

STATE OF INDIANA  
EXECUTIVE DEPARTMENT  
INDIANAPOLIS

# Proclamation

FOR: INDIANA HOME MONTH . . . . . MAY, 1969  
TO ALL TO WHOM THESE PRESENTS MAY COME, GREETING:

WHEREAS, the Indiana Home has been in existence for over twenty years and 666 patients were treated in the old facility in 1968; there are 60,000 potential alcoholics in Marion County alone and the proposed new Home can treat over 3,000 people a year; and

WHEREAS, no illness exceeds that of alcoholism as a major social problem of the people of the United States and Indiana; and

WHEREAS, industry and individuals should contribute generously to make this Building Fund a success and achieve its goal of \$425,000.00;

NOW, THEREFORE, I, Edgar D. Whitcomb, Governor of the State of Indiana, do hereby proclaim May, 1969, as the

INDIANA HOME MONTH

in Indiana.



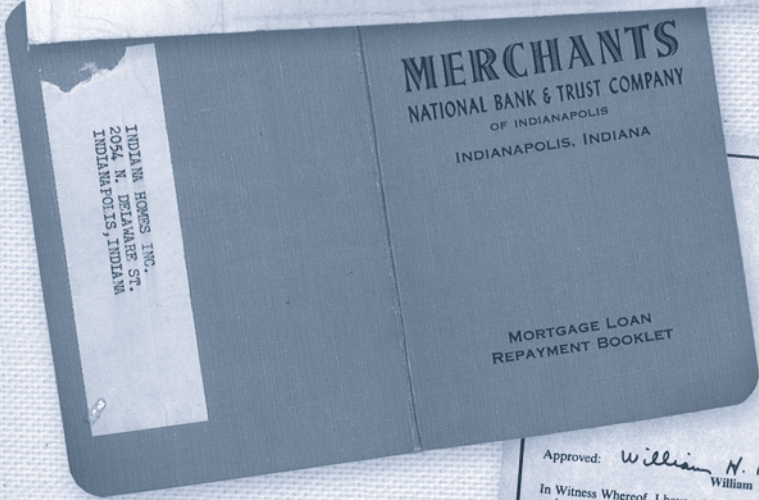
TESTIMONY WHEREOF, I HAVE  
AND CAUSED TO BE AFFIXED THE GREAT SEAL OF THE  
STATE OF INDIANA, AT THE CAPITOL, IN THE CITY  
OF INDIANAPOLIS, THIS 5th DAY OF May,

*Edgar D. Whitcomb*  
GOVERNOR OF INDIANA

BY THE GOVERNOR  
*William H. Hudnut III*  
SHERIFF OF STATE



Fairbanks  
1945 • 2010



INDIANA HOMES INC.  
2054 N. DELAWARE ST.  
INDIANAPOLIS, INDIANA

**MERCHANTS**  
NATIONAL BANK & TRUST COMPANY  
OF INDIANAPOLIS  
INDIANAPOLIS, INDIANA

MORTGAGE LOAN  
REPAYMENT BOOKLET

Chapter No. 2202 No. 85

LICENSE of The City of Indianapolis  
 Issued on 01/31/80  
 Issued to \_\_\_\_\_  
 Doing Business As Fairbanks Hospice  
 At 1595 NORTHWESTERN AVE  
 City Indianapolis State IN Zip 46202

Valid Until 04/2/80

Approved: *William H. Hudnut III*  
 William H. Hudnut III, Mayor  
 License \$ 2500  
 In Witness Whereof, I have set my hand and caused my official seal to be affixed.  
 Inspection Fee \$ \_\_\_\_\_  
 Issue Fee \$ 200  
 Other Dept. Code 0127 Fred L. Armstrong, City Controller  
 Other \$ \_\_\_\_\_  
 Total \$ 2700

**1980**  
Approved by \_\_\_\_\_ Board of Accounts for City of Indianapolis 1974



## Debt-Free Treatment Center To Open Friday



Alex Vonnegut (center), 82, a long-time supporter, puts copper time capsule behind a plaque at the new quarters of the Indiana Home, now the Cor-

nelia Cole Fairbanks Home. Looking are Frederick W. (Pete) Keuthan (the project superintendent, Lloyd Ho-

ners of the Indiana Home, now the Cor-

The Indiana Home for Alcoholic Treatment's new \$425,000 quarters will open Friday without a mortgage, it was learned yesterday.

This will be accomplished with a donation of more than \$200,000 from the Cornelia Cole Fairbanks Foundation, which put the home's building fund "over the top."

Because of the Fairbanks contribution, the home was dedicated yesterday for the woman for whom the foundation is named—the wife of Charles Warren Fairbanks of Indianapolis, who was vice-president of the United States during the administration of President Theodore Roosevelt.

**FAIRBANKS**, who died in 1918, provided for the foundation by establishing a 500-year trust, which began when his estate cleared probate.

Funds were to be drawn from the trust every 50 years for projects for the betterment of Indianapolis. The new Cornelia Cole Fairbanks Home is the first such project.

Dignitaries on hand for dedication of the home at 1575 Northwestern Avenue included the Fairbanks' grandson, Richard M. Fairbanks, president of Fairbanks Broadcasting Company Inc. (WIBC-WNAP).

the construction cost were Lilly Endowment and the Indianapolis Foundation, Keuthan said.

The remainder came from smaller contributions from the general public during a campaign that began a year ago.

**BECAUSE THE** Fairbanks money will be available Dec. 31, 1971, Keuthan explained, the home has financed part of the building cost with bank notes which will be retired at that time.

The home also had about \$40,000 in the bank when the fund drive began, he said.

Another boon was the lease in 1968 of the home's 1.5-acre site in Lynn Park for 75 years by the Indianapolis Department of Parks and Recreation. The rent is \$1 a year.

In his dedicatory speech, Mayor Richard G. Lugar, who spearheaded the site arrangement, pointed to the new facility as evidence that alcoholism now is being recognized as "a disease causing acute suffering" rather than the "one-time butt of our jokes."

**KEUTHAN ALSO** was recognized for his role in the realization of the new treatment center. He was presented with a scroll by attorney William H. Krieg, president of the boards of the home and of Winona Memorial Hospital.

Patients will move to the new 60-bed home on Friday from the present 12-bed quarters at 2054 North Delaware Street.

### FAIRBANKS HOSPITAL IN PERSPECTIVE:

#### A Beginning . . .

(Editor's Note: This article is the first in a series of three that outlines the origin, present programs and future plans of Fairbanks Hospital.)

Back in 1945 little attention was paid to those suffering from alcoholism. While a few individuals were fortunate enough to receive help from their own physicians, most were left to find sobriety in jails, on streets, under bridges and in their homes.

Two men - Dr. Nevitt and Mr. Brady - decided to build a detoxification facility; both had sat with many people through alcohol withdrawal. A small community group formed a committee and provided earnest money for the purchase of a residence at 1341 N. Alabama St. The cost of the structure, to become the Indiana Home, Inc., was \$9,850.

This first home could treat as many as twelve. The length of stay was six days with a total cost to the patient of \$60.

The patients were gradually withdrawn from alcohol by administering decreasing amounts of alcohol. This was done by two to three days rest and nutritional meals.

After they were off alcohol, patients were introduced to Alcoholics Anonymous. For afterwards, they were encouraged to attend A.A. meetings regularly.

The first administrator of the Indiana Home was Herman E. McCormick, who served from 1945 to 1950. Dr. Ross Burt was attending physician advised by four nurses.

The facility ran smoothly its first 12 years until August 17, 1957, when fire destroyed the structure. Patients from property sold by the City of Indianapolis to the State Highway Department. With its close location to Methodist Hospital and the Indiana University Medical Center, this location seemed ideal for the new treat-



Fairbanks Hospital in perspective:

ment facility.

The land - 1.5 acres - was leased annually for \$1 per year for 75 years from the Metropolitan Board of Park Commissioners.

A campaign for funds to build a new structure was initiated - more than half of the funds came from the Cornelia Cole Fairbanks trust. The only stipulation with the \$200,000 donation was that the new detoxification center be named after the donor. The Cornelia Cole Fairbanks Home was built and ready for occupancy in May of 1970.

With the new facility, changes began to occur at a fast pace.

First, Dr. David L. Phillips, an accomplished psychiatrist in Indianapolis, was appointed Chief of Staff.

A new treatment program was implemented - instead of decreasing amounts of alcohol, a much safer process using medication was employed for withdrawal. The length of the program was increased from 6 to 14 days, which included utilization of addiction education, individual therapy, and group therapy, in addition to an introduction to A.A.

Since the new programs increased the cost of the treatment, Blue Cross Blue Shield coverage was needed to aid patients.

On Oct. 8, 1970, the Cornelia Cole Fairbanks Home became a licensed psychiatric hospital covered by Blue Cross Blue Shield.

On June 30, 1971, Dr. Phillips resigned leaving Dr. Bill Frestad as acting medical director until Jan. 1, 1972, when Dr. Paul Flanagan, the present medical director, joined the staff.

The year 1972 also saw a change in administration with the death of Red Crane. The loss of the man who had done so much to aid in the growth and expansion of the Indiana Home and Fairbanks Hospital was felt deeply.

Bill Babcock, administrative assistant to Crane, became Administrator in November, 1972.

With the new administration, the old familiar pattern of change began again.

Plans for a second-story addition to the hospital were developed immediately after Babcock took over.

With the assistance of Chairman of the Eli Lilly Foundation and the Indianapolis Foundation for the addition.

In the spring of 1974, the auditorium, conference rooms and patients' lounge were opened for use in the new addition.

Also in 1974 the Joint Commission for Accreditation of Hospitals set standards for alcoholism treatment facilities. Through the assistance of the staff, the decision was made to meet these high standards to insure that the highest quality of care. The hospital was surveyed in Oct., 1974, and was granted one-year accreditation in January, 1975.

A whole new era of change was created for Fairbanks. Immediately after the accreditation process began to prove an entire staff of therapists was created and individual therapy, and a new philosophy of treating the family of the alcoholic was implemented.

Since it began operation 22 years ago, Fairbanks Hospital has moved from a small residence to a 54-bed facility 12 male patients to a 54-bed facility for both men and women that detoxifies as well as treats the disease of alcoholism.



Construction in 1970

### FAIRBANKS HOSPITAL FEE CHARGE

Following are the rates charged for the various services offered by Fairbanks Hospital. These rates have been established in conjunction with the Voluntary Rate Review Process of Blue Cross and Blue Shield:

- Inpatient fees:**
  - Room Rate - 75 per day\*
  - Physicians' fees - \$15 per day
  - Ancillary charges - will vary depending on the individual needs of the patient
  - Family workshops - \$10 per session\*\*
- Aftercare fees:**
  - Individual & Family Counseling - \$20 per hour
  - Group Therapy - \$8 per session
  - Psychotherapy (with Psychiatrist) - \$50 per hour
- Outpatient fees:**
  - Individual Counseling - \$20 per hour
  - Family Counseling - \$30 per hour
  - Group therapy - \$10 per session
  - Psychotherapy (with Psychiatrist) - \$50 per hour
  - Psychiatric Evaluation - \$50 per hour
  - Couples Group - \$20 per couple

\*Check-out time for inpatients is 11:00 a.m.  
\*\*This is not a Blue Cross-approved rate.

### MISSION STATEMENT

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.





## JULY 1, 2009 THROUGH JUNE 30, 2010

### ANNUAL REPORT CONTENTS

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# honesty and commitment lead **mindy** to recovery

For most of Mindy's 19 years of life, she was a "normal kid" who swam on the school swim team and looked forward to trips to the zoo with her mother. The youngest of four sisters, Mindy enjoyed art and French class, and her classmates at the high school she attended. Drugs and alcohol had never been a problem. "I didn't drink, smoke pot or anything," she says. But Mindy's boyfriend was another story.

"My boyfriend was into heroin," she says. Though she was tempted to try it, she never did. And then in 2009, he jabbed her with a heroin-filled syringe as she walked by. Mindy was shocked—at first—then grew to need the drug.

It wasn't long before Mindy became addicted. "I'd use once every couple of weeks," she says. "But then it progressed...and I was doing it every day."

She was also stealing money from her parents to buy drugs. The combination of lying, stealing and addiction led to a breakdown. "I was going through counseling and I told my therapist about all the lying and using behind my parents back," she says. Mindy told her parents about her drug use and tried hard to quit. But she couldn't do it on her own.

By March 2009, Mindy had returned to a daily habit, and along with an acquaintance, brought drugs and needles with her for a three-day senior retreat.

But school staff discovered their plans, and called Mindy's parents to come and pick her up. Just two months shy of graduating, Mindy was expelled from high school.

She was given a job at her father's business to keep her busy while her parents looked for ways to help their daughter. They found Hope Academy, the recovery high school at Fairbanks. By then Mindy had quit using again, and felt good about enrolling at Hope.

"I immediately clicked with the staff," she says. "But the expectations were different than what I was used to. They weren't just focused on your grades. They were focused on your sobriety, too."

Still, Mindy continued to struggle with her addiction. "I relapsed during the school year," she says. "Then the staff at Hope convinced me to take a tour of Fairbanks Treatment Center." Mindy stayed in the adolescent unit at Fairbanks for the next six weeks.

Throughout her time at Hope Academy, Mindy experienced several relapses, the worst coming over the Christmas holiday. "Normally when I relapsed I would use once or twice," Mindy says. This time she used every day for the entire break.

Yet instead of hiding her relapse, Mindy told Hope staff about it. "I knew that was what I was supposed to do," she says. "For once, it started to work out because I had done the right thing. And from that point on it became easier and easier for me to maintain my sobriety."

"I learned I had to be honest with myself. I had been lying to myself."

Mindy has been sober since January 1st. She credits her success in part to Hope staff and to lessons she received while she was at the school. "Dr. Z really helped me work through a lot of issues," she says, referring to Hope Academy staff member, Dr. Sig Zielke. "I finally had someone to talk to who wasn't a therapist or my parents."

One of the most important lessons was making a commitment to honesty—with herself, and with others. "I learned I had to be honest with myself," Mindy says. "I had been lying to myself."

Mindy graduated from Hope Academy on May 28, 2010, and has enrolled at Ivy Tech Community College. After she finishes at Ivy Tech she wants to earn a degree in mortuary science, but is taking life one day at a time. "I live by that," she says with a smile. "That's another important thing I learned at Hope."



## seth learns to live again

It was 2006, and from all appearances, 31-year old Seth seemed to have everything. A native of Marion, Indiana, he was married, the father of two young children, and earning a six-figure salary as the vice president of a finance company. "At the time, I liked the work," he says. "I thought by making as much money as I could it signified having a good job." But Seth had a problem he needed to address, so he quit—his job, his wife, his kids, *everything*. "In June of 2007 I left to go and get sober," he says.

An accomplished athlete and student, Seth played baseball at Butler University, while earning a business degree and finishing law school. While at Butler, Seth was in a car accident. Between the painkillers he received and medication he took to ease the panic attacks he'd had since high school, Seth gradually became addicted to the medications. He increasingly isolated himself from his family, spending his days sleeping or locked in his basement. "I was a total non-entity," he says. "I was miserable to be around, and miserable with myself."

Then Seth's parents asked him to dinner to talk. "They knew something was wrong and were asking probing questions about what was bothering me. "When they opened that door, I walked through it," he says.

The "door" led to Fairbanks. Seth spent 30 days at Fairbanks before moving into La Verna Lodge, a 12-step, long-term treatment setting for men created to unite residents and their families in recovery. "I had to get away from my daily habits and also focus on my recovery," he says. "But I also needed a safe place to manage my anxiety about life, and a place where I could be held accountable to behave in the appropriate way."

La Verna Lodge gave Seth that opportunity. Each day he met with counselors, attended 12-step meetings, exercised, and performed basic tasks, including getting up on time and doing his laundry. "None of that was optional," Seth says. "It was analogous to someone who suffered head-trauma and has to relearn everything: For someone like me, I had lost the ability to function in everyday life."

But Seth learned other important lessons at the Lodge. "It helped me learn how to live with other people, and gave me the guidance I needed for a strong recovery program that I could live with for the rest of my life," he says. Seth says being teamed with another addict, and attending the meetings, were—and are—particularly important to him.

"Working with another addict gives me a chance to see myself," he says. "The meetings still teach me lessons about being a member of a group, and allowing others to express their opinions, and knowing those opinions are important." Seth was at Fairbanks and La Verna Lodge from June through August of 2007, and then lived in an apartment for a year before reuniting with his wife and children in 2008.

"La Verna Lodge helped me learn how to live with other people, and gave me the guidance I needed for a strong recovery program that I could live with for the rest of my life."

Seth now serves as a volunteer at Fairbanks, and speaks to male residents every Friday night, encouraging them to continue on with their recovery. He now owns a small contracting company and enjoys the physical labor. And Seth is finally at peace with who he is.

"What was really killing me was that I thought I was the center of the universe, and that things only happened because I made them happen," he says. "But after coming to Fairbanks, I realized everything kept on happening without me, that I wasn't the cause for every effect. For somebody who was terminally self-important, that was the biggest lesson I could ever get."







## debra takes off her mask .....

Debra doesn't remember much about her life before her parents split up. Except that she was four years-old when they divorced, and afterward, she moved with her mother from their middle-class Chicago home to an apartment on the city's tough west side. "We lived in the ghetto," Debra, now 53, says.

Her life growing up included cheerleading and volleyball, spending summers with her aunts and taking classes in the park. "They had ballet, art, things like that," she says. "I learned how to walk the way I do by taking an etiquette class in the park."

Debra's west side neighborhood taught her a different set of lessons. "I learned to run a lot," she says. "And to never walk with a smile. Ghetto rules."

After Debra graduated from high school she moved to the suburbs, worked as a hairstylist and dabbled in college courses before working her way up to a promotion as the director of housekeeping for International Services System in Dallas, Texas in 1988. In Dallas, she was assaulted in her apartment, a turning point in her life that led her to Fairbanks. "I thought it was my fault," she says. "It felt like a part of me died."

The years that followed left Debra depressed and lost. "I had built up anger and resentment about the assault," she says. "I managed to hide it, because I didn't like people knowing my business. It was like I had a bunch of masks and personalities. And I'm a really good actress."

But by 2002, the masks had begun to crack. What started as drinking to mask the pain resulted in a physical dependence. At this point, Debra was ready to seek help at Fairbanks. But Debra wasn't ready to embrace recovery—yet. "I told people what they wanted to hear," she says. "But my counselor told me he hoped someone was planting a seed."

"The best thing I got from Fairbanks was when I left and had to face life for myself. I learned I wasn't afraid anymore—I could feel the peace."

Three years later Debra returned to Fairbanks, her dependency on alcohol even greater. And the "seeds" from her first encounter at Fairbanks had taken root. "I came back because I needed someone in control of my life that I could trust," she says. "I knew I'd be safe. And that for once I could take the time to heal myself."

Debra spent the following year in the Supportive Living Program at Fairbanks while continuing to work full-time. She learned that her anger over the assault from years earlier really masked her fear of being alone and feeling vulnerable. "The best thing I got from Fairbanks was when I left and had to face life for myself. I learned I wasn't afraid anymore—I could feel the peace."

Being at Fairbanks, Debra says, has helped her find the woman she's been hiding all these years. "When I look in the mirror, I can say I actually like this person," she says. "I had to deal with all my emotions and stuff; before, my emotions were in a bottle."

Today Debra shares her story with other women as a volunteer at Fairbanks and with other organizations. She also talks with co-workers seeking help. "My biggest thrill is talking with the women at Fairbanks," she says. "They think I'm helping them...they're helping *me*."

# Celebrating 65 Years of Hope

## The Indiana Home for Alcoholic Men Opens

When a community group formed a committee and purchased a home at 1341 North Alabama, they didn't realize that they were establishing the organization that would eventually become Fairbanks, the oldest independent treatment center in the United States.



In 1945, this treatment center was called The Indiana Home for Alcoholic Men. Here, men struggling with alcohol dependence stayed for six days at a total cost of \$60. Patients were administered gradually decreasing doses of alcohol to detoxify—a common treatment at the time.

In 1957 the original home on North Alabama was destroyed by fire. Thankfully a new facility was purchased only a few blocks away at 2054 N. Delaware.



The Indiana Home at 2054 N. Delaware.



The Cornelia Cole Fairbanks Hospital at 16th and N. Delaware.

## The Indiana Home Expands and Becomes the Cornelia Cole Fairbanks Hospital

Expansion plans for the Indiana Home were realized through a grant from the Cornelia Cole Fairbanks Trust Fund, and in honor of Mrs. Fairbanks, the Indiana Home became the Cornelia Cole Fairbanks Hospital. The new facility opened at 16th and Northwestern (now Martin Luther King Jr. Drive) in May 1970 with 60 beds, including a unit for women as well as one for men, the first treatment facility in Indiana to provide a unit exclusively for the treatment of women with alcoholism. It was also the first treatment center to be reimbursed by Blue Cross and Blue Shield insurance.



Left: Groundbreaking for the new facility. Right: Cornelia Cole Fairbanks and her grandson, Richard M. Fairbanks.

1945

1968

1970

1982

### Community Needs Grow

By 1968, over 10,000 patients had been served at the Indiana Home. Charges for treatment had risen as an increased number of patients were being admitted. As addiction began to be more openly discussed and addressed, more requests for a facility in which women could seek help were received.



Indiana Home Manager, Elmer "Red" Crane.

### Expansion Once Again and a New Move

Through community and philanthropic support, Fairbanks opened a new facility on the northeast side of Indianapolis, treating men, women and adolescents for drug and alcohol abuse and addiction. Family and outpatient services were expanded. The Cornelia Cole Fairbanks Hospital became Fairbanks Hospital, Inc. and moved to the current location at 8102 Clearvista Parkway.



Fairbanks at 8102 Clearvista Parkway.





## Fairbanks Offers Long-Term Recovery Support with the Addition of the Fairbanks Recovery Center

Following a facility assessment that demonstrated the need for more space to support long-term recovery from addiction, Fairbanks embarked on a facility expansion to build the Fairbanks Recovery Center in 2007. In addition to outpatient programming and recovery management, the Recovery Center also houses Hope Academy, the recovery high school at Fairbanks, The Fresh Start Café, a volunteer-supported coffee shop, support groups and social events.



The Fairbanks Recovery Center.

To see the complete timeline, visit:  
[www.fairbankshistoryofhope.org](http://www.fairbankshistoryofhope.org)

### Mission Changes to a Focus on Recovery

Fairbanks chose to change the focus of their mission statement to emphasize recovery from drug and alcohol addiction rather than just treatment of addiction. This decision was made to demonstrate that care and support to individuals with this chronic disease does not stop with the initial services of detoxification and rehabilitation, rather it is an ongoing effort that lasts a lifetime.



Left: Entrance to Hope Academy. Right: Drumming circle activity in the Fairbanks Recovery Center.



2001

2002

2004

Present

### United Way Agency

In 2002, Fairbanks became a United Way of Central Indiana (UWCI) agency making it possible to extend programming with a focus on recovery management.



### La Verna Lodge

La Verna Lodge provides men who struggle with alcohol and drug addiction a structured long-term residential environment. Located on the wooded grounds of a former private home, the facility provides individualized, confidential care as well as educational programs that assist residents and their families with re-entry to home and work.



Dining room (left) and living room (right) at La Verna Lodge.

# Hope Academy, the Recovery High School at Fairbanks



THE RECOVERY HIGH SCHOOL  
AT FAIRBANKS



**Left:** A Hope Academy student works on an art project during self expression class. **Right:** Recovery and Wellness teacher, Ashley Adams, provides instruction to students about how to use their *90 in 90* recovery workbook.

## HOPE ACADEMY

- 26 students have graduated from Hope Academy since opening in 2006
- In the most recent parent survey, parents reported a 100% satisfaction rate with Hope Academy
- The school has served students from 22 Indiana counties
- 100% of full time staff have held their position for two or more years
- All students attending Hope Academy are engaged in a recovery and wellness plan
- 100% of the 2010 spring graduates enrolled in college
- Collectively, during the 2009-2010 school year students achieved 5,632 days of sobriety
- Students with 200 or more days of sobriety have shown over a 40% increase in their grade point average
- Of students enrolled at Hope Academy for a minimum of one year, 80% showed growth in their standardized test scores



**Left:** Courtney Roby, wide receiver for the New Orleans Saints NFL football team, autographs a Hope Academy student's shirt. **Right:** Mr. Dean, Hope Academy teacher, offers individual assistance to students.



**Left:** Spring 2010 graduates, the fourth graduating class of Hope Academy, prepare to receive their diplomas.

**Right:** The five graduates, who have all enrolled in college, are applauded after receiving their diplomas.



## Fairbanks Alumni and Volunteers



**Left:** The Fresh Start Café, located in the Fairbanks Recovery Center, is a volunteer operated coffee shop. **Right:** Buzz Perry, Mike Joyce and Jim Kovach after receiving recognition for 20 years of volunteer service to Fairbanks. Not pictured: Tom Luessow, who received this recognition in 2009.



Golf participants practice putting at the annual Fairbanks Alumni Association Golf Tournament.



Volunteer of the year, Suzanne Perryman, poses for a picture with her family and Fairbanks President and CEO, Helene Cross and Medical Director, Dr. Kelly. From left to right: Glen Swisher, Mary Swisher, Helene Cross, Suzanne Perryman, Michael Wood and Dr. Tim Kelly.

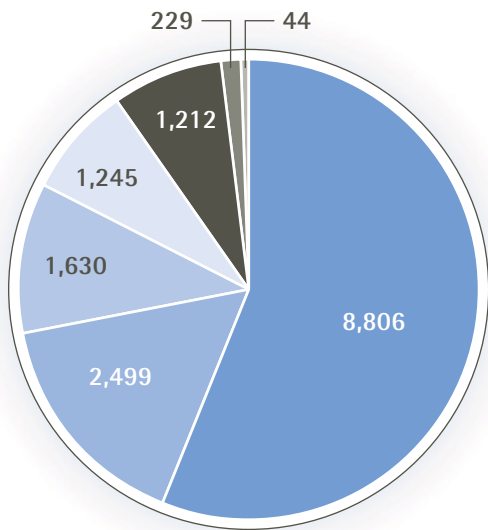
## VOLUNTEER STATS

- During the 2009-2010 fiscal year, 215 individuals volunteered at Fairbanks
- These 215 volunteers contributed a total of 21,219 hours of service
- Hours of service increased 38% from 2009 to 2010
- Four of our current volunteers have served Fairbanks for over 20 years
- Volunteers are honored each year at the Fairbanks Volunteer Recognition Dinner
- Volunteers contribute in many different ways including:
  - Book store and coffee shop cashiers
  - Access Center greeters
  - Adult inpatient group leaders
  - Saturday speaker panelists
  - Van drivers for patient transportation
  - Marketing and trade show representatives for Fairbanks
  - Fairbanks educational conference assistants
  - Weekend social events assistants at the Recovery Center



The Fairbanks Gift Shop is run entirely by volunteers.

# Total Number of Persons Served in 2009-2010



- 2,499 ■ Addiction Treatment
- 229 ■ First Step Supportive Living
- 8,806 ■ Family, Alumni and Community Members
- 1,630 ■ Education and Research
- 1,212 ■ Community Outreach
  - Craine House
  - Marion County Community Corrections
  - Larue Carter Hospital
  - Fathers and Families Center
- 44 ■ La Verna Lodge
- 1,245 ■ Recovery Management
  - Behavioral Couples Therapy
  - Tobacco Cessation
  - Recovery Management Groups

**Total: 15,665**

## Counties Served in 2009-2010

### ■ United Way of Central Indiana Counties: 58%

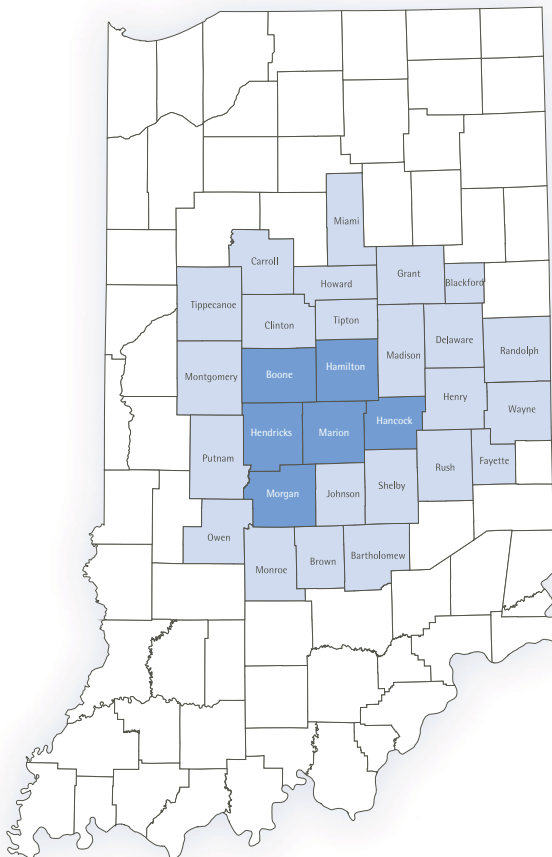
- Boone
- Hamilton
- Hancock
- Hendricks
- Marion
- Morgan

### ■ Surrounding Counties: 24%

- Tippecanoe
- Montgomery
- Putnam
- Owen
- Monroe
- Brown
- Johnson
- Shelby
- Bartholomew
- Rush
- Fayette
- Wayne
- Randolph
- Delaware
- Madison
- Grant
- Blackford
- Tipton
- Delaware
- Randolph
- Wayne
- Henry
- Fayette
- Rush
- Clinton
- Carroll
- Henry

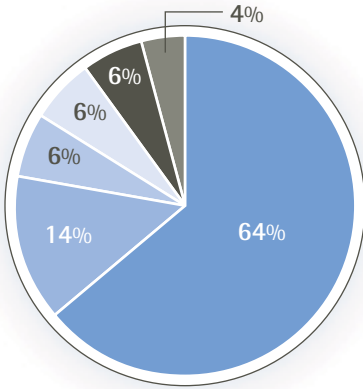
### □ Remaining Indiana Counties: 17%

Out of State: 1%





# Details of Fairbanks Operations\*



## Operating Expenses

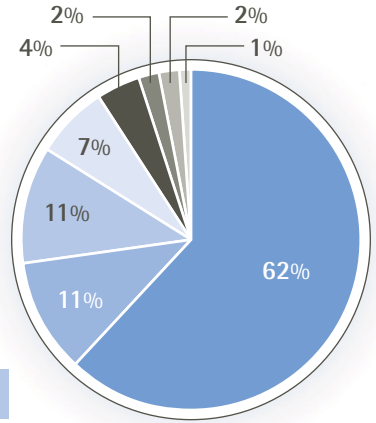
- 64% Salaries and Benefits
- 14% Professional/Purchased Services
- 6% Bad Debt
- 6% Other
- 6% Utilities, Rent and Maintenance
- 4% Depreciation

\*Hope Academy information not included.

For the fiscal year  
July 1, 2009 to June 30, 2010  
(Unaudited figures)

Total: \$17.6 million

Total: \$19.0 million

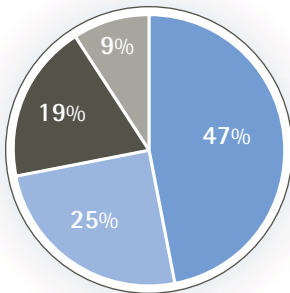


## Sources of Operating Income

- 62% Commercial Insurance
- 11% State and Local Government
- 11% Medicare
- 7% Self-Pay
- 4% Other Income and Donations\*\*
- 2% First Step Supportive Living Program
- 2% United Way
- 1% Medicaid

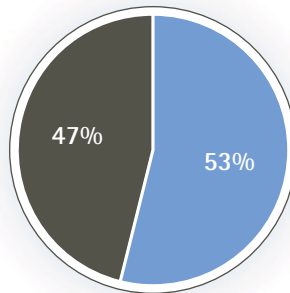
\*\*Additional non operating donations and capital contributions totaling \$960,000 not included.

## A Look at Our Donors



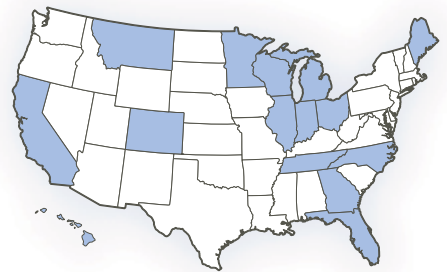
## Sources of Donations<sup>†</sup>

- 47% Organizations
- 25% Foundations
- 19% Individuals
- 9% Corporations



## Donor Renewals

- 53% Renewed Donors
- 47% New Donors



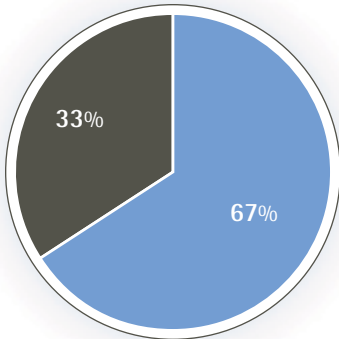
## Donors by Geography

- States with Donors

<sup>†</sup>Based on amount of donations received totaling \$968,448.

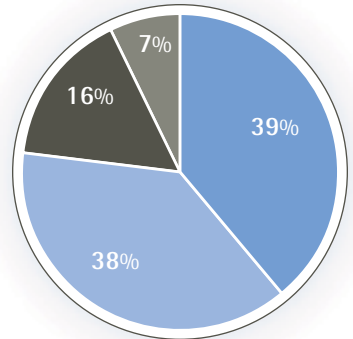
# Fairbanks Demographics 2009-2010

A Look at Who We Served



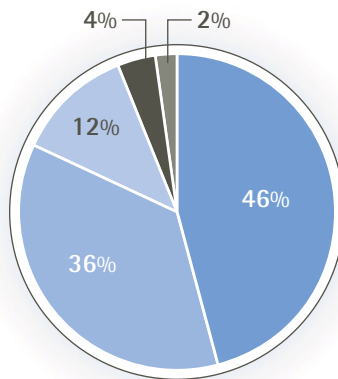
**Gender**

67% Male  
33% Female



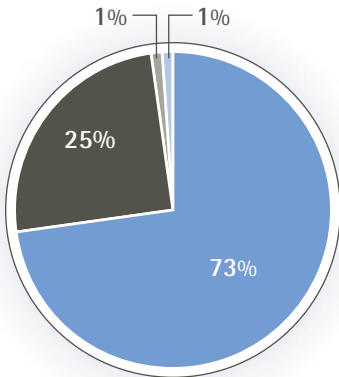
**Age**

16% 19 and under  
39% 20 - 39  
38% 40 - 59  
7% 60+



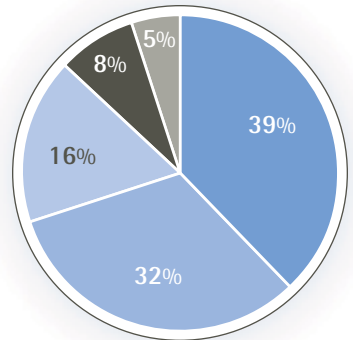
**Marital Status**

46% Single  
36% Married  
12% Divorced  
4% Separated  
2% Widowed



**Ethnic Origin**

73% Caucasian  
25% African American  
1% Hispanic  
1% Biracial

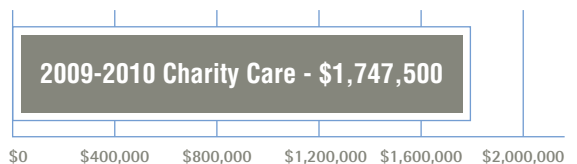


**Education**

16% Some High School  
32% High School Graduate  
39% Attended or Graduated College  
5% Post Graduate  
8% Other

## Annual Charity Care

In the fiscal year July 1, 2009 to June 30, 2010, Fairbanks provided \$1,747,500 in charity care for the treatment of adolescents and adults. These individuals desperately needed treatment but could not afford to pay for services, were underinsured or did not have insurance.



## A MESSAGE FROM THE PRESIDENT AND CEO



Photo as published in *Indianapolis Woman*.

Saying the words “Fairbanks is the oldest free-standing independent treatment and recovery center in America” humbles me and inspires me. I follow visionaries and administrators who embraced a mission, developed programs and services and state-of-the-art facilities. These leaders recognized the need to expand services to include women and adolescents, and they labored to keep our doors open during difficult times. We will always be grateful for their work.

Think of those doors... downtown at the Indiana Home for Alcoholic Men, the Cornelia Cole Fairbanks Home on 16th Street and now Fairbanks on 82nd Street... opening thousands and thousands of times.

We honor those individuals who had the courage to open and enter the doors of Fairbanks and their ability to find new life. And we salute the hundreds of staff and volunteers who welcomed those who came and provided care with compassion.

Today we have the most sophisticated and professional staff in our history supported by a passionate and talented board of directors. And with outcomes that prove an investment in long-term support helps individuals sustain sobriety, our programs have an emphasis on recovery and include a recovery high school.

A golden thread that is part of our history is philanthropy. Sometimes people can't open the door to recovery because they don't have insurance or the funds to pay. This annual report celebrates the support you give to help individuals and families struggling with addiction say, “I got my life back.” Thank you.

Warm regards,

Helene M. Cross  
President and CEO



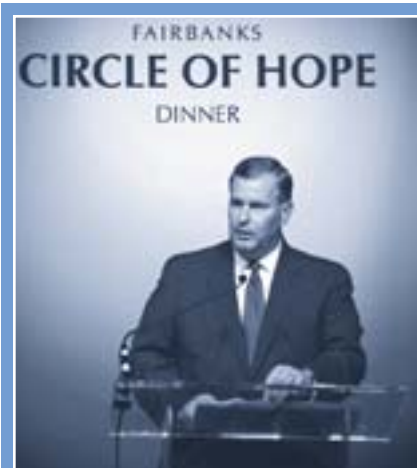
# Ninth Annual Fairbanks Circle of Hope Dinner



**Left:** The ninth annual Fairbanks Circle of Hope Dinner, held at the Indianapolis Marriott Downtown, had 540 guests in attendance. **Right:** The 2010 Richard M. Fairbanks Circle of Hope Award honoring Indiana Wesleyan University and the Fairbanks Community Partnership Award honoring Scott Long of Wabash, Indiana.



**Left:** Helene Cross, president and CEO of Fairbanks, shares the history of Fairbanks with the audience. **Middle:** Fairbanks Board Chairman, Phyllis Land Usher, presents the Richard M. Fairbanks Circle of Hope Award to Dr. Darlene Bressler, accepting on behalf of Indiana Wesleyan University. **Right:** Singer, songwriter and author, Judy Collins, keynote speaker, inspired the crowd with her words and songs.



.....

Legendary singer/songwriter Judy Collins spoke at the ninth annual Fairbanks Circle of Hope Dinner on Tuesday, June 22 at the Indianapolis Marriott Downtown.

Each year, the Fairbanks Circle of Hope Dinner raises awareness in the community about alcohol and drug addiction while honoring individuals and organizations for outstanding contributions related to research, education or treatment of drug and alcohol abuse and addiction. This year's recipient of the Richard M. Fairbanks Circle of Hope Award was Indiana Wesleyan University in recognition of their academic programs for addictions counseling.

Proceeds from the 2010 Fairbanks Circle of Hope Dinner went to the Patient Assistance Fund, which supports individuals who are uninsured, underinsured or not able to pay for treatment.

.....

Mayor Gregory Ballard, Honorary Chairman of the Fairbanks Circle of Hope Dinner, welcomes guests.

## Community Outreach

### Fairbanks Provides Drug and Alcohol Treatment Services Throughout the State



#### J.P. CRAINE HOUSE

Fairbanks counselors provide intensive outpatient drug and alcohol treatment groups on-site to the residents.

The J.P. Craine House is an alternative sentencing program for non-violent female offenders and their pre-school age children. This facility is one of six in existence in the country and the only one in the Midwest.



#### DUVALL RESIDENTIAL CENTER

Counselors from Fairbanks provide on-site assessments and group counseling to participants at risk for substance abuse. This partnership with Marion County Community Corrections prepares nonviolent offenders for their life outside of jail or prison.

#### LARUE CARTER MEMORIAL HOSPITAL

Fairbanks partners with Larue Carter Hospital by providing drug and alcohol treatment services to all patients. Residents of Larue Carter receive group and individual counseling from the Fairbanks staff on site as well as education on the proper use of prescription medication.

Larue Carter Memorial Hospital is a state psychiatric hospital, accredited by The Joint Commission, which provides care and treatment to patients with a variety of mental illnesses including adults who are developmentally disabled and those who are deaf or hearing impaired.



### STATE OF INDIANA PROJECTS INCLUDE:

#### STRATEGIC PREVENTION FRAMEWORK STATE INCENTIVE GRANT (SPF/ SIG)

Fairbanks provides the administrative oversight of this federal grant that has provided a state epidemiological profile of the need for alcohol and drug treatment and recovery services in Indiana. This profile has guided the basis for state incentive grants to be awarded which will develop new infrastructure and expansion of alcohol and drug prevention services within the state of Indiana.

#### INDIANA ACCESS TO RECOVERY (ATR)

Fairbanks coordinated the implementation, monitoring and technical support to county recovery consultants and service providers in the start up of the federal access to recovery programs.

The grant from the Substance Abuse & Mental Health Services Administration/Center for Substance Abuse Treatment is aimed at expanding the chemical dependency recovery infrastructure in the state to include both faith-based and community organizations that have traditionally not been involved in chemical dependency recovery.

## Spotlight on United Way of Central Indiana



United Way agency

The United Way of Central Indiana is an outstanding donor, partner and friend of Fairbanks. This partnership began in 2002.

This milestone can be measured

by the difference it has made in our organization and the lives of the individuals and families we serve. By being a partner agency, Fairbanks has been the benefactor of countless United Way support:

- New furniture for patient rooms and group areas
- Facility structural upgrades and improvements

- Capital grant that covered half of the total costs associated with the construction of the new cafeteria and employee parking lot
- Facility assessment
- Partial funding for the \$6.7 million capital campaign to build the Fairbanks Recovery Center
- Maintenance and technology projects

Fairbanks is grateful for the support of the United Way of Central Indiana. Today, Fairbanks is a stronger organization because of this partnership.

## Fairbanks Addiction Treatment and Recovery Services

### Addiction Treatment and Recovery Services

Providing detox, inpatient and outpatient addiction services to adolescents, adults and their families for 65 years.

### Supportive Living Program

Providing transitional housing for individuals participating in Fairbanks treatment services.

### Recovery Management

Offering group and individualized life-skill development with recovery coaches to support individuals who complete treatment at Fairbanks.

### Education and Research

Combining real-life treatment with research data and education for professionals in the community.

### La Verna Lodge

Providing confidential, long-term, residential addiction services for men. Please visit [www.lavernalodge.com](http://www.lavernalodge.com).

### Tobacco Cessation

An individualized program for those wishing to lead a tobacco-free lifestyle.

### Hope Academy

A recovery high school that offers a welcoming and supportive academic environment committed to sobriety, academic success and personal growth. Hope Academy is a tuition-free, public, charter high school.

### Behavioral Couples Therapy

Offering recovering individuals and their partners therapeutic sessions to assist them in working toward progress in recovery through relationships.

### Family Education

Fairbanks offers family members and significant others the opportunity to become active in family education and parent support group sessions.



## A MESSAGE FROM THE CHAIRMAN OF THE BOARD



The awareness of the disease of addiction continues to grow and the stability of Fairbanks proves to be strong as we approach a new frontier in addiction treatment.

As I step down as Chairman of the Board of Directors at Fairbanks, I would like to share the gratitude I have toward this organization and its leaders. While we reflect on our past 65 years, it is no surprise to see how far we have come, both as a treatment center and in the field of addiction treatment.

I can say with certainty that one of the biggest turning points for Fairbanks was in 2001 when we gained Helene Cross as the President and CEO of Fairbanks. Her visionary leadership and dedication has made Fairbanks a national leader in treatment and recovery services.

In addition to exemplarily guidance from our CEO, Fairbanks has always had a strong board of directors

with diverse backgrounds. For the 2010-2011 year, we will introduce three new board members, who will bring fresh ideas to the organization. I would also like to congratulate Phyllis Land Usher as the incoming board chairman. I have confidence in her ability to lead Fairbanks successfully into the future with the strategic plan that has been implemented.

It has truly been my pleasure serving on the Fairbanks Board of Directors for the last decade. With change comes growth and I know Fairbanks is prepared to embrace the changes that are coming in the field of addiction.

Sincerely,

A handwritten signature in cursive script that reads "William T. McKay II".

William T. "Rusty" McKay II  
Chairman of the Fairbanks Board of Directors

# 2009-2010 REGISTRY OF DONORS

The following registry represents the contributions received from the generous donors who supported Fairbanks and Hope Academy during the time period of July 1, 2009 through June 30, 2010. We are very appreciative of the support we receive from all of our donors. If you've been touched in some way by our mission, we invite you to consider supporting Fairbanks or Hope Academy. For more information contact Katy Crichlow Cummings at 317.572.9398 or [ccrichlow@fairbankscd.org](mailto:ccrichlow@fairbankscd.org).

## FOUNDATIONS, CORPORATIONS, AGENCIES AND INDIVIDUALS

### \$100,000+

Ruth Lilly Philanthropic Foundation  
United Way of Central Indiana

### \$25,000-\$99,999

The Irsay Family and  
The Indianapolis Colts

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“Fairbanks really  
helped me to learn  
how to live again.”

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“I have a good relationship with my family now and I have made real friends through the Fairbanks program.”

“I have discovered  
the true meaning  
of hope.”

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*We do our best to correctly report all information. If we omitted your name or gift, we apologize. Please contact Development Manager Katy Crichlow Cummings at 317.572.9398 or ccrichlow@fairbanksd.org for any additions or corrections.*

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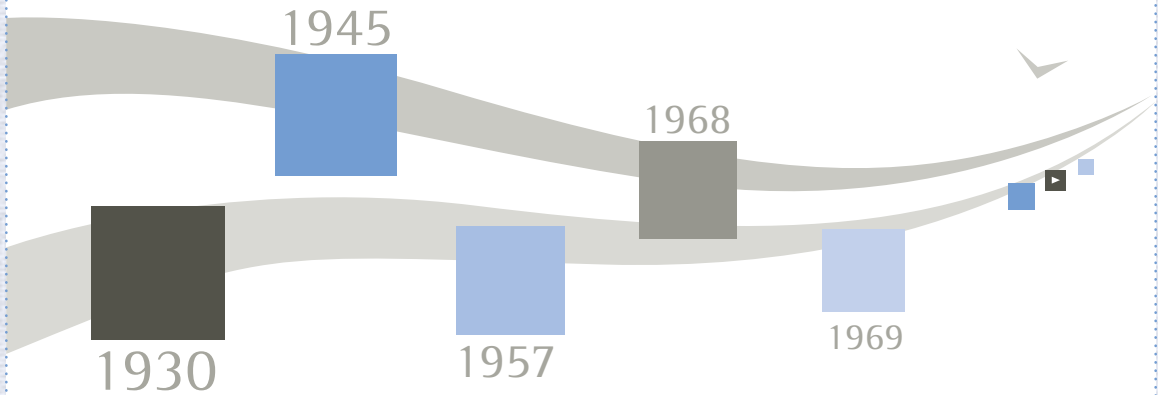


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