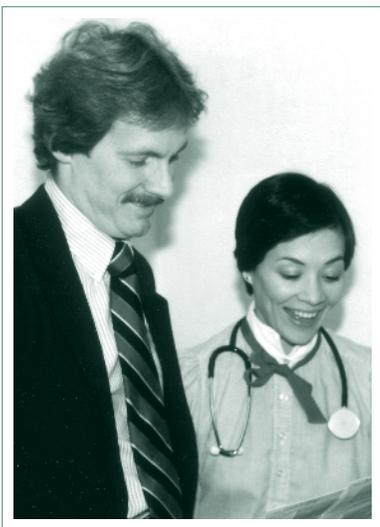




36 Years of Service—Countless Lives Changed



Drs. Tim and Rebecca Kelly at the Cornelia Cole Fairbanks Hospital in the late 1970s.

When Fairbanks Medical Director Dr. Tim Kelly was just 19 years old, he witnessed the miracle of recovery. His father, who had always struggled with alcoholism, began attending Alcoholics Anonymous and quickly embraced a recovery lifestyle. Inspired by his father, Dr. Kelly decided to dedicate his life to helping others like his dad.

In 1978, Dr. Kelly came to Fairbanks to complete his senior residency and worked as the weekend physician. Just five short years later, he became the medical director of the Indianapolis drug and alcohol treatment center. Since that time he has embodied Fairbanks' mission of helping individuals and families who struggle with the disease of addiction.

This June, Dr. Kelly will retire from Fairbanks. Over the past 36 years, he has committed his professional and personal life to making Fairbanks the nationally recognized and well-respected addiction treatment center it is today. But his top priority has always been helping those we serve achieve a fulfilling life in long-term recovery. The people who have had the pleasure of working with and receiving care from Dr. Kelly say it best...

“Dr. Kelly is far more than a medical professional. He takes a keen interest in all of his patients and goes to great lengths to put a plan in place for life long recovery. He treats everyone with the utmost care and compassion. He’s a man of great character, integrity, and defines true humility. I’m forever grateful for the lessons learned, and the role he has played in my life in so many ways.”

- Brad B., Fairbanks Alumnus

“Dr. Kelly is a believer in the power of the human spirit and connects individuals to one another to ensure strength and hope in battling the disease of addiction. Throughout Indiana, he is known as a tireless advocate and educator who has lent his voice and years of experience to eradicate the stigma of addiction and wants all to understand recovery is possible.”

- Sharon Baker, Fairbanks Director of Support Services

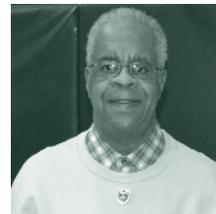
Fairbanks is a nonprofit organization focused on recovery from alcohol and other drug problems, serving as a resource to improve the well-being of individuals, families and communities by offering hope and support through its programs and services.

Newsletter SPRING 2014



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As I look out my window and see the sunshine, I am thankful that spring has finally arrived. I suspect there is no season more anticipated than spring, especially in the Midwest. It's the time of year when we feel renewed and hopeful because of the promise of warmer weather, flowers and longer days. Like the promise of spring, Fairbanks is full of hope.

Someone who has provided our patients with the gift of hope for many years is Dr. Tim Kelly. In June, Dr. Kelly will retire from Fairbanks after 36 years of providing quality care to our patients and their families. He is deeply committed and passionate about helping those who struggle with the disease of addiction.

As I reflect on what makes Dr. Kelly so remarkable I recall how our adult services director, Robin Parsons, first described him to me, "Dr. Kelly truly cares about his patients and sees through the behaviors of the disease of addiction to find the strengths in each person." She continued to tell me that serving Fairbanks as our medical director is more than a job for Dr. Kelly, it's his calling.

He has a special way of bonding with his patients whether it's talking about guitar lessons, traveling or finding someone a safe place to live. It's not uncommon for Dr. Kelly to call upon friends or alumni to sponsor a patient in need. Dr. Kelly goes above and beyond by communicating regularly with family members and engaging them in the recovery process. He believes in each and every person who comes to Fairbanks and through his creative approach, ensures each person has the tools they need for life-long recovery.

When you consider the number of patients, family members, volunteers and addictions professionals he has mentored over the last 36 years, his impact is immeasurable. We have all learned from Dr. Kelly and we thank him for the wisdom he has shared with all of us.

We are grateful to you, Dr. Kelly. Congratulations as you begin the next chapter of your life.

Best regards,

Mark Monson
President and CEO

Honor Dr. Kelly by making a donation to the Dr. Tim Kelly Patient Assistance Fund.
www.fairbankscd.org/make-a-donation

Dr. Kelly through the Decades

1971 Presented with the Brebeuf Senior Class Community Service Award

1975 Graduated from Indiana University with a Bachelor of Art's Degree majoring in psychology and biology

1978 Began working at Fairbanks as the weekend physician

1979 Graduated from Indiana University School of Medicine

1982 Became board certified in internal medicine

1983 Became the medical director of Fairbanks

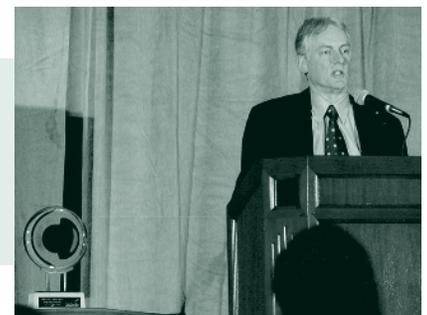
1986 Became certified by the American Society of Addiction Medicine (ASAM)

1996 From March of 1996 through December of 2001, served as the chief executive officer in addition to his role as the medical director of Fairbanks

2003 Received the Richard M. Fairbanks Circle of Hope Award and the Brebeuf Fred McCashland Outstanding Alumnus Award



Dr. Kelly accepts the 2003 Richard M. Fairbanks Circle of Hope Award for his notable work in the field of addiction.



2008 Became certified by the American Board of Addiction Medicine

Community Involvement

Dr. Kelly lends his expertise to other addiction professionals as an instructor in addiction medicine for 14 medical schools, Community Hospital of Indiana Family Practice Residency, St. Vincent's Family Practice Residency, Indiana State University and Butler University Physician Assistance Programs.

Hope and Agape

Throughout history, humans and animals have shared a unique bond. Animals are our companions, hunting partners, body guards and family members. But in recent years they have taken on new titles—therapist and teacher. Animal-assisted therapy has recently been adopted in a variety of settings as an effective form of treatment.

Equine-assisted therapy, in particular, is growing rapidly around the nation with over 20 centers specializing in this practice throughout Indiana, including Agape Therapeutic Riding Center. Located in Cicero, Indiana, Agape is an accredited center through PATH Intl. (Professional Association of Therapeutic Horsemanship International).

With a recent grant from United Hope Foundation, Agape partnered with Hope Academy to offer students an opportunity to participate in a program called Stirrup Success in the Stable. The program has a unique character development curriculum, which focuses on leadership, teamwork and positive decision-making.

“Each week students focus on emotional and behavioral goals that are specific to their recovery,” said Agape Executive Director Amanda Bocik. “We are able to channel the students’ enthusiasm and excitement for the horses by engaging them to achieve their personal goals.”

Horses can be intimidating, but that’s one of the many reasons this therapy is so popular. Participants are empowered to work with the animal and gain trust regardless of its size.



Agape Office Manager and certified PATH instructor, Lyn Penfound, encourages Hope Academy Student Emma W. to be a leader for Little Foot.

“When students are able to work with a horse, it’s a unique experience to witness because where fear has existed before, now becomes compassion, respect and confidence,” Bocik said.

While students learn about horses, they also learn about themselves. They become more confident in who they are and the decisions they make.

“It’s an exciting experience to work with animals while focusing on recovery,” Hope Academy Senior Summer S. said. “It is a great opportunity to work with my peers outside of school and nice that I have been able to enhance my leadership skills.”



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, visit www.hopeacademyrhs.org.

SAVE THE DATE!

14
APR

Hope Academy Spring Enrollment Begins

Hope Academy will accept applications until capacity is reached. Email lbusch@fairbanksd.org or call 317.572.9440 to learn more.

31
MAY

Hope Academy Graduation

11 a.m., Fairbanks Recovery Center



Like Hope Academy on Facebook at www.facebook.com/hopeacademyrhs.

How can you give back what was given to you? Become a volunteer at Fairbanks!

When you become a volunteer, you help yourself and others! Our volunteers support the mission of Fairbanks and are dedicated to serving individuals and families who struggle with addiction. Staying engaged at Fairbanks can also enhance your recovery program. Here are some of our exciting volunteer opportunities.

- Office Assistant
- Fresh Start Café Barista
- Gift Shop Attendant
- Peer Facilitator
- Access Center Greeter
- Gymnasium Monitor

To learn more about volunteer opportunities at Fairbanks, contact Kathleen Gill at kgill@fairbanksd.org or 317.572.9469.



“Volunteering helps you in your recovery because you are doing something to help someone else. I am thankful that I have somewhere to go and know that volunteering saved my life.”
- Jerry, Fairbanks Volunteer

Read Jerry and Kristine's stories of recovery and volunteering at www.fairbanksd.org/volunteerstories.



“April 19 marks two years since I became a volunteer and that date is almost as important as my sobriety birthday because I know I couldn't have sobriety without it.”
- Kristine, Fairbanks Volunteer

Defining the Times

Substance Use Disorders in Teens and Young Adults
Seventh Annual Susan Li Conference ▶ July 17-18, 2014



KEYNOTE SPEAKER
Janice Gabe, LCSW, CAC

Janice Gabe has over 30 years of experience working with teens and families and specializes in the treatment of clinically complex teens with a variety of co-occurring disorders. She is recognized as one of the country's leading experts on the needs and issues facing young people and their families.

The Susan Li Conference will be held at the Fairbanks Recovery Center. Register prior to June 30 for a discounted rate of \$120. Registration after June 30 is \$135. Attendees will receive 12 CEUs from the Indiana Professional Licensing Agency and the National Association of Alcoholism and Drug Abuse Counselors. Application for IPA CE sponsorship is pending.

Visit www.fairbanksd.org/susan-li-conference to register for the 2014 Susan Li Conference.

For more information about educational offerings at Fairbanks, visit www.fairbanksd.org/continuing-education or contact Susan Day at 317.572.9401 or sday@fairbanksd.org.

2014 EVENTS: MARK YOUR CALENDAR!

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

- 10 MAY** **Open Mic Night at the Fairbanks Recovery Center**
6 p.m. | Music, poetry, comedy and more
- 6-8 JUN** **Founders' Day Road Trip to Akron, Ohio**
The birthplace of AA and Celebration of AA's 79th Anniversary
- 28 JUN** **Fairbanks Alumni Summer Picnic**
11:30 a.m.-2:30 p.m. | Family, fun, food and games
- 17 18 JUL** **Professional Education: The Seventh Annual Susan Li Conference** | Up to 12 CEUs
8 a.m.-4:30 p.m., Fairbanks Recovery Center
Lunch and education included in one low price
- 28 SEP** **Fairbanks Alumni Association Golf Outing**
Ironwood Golf Club
- 25 AUG** **Women, Wine and Wisdom** | 1 CEU
12 p.m., Fairbanks
Lunch and Learn
- 14 OCT** **Women, Wine and Wisdom** | 1 CEU
12 p.m., Fairbanks Hendricks County Office
Lunch and Learn

Create Your Legacy through a Planned Gift

Charitable gifts help you support a mission close to your heart. But did you know you can make a gift now that will create an impact well into the future? A planned gift provides support for your favorite nonprofits, like Fairbanks, and costs nothing in your lifetime. One easy way to make an impact is through a bequest. All you have to do is include a provision in your will and at your death Fairbanks will receive the donation amount you specified.

BENEFITS TO A BEQUEST

Your bequest designation will not be subject to any federal estate taxes.

You provide future support for Fairbanks.

You may change your bequest designation at anytime.

YOUR GIFT TO FAIRBANKS

Your planned gift can be restricted for a special purpose. The most useful type of bequest is unrestricted; this allows Fairbanks to use your donation for the greatest need.

By indicating that you have included Fairbanks in your will, you become a member of the Nevitt Brady Society. Dr. John F. Nevitt and Mr. James F. Brady helped thousands of men find sobriety while building a nonprofit organization called 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 and express their desire to help individuals struggling with alcohol or drug addiction through their planned gift to Fairbanks.

For more information about how you can support Fairbanks, please contact Katy Crichlow Cummings, CFRE, Director of Development & Alumni Relations at 317.572.9398 or ccrichlow@fairbankscd.org.



Like us on Facebook at www.facebook.com/fairbankscd.

Taste of Hope:

1: Student artwork on display and for sale at the event.

2: Hope Academy Senior Emily courageously shares her story of recovery.

3: Over 180 guests fill the recovery center.

Taste of Hope Raised \$17,657

180

180 guests learned about hope and recovery

13

13 Hope Academy students volunteered at the event

8

8 local restaurants donated their delicious food

All proceeds from Taste of Hope support Indiana's only recovery high school, Hope Academy. Funds raised from this event help the school to provide students with recovery support, small class sizes and elective courses!



La Verna Lodge for Men Welcomes New Manager



In February of 2014, Scott Adams joined the La Verna Lodge for Men team as the program's manager. He has extensive experience working with individuals who struggle with mental illness and addictions and a passion for helping others. Scott looks

forward to working with a team focused on helping men identify areas for growth and take steps toward positive change, all within an environment conducive to personal reflection, peer support and sustained sobriety.

“One of the most remarkable things about La Verna Lodge for Men is how immersed in recovery our residents are and how open they can be to this process. It is so rewarding to see the men “do something different” in their recovery, agree to let others in and talk about their feelings openly and honestly. It is nice to see them establish supportive relationships, ones that will extend far past their time at the lodge.”

Scott began his career working with adolescents within a juvenile detention center and has served as a case manager for adolescents in the high school setting. He was a trainer for crisis intervention courses through Cornell University and worked with adults as an outpatient therapist at a community mental health center. Scott's most recent role was as the clinical supervisor of adult outpatient programming at Fairbanks.

Scott received his bachelor's degree in psychology and sociology from Valparaiso University and his Master of Social Work Degree from Indiana University. He is originally from Angola, Indiana and has lived most of his life within the state of Indiana. He is married and has three children, ages three, six and nine. In his spare time, Scott enjoys traveling, running, working out, watching movies and spending time with his family.

To learn more about La Verna Lodge, visit www.lavernalodge.com.

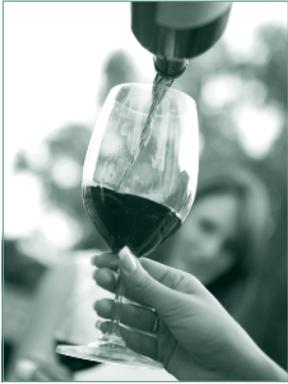


La Verna Lodge for Men, established in 1998, is an extended residential treatment center for men who are struggling with addiction and have complex recovery issues. La Verna Lodge for Men is located in Hamilton County and provides a recovery program that has proven to have lasting effects on men and their families.



La Verna Lodge for Women is located in Shelby County, just 30 miles away from Indianapolis, Indiana. Nestled on 38 acres of beautifully wooded grounds, La Verna Lodge for Women offers a peaceful and private setting for women as they begin the healing process and embrace a new life in recovery.

Women and Wine



There are many ways people gather for entertainment and relaxation. In today's society, drinking wine has become an increasingly popular recreational activity—especially for women. This year, Fairbanks will host a lunch and learn, "Women, Wine and Wisdom," to provide education about the relationship between women and wine, and the dangers of excessive drinking.

"There was a time when women would say let's meet over coffee, but that activity has shifted to meeting over wine," Fairbanks

Regional Relationship Manager Susan Day said. "Today there are so many social settings where women incorporate wine with friends and family."

Different reality television shows have also normalized wine drinking for women, especially mothers, not only as a social beverage of choice, but a relaxation method. There are numerous social media groups that also downplay the seriousness of the problem. Additionally, medical articles have encouraged people to drink red wine to maintain good heart-health.

"There are a lot of people who believe the more wine the better, but drinking excessively can lead to health issues such as liver disease, heart disease and pregnancy complications," Day said. "Women need to understand how much is too much in order to avoid these complications."

According to the National Institute on Alcohol Abuse and Alcoholism, a standard five ounce glass of wine has about 14 grams of pure alcohol. Based on that, moderate daily drinking for women includes one glass. Binge drinking for women is four or more drinks in a two hour time period.

Day encourages women to learn more about their limits when it comes to consuming alcohol and seek alternative social activities.

If you are struggling with alcohol, call a professional at Fairbanks today. Visit www.fairbankscd.org for additional information about our programs and services or call **800.225.4673**.

For upcoming lunch and learn dates about this topic, please see page 4.

TOP SUBSTANCES TREATED AT FAIRBANKS

Adults:

Alcohol | Opiates | Sedatives | Cocaine

Adolescents:

Marijuana | Opiates | Alcohol | Sedatives

Data collected from all patients who sought treatment at Fairbanks 01.13-12.13.



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

Supportive Living

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

Recovery Management Services

Recovery Coaching
Tobacco Cessation
Hope Academy
Link

Education

PRIME For Life
Marijuana Education
Susan Li Conference

Alumni and Volunteer Activities

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



Fairbanks
Experts in addictions. Focused on recovery.

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Indianapolis, IN 46256

www.fairbankscd.org

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United Way agency

If you do not wish to receive this newsletter, please call 317.806.7515 or email atownsend@fairbankscd.org.

HOPE ACADEMY About Us Academics Student Life For Parents Recovery Resources Contact Us [Donate Now](#) [Apply](#)

Welcome to Hope Academy

In the United States, 80% of students relapse from recovery upon returning to their high school after having primary treatment for substance abuse. Hope Academy is Fairbanks' answer to this staggering statistic.

[Learn More](#)

Announcements

Student Led Conferences
Student led conference is March 14. Students should report to school only during their scheduled time with their teachers and parents.

2014 Graduation
Mark your calendars for graduation at Hope Academy on May 31.

Spring Enrollment
Hope Academy is now enrolling for the spring 2014 semester. Fill out an application to begin the process.

[See All Announcements](#)

Student Life

See what it's like to be a part of the Hope Academy family.

[Learn More](#)

For Parents

Stay interested. Stay involved.

[Learn More](#)

Upcoming Events

8 MAR SUN	Daylight Saving Time Begins All Day
10 MAR FRI	Student Led Conferences 9:00am - 3:20pm
11 MAR MON	School Closed - Spring Break All Day
14 APR THU	School Closed - Spring Break All Day
15 APR FRI	School Closed - Spring Break All Day
16 APR SAT	School Closed - Spring Break All Day
17 APR SUN	School Closed - Spring Break All Day
18 APR MON	School Closed - Spring Break All Day
19 APR TUE	School Closed - Spring Break All Day
20 APR WED	School Closed - Spring Break All Day
21 APR THU	School Closed - Spring Break All Day
22 APR FRI	School Closed - Spring Break All Day

[See Full Calendar](#)

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8102A Clearvista Parkway, Indianapolis, IN 46236
317.806.3104

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Academics Recovery Resources
Student Life Contact Us

Connect With Us

www.hopeacademyrhs.org

Here's what you will find online:

- School calendar
- Staff bios and assignments
- Announcements
- Parent resources
- A message from the principal
- Student blog
- Application to enroll online
- Course and extracurricular info
- Recovery resources
- And more!