinking of ways to keep them connected to the school. Gardner created part-time peer specialist positions for Stinnett and Myers. Their job is to assist Trolson in working individually with students to help keep their recovery on track.

"They have great insight and wonderful understanding of the students and their struggles with substance use, because they've been in the same position," Trolson said.

Myers sees much of herself in the current students.

"I often think, I was there. I know those feelings," she said.

"Sometimes it's like a mirror, sometimes a portal to the past. In fact a lot of what the students are going through I'm still working through. So it's inspiring to see people I work with succeed with things I'm still working on."

Trolson was seeing signs early in the school year that the peer specialist program was working. He witnessed a student thank Stinnett for helping her navigate the travails of her recovery despite not always being the nicest person toward him.

"As an adult, I'm not as relatable as someone who's been a student here, who's been frustrated with teachers and the rules," Trolson said. "So the fact AJ can reach out to her and be understanding and compassionate is a pretty powerful thing. He and Julia have the skills to do that."

Stinnett confesses to having bad days too.

"I'm a big-hearted person who really cares about every student here," he said. "So sometimes I leave here feeling defeated or upset about something. That's when I know I need to do something I'm neglecting, like go to a meeting or talk to other people in recovery."

"But at the same time, being here also gives a lot of power to my recovery. This is where I got my wings and took off. I feel empowered by the students and staff."



Hope Academy peer specialist AJ Stinnett (left) works with a couple students on homework.

Give the gift of hope and recovery

Why donate to Fairbanks?

Donations to Fairbanks save lives! As a nonprofit organization, Fairbanks relies on donations to continue our mission of inspiring hope and transforming lives. A contribution to Fairbanks makes care, resources and support available from the moment people walk through the doors seeking help throughout their recovery journey.

Your donation to Fairbanks will help:

- Individuals who are lost and struggling with their addiction discover hope and begin their journey as they enter treatment.
- Families find support from one another at a time when they often feel alone.
- Patients transition from one level of care to the next, strengthening their recovery one day at a time.
- Alumni and volunteers share their experience, strength and hope and put a face and a voice to recovery.
- Physicians, nurses and counselors create individualized treatment plans to ensure each patient receives the highest quality of care.
- Smiles and hope appear as patients complete their treatment and become alumni.

How can you make a donation?

- Visit our website at fairbanksd.org.
- Mail a donation to Fairbanks at 8102 Clearvista Parkway, Indianapolis, IN 46256 to the attention of Mariann Williams.
- Contact Mariann Williams, individual giving officer, at 317.572.9391 or mwilliams@fairbanksd.org.

Planned Giving

Please consider designating a legacy gift through your will. It's as easy as including language similar to below:

"I, [name], of [city, state, zip], give, devise and bequeath [____] % of the rest residue and remainder of my estate to Fairbanks Hospital, Inc. dba Fairbanks, an Indiana not-for-profit corporation and a nonprofit corporation as described in Section 501(c)(3) of the Internal Revenue Code of 1986, as amended (the "Code"), as well as a public charity, contributions and bequests to which are deductible under one or more of Sections 170, 2055, 2106 and 2522 of the Code. Fairbanks is located at 8102 Clearvista Parkway, Indianapolis, IN 46256. This gift is made to help further the general objectives and purposes of Fairbanks Hospital."

For more information regarding planned giving, please contact Leigh Ann Erickson, director of development and alumni relations, at 317.572.9398 or lerickson@fairbanksd.org; or Mariann Williams, individual giving officer, at 317.572.9569 or mwilliams@fairbanksd.org.

Employee spotlight: Jackie Lewis

When Jackie Lewis was hired as a technician on Fairbanks' adolescent unit in 1991, she hadn't necessarily envisioned working with young people.

While originally studying to be a teacher at Indiana University, the Noblesville native ended up graduating from IUPUI with a degree in psychology. Lewis learned of the job opening at Fairbanks through a friend.



"This just kind of fell into my lap," she said.

It's a role she grew to love, particularly when it came to working with teens and their parents. At one point Lewis' job was taking calls from parents about their children and assessing treatment options.

"A lot of times they weren't even sure how to approach the situation," she said.

"Sometimes it took numerous calls before it even got to the point of an assessment and follow through to treatment."

There was a four-year period when Lewis left Fairbanks to work with adults at a work release facility. She thought there'd be many differences between adults and adolescents with addiction issues. That was not the case.

"A lot of the same behaviors and issues are prevalent in both age groups," Lewis said.

She returned to Fairbanks to supervise the adolescent and young adult guidance specialists. In addition, Lewis also serves as Fairbanks' medical office manager.

The organization's mission has always been one of Lewis' favorite aspects.

"We are always trying to help and support people who are struggling with addiction," she said.

Board of directors spotlight: Ukamaka M. Oruche, Ph.D., RN, FAAN

Associate Professor of Psychiatric-Mental Health Nursing | Indiana University School of Nursing



Q: What led you to join the Hope Academy Board of Directors?

A: I was recommended by a colleague at Indiana University School of Nursing. She knew of my clinical and research training and most importantly my passion and commitment to the mental health of youths. I did not know of Hope Academy before then. Once I learned more, I was hooked. It was a natural fit with my professional expertise and over 15 years of commitment to care for youths with mental health and substance use and their families.

Q: What was your awareness level on the issue of addiction among youth prior to joining Hope Academy's board?

A: I was acutely aware of the challenges/difficulties associated with maintaining recovery for youths who often have to return to the same environment that fuels their addictions. As a clinician, I work firsthand with these youths, and know how much they struggle to remain clean under intense peer pressures in school and community.

Q: What do you wish other people knew about Hope Academy?

A: I wish others knew that Hope Academy provides excellent education to students while providing a supportive environment to help them maintain sobriety, education is free of charge and that almost all of our students graduate and go on to college.

Ukamaka and her husband Ody have been married for 30 years. They have two sons and a daughter-in-law. As an associate professor of psychiatric-mental health nursing, Ukamaka conducts research to improve the mental health of parents of adolescents who have mental disorders and addictions. She has also run a charity health project that serves residents of southern Nigeria since 2004.

Spirit & Place performance depicts true stories of addiction and recovery

Fairbanks and Hope Academy—along with Art of Healing, Inc., and the Indiana Addiction Issues Coalition—collaborated on a play depicting addiction and recovery for the 2017 Spirit & Place Festival.

The play "I'm Doing This for the Rest of My Life!" was performed in November in front of a full house at the Phoenix Theatre.

The performance featured four personal stories of addiction, long-term recovery and ultimately hope through a new play written by local playwright Tom Horan, as well as a spoken word performance and discussion.

It was conceived by the founders of Art of Healing, Inc.: Sally Wasmuth, Ph.D., OTR, an assistant professor in the University of Indianapolis' School of Occupational Therapy; and Victoria Garcia-Wilburn, DHSc, OTR, of Indiana University's Department of Occupational Therapy at IUPUI.

Wasmuth was a research fellow at the Veterans Administration when she devised a theater intervention for her patients. That led to the Spirit & Place collaboration, which included performances and true accounts from students and staff.

Organizers hoped the play helped educate the public about the current opioid crisis and addiction in general.

"We see addiction not just as a problem in individuals but in society and in our culture," Wasmuth said.

Kathleen Gill (from left), Kim Manlove and Victoria Garcia-Wilburn—representing Fairbanks, the Indiana Addiction Issues Coalition and Art of Healing, Inc. respectively—answer audience questions following the performance.



Susan Li Conference features state's drug prevention director

The 2017 Susan Li Conference featured keynote addresses by Jim McClelland, executive director for drug prevention, treatment and enforcement for the State of Indiana, and Dr. Tim Kelly of the Integrated Care inpatient detoxification program at Community Health Network and principal partner at Clearvista Recovery Associates.

McClelland is tasked with coordinating nine state agencies that work in various ways on substance abuse issues. He also seeks to leverage state and federal resources to respond as effectively as possible to the current crisis and substantially reduce the likelihood of a similar crisis in the future.

Dr. Kelly touched on many points of the drug epidemic during his keynote address. Among them:

There are too many opioid prescriptions in our society.

Every 19 minutes someone dies from an overdose of controlled substance medications, most notably opioids. In 2008 overdoses surpassed motor vehicle accidents as a cause of death in Indiana.

There's still a stigma hanging over addiction.

A third of Americans believe addiction is caused by a lack of willpower or self-control even though it's defined as a chronic disease with contributing genetic, psychological and environmental factors.

It's more effective to treat addiction as a disease than a crime.

Addiction costs our society over \$500 billion annually, but only 2 cents of every dollar spent on it goes toward prevention or treatment. The rest goes to hospital care and the criminal justice system. But every dollar invested in treatment and prevention saves \$4-\$7 in fewer drug-related crimes, court hearings and thefts.

The 2018 Susan Li Conference will be held July 19-20 at Fairbanks.



Indiana drug czar Jim McClelland discusses the state's strategy in addressing the opioid crisis at the 2017 Susan Li Conference.

Dr. Sonderman joins Fairbanks as a staff physician

Fairbanks welcomed back Dr. Andrew J. Sonderman as one of its staff physicians.



Dr. Sonderman joins the medical team at Fairbanks working with Drs. Darrin Mangiacarne and Jennifer Bell. He previously worked for the nonprofit drug and alcohol treatment center from 2012-16—including serving as the interim medical director in 2015.

Prior to working at Fairbanks, Dr. Sonderman was an anesthesiologist at Northside

Anesthesia Services for 16 years. He also served as medical director for the Indiana Pharmacists Recovery Network and operated a private practice in outpatient addiction medicine through Clearvista Recovery Associates.

Dr. Sonderman is a graduate of the University of Evansville and the Indiana University School of Medicine. He is board certified through the American Board of Addiction Medicine and has professional memberships through the American and Indiana societies of Addiction Medicine.

Hope Academy featured on national news

PBS NewsHour broadcasted a nationally-televised segment about Hope Academy this fall as part of its America Addicted series.

Journalist Pamela Kirkland and a crew visited Hope Academy multiple times in the spring, summer and fall to interview students, staff, alum and experts on the recovery school concept for the report.

A video of the story, including a transcript, may be viewed online at pbs.org/newshour/bb/innovative-high-school-students-get-support-battling-addictions-learn or on Hope Academy's website.



PBS NewsHour producers interview a parent of a Hope Academy student.



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Top substances treated at Fairbanks:

Adults:

Alcohol | Opioids | Sedatives | Amphetamines

Adolescents:

Cannabis | Alcohol | Opioids | Sedatives

Data collected from all patients who sought treatment at Fairbanks 7.1.17-12.18.17.

Connect with Fairbanks on social media



Stay up to date with what's happening at Fairbanks, receive recovery inspiration and learn about new trends in treatment and recovery. facebook.com/fairbankscd



Connect with Fairbanks receive industry statistics, professional training opportunities and job openings!



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UPCOMING EVENTS

Sunday, February 25
Taste of Hope

Thursday, April 26
Fairbanks Circle of Hope Dinner

Thursday and Friday, July 19-20
Susan Li Conference

For more information about these events, please contact Kathleen Gill at kgill@fairbankscd.org or visit fairbankscd.org/our-events/events-calendar.

The 2016-17 Fairbanks Annual Report is now available online.

fairbankscd.org/annualreport

Here's what you'll see inside:

- Stories of Recovery
- Hope Academy
- Volunteer and Alumni Relations
- Our Programs and Services
- Details of Operations
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