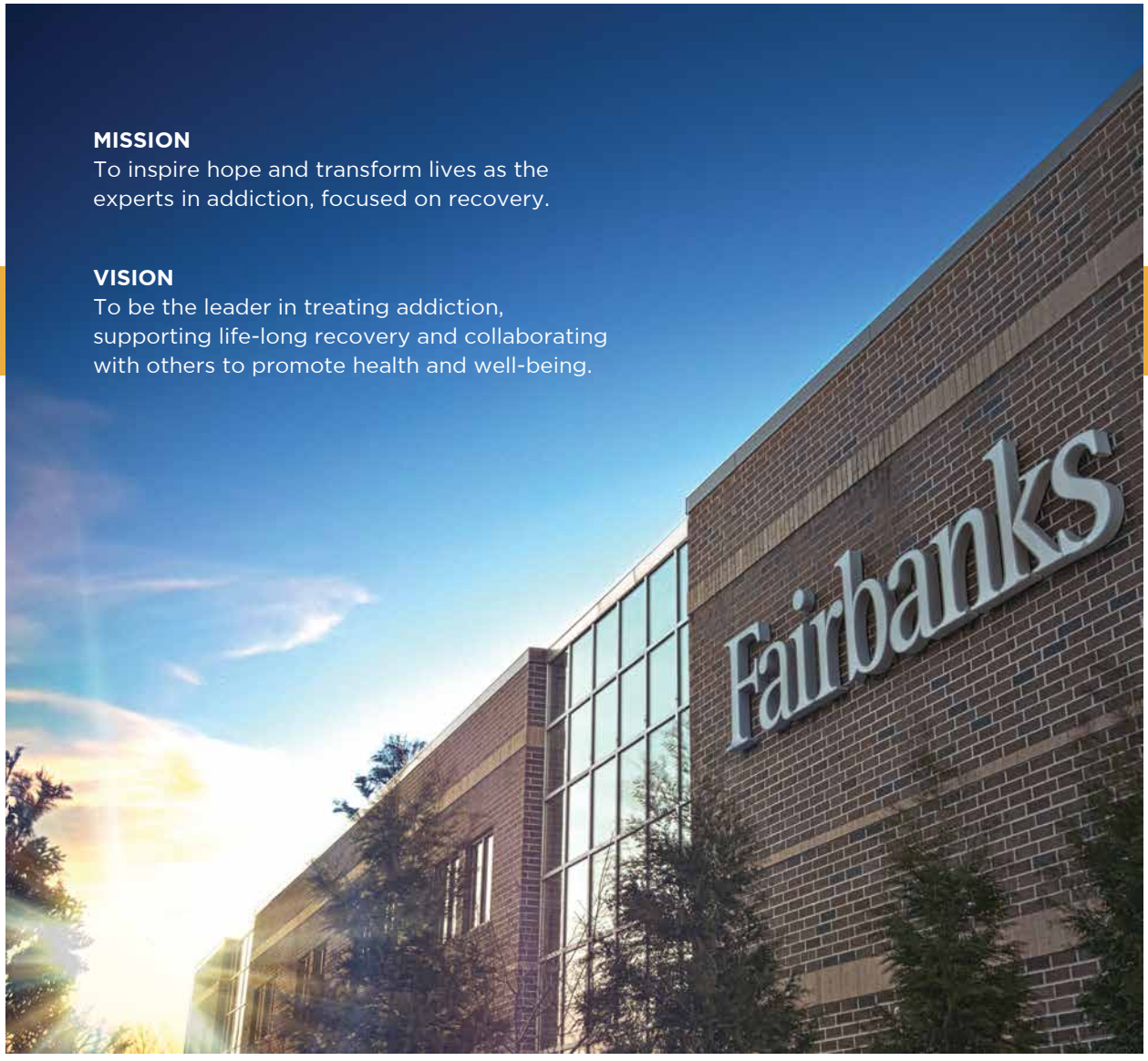
Fairbanks
Experts In Recovery
Together
We Can
ANNUAL REPORT 2016-17

MISSION
To inspire hope and transform lives as the experts in addiction, focused on recovery.

VISION
To be the leader in treating addiction, supporting life-long recovery and collaborating with others to promote health and well-being.



JULY 1, 2016 THROUGH JUNE 30, 2017

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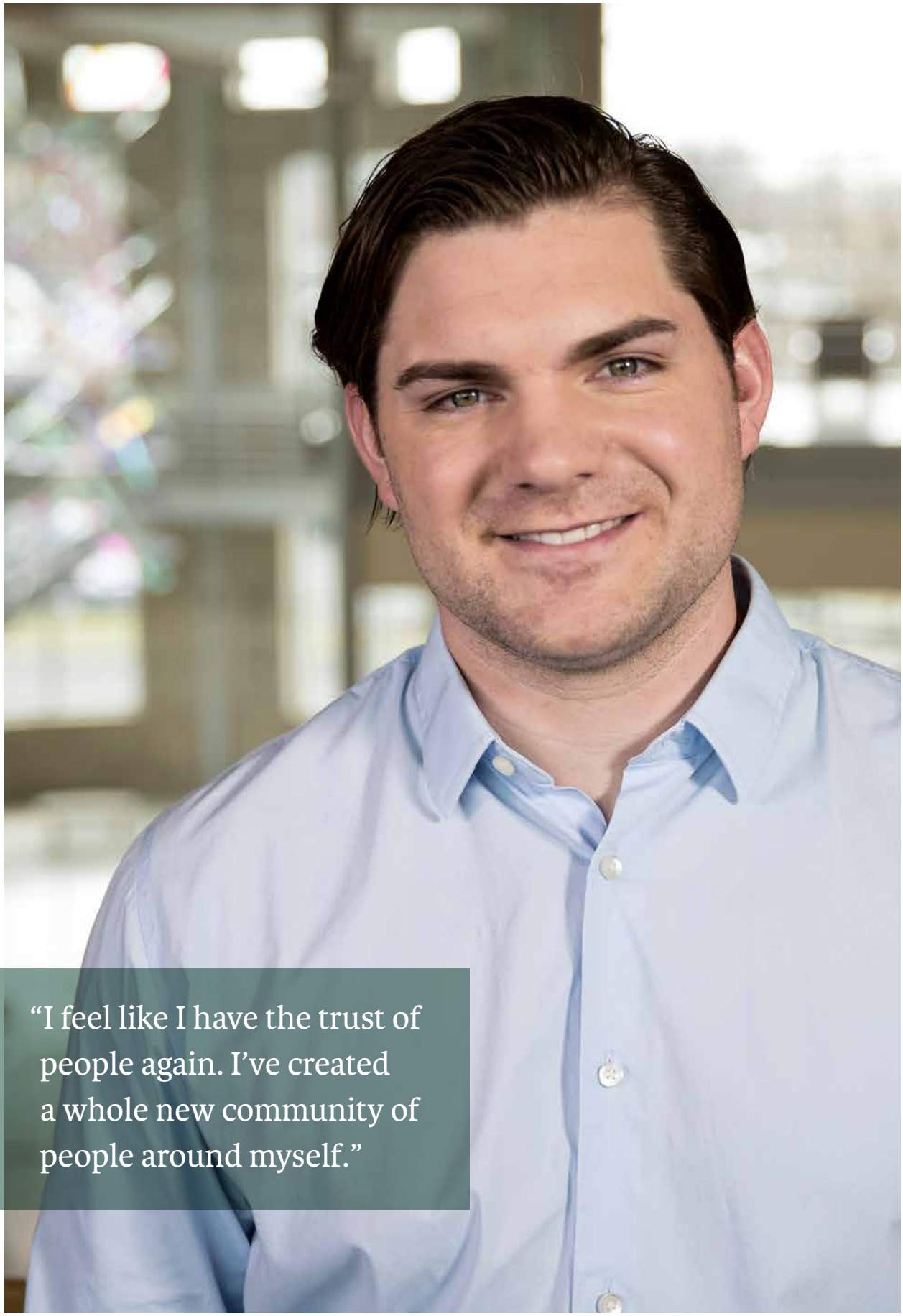

“I feel like I have the trust of people again. I’ve created a whole new community of people around myself.”

Rebuilding trust

Of all the wake-up calls Tommy Green experienced while suffering with substance use disorder, seeing a TV commercial for addiction treatment on Christmas day finally started him on the road to recovery.

"I truly believe at that moment it was God reaching out to tell me to ask for help," Green said of that day in 2015.

He started abusing substances around age 12. One reason why was to mask his pain of being an abuse victim by people he knew well.

"Early on that was something I was continuously running from—the fear that other people would know something's wrong with me and that I hurt on the inside," Green said. "Drugs and alcohol helped me push away that pain. It took a long time for me to figure out that (the abuse) wasn't something I could've prevented."

But he also engaged in risky behavior because Green thought that's what it took to make friends.

"Lo and behold, the friends I made used drugs and drank," he said. "I fit in with that crowd though because, as my dad has always said, misery loves company."

This began a years-long odyssey in which Green short-circuited a college baseball scholarship, experimented with progressively harder drugs and barely kept his life together because of an increasing inability to keep his use under control.

"I had myself fooled," Green said, noting he had eventually graduated college and was maintaining a full-time job even with his drug use. "I thought I don't have a problem, I just don't want to do this every day. I'll just be a weekend warrior. But deep down I knew it was just going to get worse."

It did. By late 2015 Green had moved back home because he could no longer support himself and his addiction at the same time financially. And yet his relationship with his family was nothing but constant confrontation. That and needing to use just to stave off withdrawal symptoms was leaving Green physically and emotionally exhausted.

"It was getting unmanageable," he said. "I was tired of having two jobs, of lying to people and constantly covering my tracks, of always being afraid."

After finally admitting he needed help that Christmas, Green checked in at Fairbanks and stayed 15 days, followed by three months at Fairbanks' La Verna Lodge for Men. There's a banner hanging in the gym at Fairbanks that reads "Nothing changes if nothing changes." Green still remembers sitting on the gym floor, feeling miserable and not having enough energy to even stand, but looking at that banner and deciding he would give his treatment a try.

"I changed everything, and everything changed," he said.

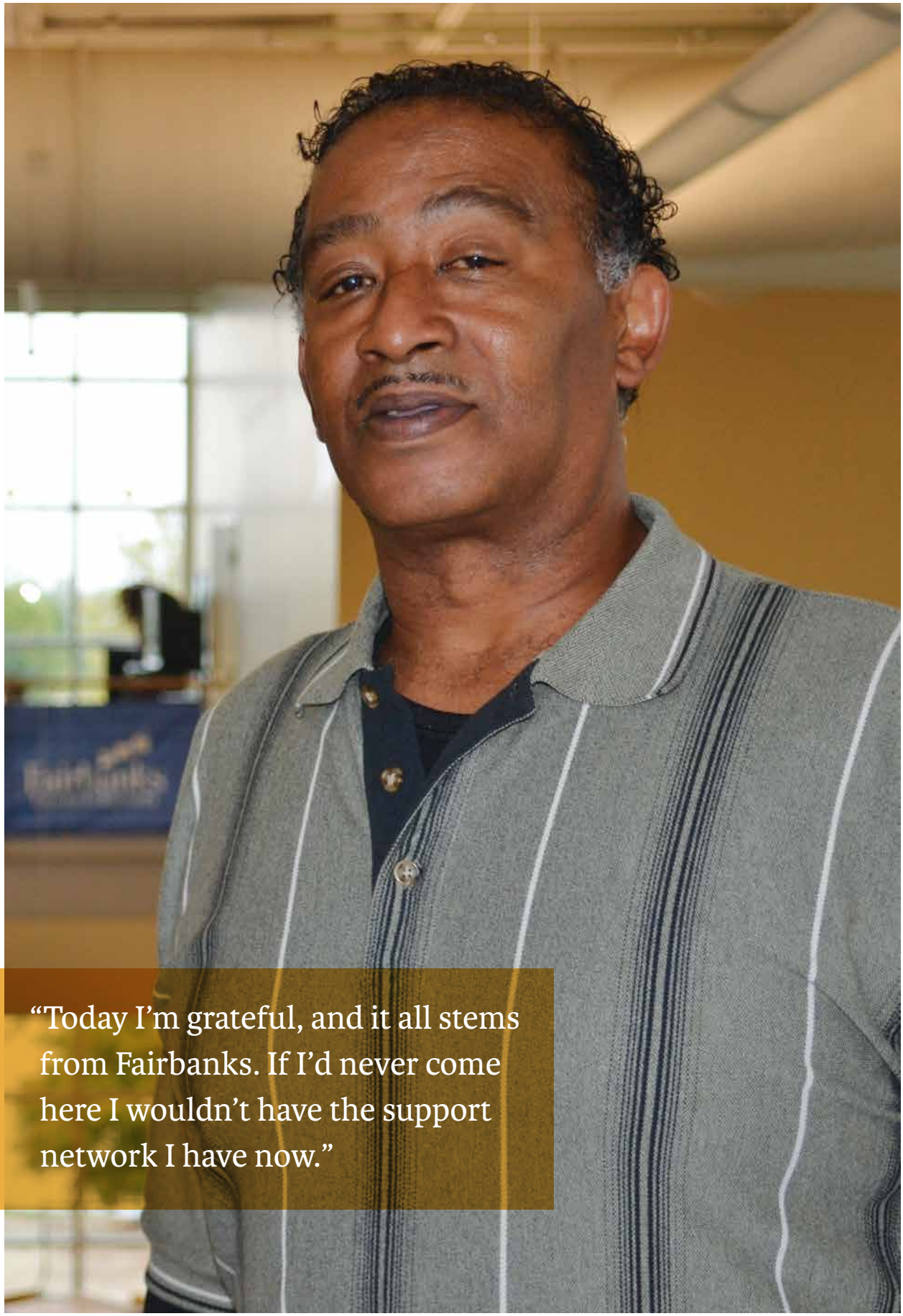
Green now shares a house with other young men who are also in recovery. He finds more meaning in his job beyond just a paycheck now. And he's repaired relationships within his family, even being asked to be godfather to his brother's son.

"I feel like I have the trust of people again," Green said. "I've created a whole new community of people around myself."

Many in recovery will tell you the real work begins after you leave treatment. Green admits that upon leaving the La Verna Lodge for Men he had doubts about being able to remain substance-free. He took numerous steps to ensure his success: getting a sponsor, attending meetings, filling his free time with hobbies and spiritually uplifting activities and surrounding himself with others who are proactive in maintaining their recovery.

Green encourages others who are on the same journey to give their sobriety time, be open-minded and follow the advice of others who've successfully beaten substance abuse. If you do, your life will change for the better.

"I've seen it happen for too many people to believe otherwise," Green said. "For people who truly want recovery, if they try they will succeed."



"Today I'm grateful, and it all stems from Fairbanks. If I'd never come here I wouldn't have the support network I have now."

Learning gratitude

Calvin Farmer struggled with substance abuse for over 30 years. His addiction was so bad he thought the only way to end it was death.

Then a friend told him about Fairbanks. Farmer's first two attempts in treatment didn't work, because he says he didn't take it seriously enough. That changed following an overdose in 2015.

"I realized then that if I didn't address this, I was going to die from it," Farmer said.

He returned to Fairbanks on Aug. 23, 2015. Farmer has been in recovery ever since.

Why did the third try finally click? For one thing, Farmer felt hope for the first time in a while. He credits many Fairbanks staffers for that. They showed no judgment and welcomed him back with open arms.

"That's what reignited a light in me," Farmer said. "I needed that shot of hope, and to know many of them have been through the same thing."

He quickly improved physically and mentally. His spirituality took more work. It was initially tough for Farmer to admit he needed help, especially since he was taught while growing up that he could overcome any problems on his own.

"I carried that type of thinking all through adulthood," Farmer said. "I tried carrying it into my recovery process too, but it didn't work. I had to learn to trust God and not rely solely on pride."

After his inpatient stay at Fairbanks, Farmer utilized its Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programming. He faithfully attended 12-Step meetings and incorporated them into his daily life.

His counselors helped him find a place to stay at Talbot House, where he worked his way from a volunteer to a manager. Farmer now also serves as chair of the central district of Cocaine Anonymous (CA). Through that organization's H&I (Hospitals and Institutions) Committee, he and other CA members visit places like Fairbanks and the Indiana Women's Prison to mentor others about recovery.

Farmer takes special pride in working with youth at Transitions Academy of Indiana, a residential facility for those with mental health issues.

"I once was where they're at," he said. "I vowed that if I ever got to where I am now I would try to help others and expect nothing in return. Working with those kids has been the best part of my recovery."

Farmer struggled early in his rehabilitation with the knowledge that he spent all of his children's and most of his grandchildren's adolescence in the throes of addiction. Thanks to his recovery, he was able to attend his youngest son's wedding this summer and enjoy himself without using any substances.

"Today I'm grateful, and it all stems from Fairbanks," Farmer said. "If I'd never come here I wouldn't have the support network I have now."

“I’ve always known I wanted to help people, but it took years for me to build the confidence to think I actually could.”

Finding hope

Rachel Beehler had always been a straight-A student. She came from a stable middle-class family in a safe suburban town.

But she also struggled with substance abuse.

Part of that stemmed from the depression Beehler started feeling in junior high. At first she self-harmed to cope. Using drugs and alcohol soon became her new outlet.

"The first time I smoked I thought this is it. I found something I didn't even know I was searching for," Beehler said. It was the first time she could remember feeling comfortable in her own skin and with her surroundings.

"I drove home that night figuring out how I was going to get high again, what drugs I was going to get for my stash."

Soon her grades began to suffer. Dropping below straight A's was supposed to be one of her absolutes for stopping her drug use, but when she reached it Beehler found that she couldn't. By the time she entered treatment at Fairbanks, Beehler was in the midst of getting expelled from her high school and in legal trouble because of her substance abuse.

"That was the big push (toward getting into treatment)," she said. "That's when I knew it was serious."

Beehler learned about Hope Academy—the recovery high school supported by Fairbanks—while in treatment and enrolled after her discharge.

"I wouldn't have graduated without Hope Academy," she said. "Not only did I still get my high school education, but I was with people who understood the disease of addiction. Before, I had teachers who either didn't know what I was going through, didn't understand or didn't care."

It was important to Beehler's recovery to be around peers who knew what she was experiencing.

"I didn't have to go back to my old environment, to those I used to get high with or buy my drugs from," she said.

Her time at Hope Academy also helped her realize who substance abuse can affect.

"While I was getting sober, I had to accept the fact that people with addiction issues are not always raggedy people living under bridges," Beehler said. "Hope Academy was the basis for me seeing there are many others from all walks of life—including myself—who have issues with this. Before I had all these justifications for why I couldn't possibly be an addict."

After graduating from Hope Academy, Beehler enrolled at Ivy Tech before earning an associate of arts degree, with high honors, from College of DuPage. She followed that with a bachelor of arts in psychology and sociology, along with a certificate in criminology, from Northern Illinois University.

This fall she started graduate school at the University of Michigan to pursue a master's of social work, concentrating in interpersonal practice and mental health. Specifically Beehler wants to work with those who have substance use disorder and at-risk youth.

"I've always known I wanted to help people, but it took years for me to build the confidence to think I actually could," she said.

Meantime, Beehler continues to work her recovery program, attending meetings, having a sponsor and sponsoring others.

"I've accepted the fact that I'm not one of those people who can have a glass of wine and wake up and go to work the next morning," she said. "I'm never going to be one of those people. I've accepted that I have a different life path, and that's OK."

This year has been a year of change for Fairbanks—and in fiscal year 2017, we were working together on several important initiatives.

We are in the second year of our three-year strategic plan and have made many exciting advances to report in achieving our goals of increasing patient and employee satisfaction, improving the financial stability of the organization, developing and expanding key services such as opening a medication-assisted treatment (MAT) clinic and increasing market share.

We have welcomed many new and highly experienced colleagues, including Dr. Jennifer Bell as a full-time psychiatrist. I'm also happy to introduce our new CFO and vice president, Janine Shopp, who came on board in January. These three, along with our many other highly accomplished professionals, will help strengthen Fairbanks' position as experts in recovery.

Clinical advancements this year include the staff's participation in Star Behavioral Health Training to increase competence in the treatment of those serving in the military. Additionally, several of our licensed therapists have been trained in Eye Movement Desensitization and Reprocessing (EMDR) to better serve those suffering from co-occurring trauma. Kim Davenport earned the distinction of being Fairbanks' first-ever Master Therapist. At the end of the fiscal year, we were poised to re-introduce our updated La Verna Lodge for Women's program.

In June, Hope Academy, Indiana's tuition-free recovery high school, graduated its 11th class with more than 90 percent of the students going on to higher education, entering the job market or joining the military.

In March, we introduced our first new marketing campaign in more than a decade. The theme of "Together We Can" has helped us communicate the sense of community we have in fighting the epidemic of addiction here in central Indiana. The theme also embodies the sense of community we have with our patients, coworkers, staff, volunteers and donors at Fairbanks who make our mission possible. Thanks to all who contributed to getting this new campaign off the ground, including our ad agency, CVR, and Jan Stanich, our new director of marketing and business development who joined us in January.

I am honored to have led this organization as president and CEO since November of 2016, am optimistic about the opportunities we have before us and am looking forward to an even brighter future for Fairbanks.

Together we can!

Barbara B. Elliott
Fairbanks President and CEO

Hope Academy

Hope Academy culminated its 10th anniversary with a new annual award called the Faces of Hope, which honors individuals and organizations who have contributed to the school's success in helping students achieve their academic goals and maintain their recovery. The first 10 honorees, each representing a year of Hope Academy's first decade, were celebrated during a private reception on Aug. 31, 2016, at Hope Academy. A new Face of Hope is announced annually. Malcolm Pownall was named Hope Academy's 2017 Face of Hope during the Taste of Hope event. Pownall joined the Fairbanks Board of Directors in 2002 and was part of the group that helped launch Hope Academy. He served on the school's board from 2005 to 2014.

Josy, a 2016 Hope Academy graduate, shared her story of recovery at the final meeting of the Governor's Task Force on Drug Enforcement, Treatment and Prevention, which was hosted by Fairbanks in December. Josy started using drugs during her junior year to cope with depression after her brother got sick. She enrolled at Hope Academy after getting expelled from her school and was able to graduate a semester early. Josy enrolled in nursing at Indiana University with plans to pursue a master's in social work.

HOPE ACADEMY

THE RECOVERY HIGH SCHOOL AT FAIRBANKS

Hope Academy welcomed three new members to its board of directors. Dr. Rebecca Kelly, who worked at Fairbanks for 30 years, is on staff at Community Hospital and has a private addiction medicine practice, Clearvista Recovery Associates. Colleen Kenney is an active community volunteer who has served on Hope Academy's Taste of Hope Committee since 2014. Teresa Brown is assistant superintendent of school improvement for the Indiana Department of Education and previously was a principal in the Franklin Township, Speedway, Mill Creek and Shelbyville school corporations.

Taste of Hope, the school's annual fundraising event, was held on Feb. 12 with more than 200 attending and eight local food establishments serving delicious cuisine. RTV6 News personality Rafael Sanchez once again emceed the event, which raised over $39,000 to support Indiana's only recovery high school.

Left: Hope Academy student Carly bonds with a horse at Agape Therapeutic Riding Resources. **Middle:** Staff and students pose for a photo while wearing their purple Hope Academy t-shirts. **Right:** Ian, a student, is interviewed by an Associated Press reporter for a story that was picked up by media outlets nationally.

STAY CONNECTED TO HOPE ACADEMY

- hopeacademyrhs.org
- facebook.com/hopeacademyrhs
- @HopeAcademyRHS
- @hopeacademyrhs
- Hope Academy Recovery High School

TASTE OF HOPE

SAVE THE DATE:

Taste of Hope
February 25, 2018
Fairbanks Recovery Center

Women's La Verna Lodge reopens

Fairbanks dedicated the first half of 2017 to restructuring the program and updating the facilities at its La Verna Lodge for Women in Shelbyville.

The lodge offers a specialized residential treatment and recovery program for women who struggle with a substance use disorder. Each resident can focus on her individual needs in a safe, therapeutic and confidential setting.

Changes made at La Verna Lodge for Women included cosmetic updates like fresh paint and flooring, but also the addition of a psychiatrist and clinical staff who specialize in the treatment of women with co-occurring substance use and trauma disorders.

La Verna Lodge for Women reopened after the facility was updated and its program restructured.

"We believe the changes we have made will enhance the quality of the program to better serve those with complicated recovery needs, creating a residential treatment environment that promotes the well-being of patients as well as their families," said Fairbanks Chief Clinical Officer Robin Parsons, MS, LMHC, LCAC, CTRS, ADS.

Jay Harpring was named manager of La Verna Lodge for Women. A Licensed Clinical Addictions Counselor with 17 years of experience, he has worked at Fairbanks for the past five years, most recently as the adult family therapist.

"Women deserve the opportunity to have a residential treatment facility like La Verna Lodge for Women that helps them center their focus on recovery in a private and serene setting, while developing the coping skills for extended recovery work," Harpring said.

For more information on the lodge and to schedule an assessment, visit the website at **lavernalodge.com** or call 877.290.3946.

OUR PROGRAMS AND SERVICES

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

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

Family Involvement
Family Support Meetings
Parent Support Group

Specialized Programming
First Step Adult Supportive Living (SLP)
La Verna Lodge (gender-specific residential programs)
Odyssey (for young men ages 19-24)

Recovery Management Services
Recovery Coaching
Hope Academy
Link

Education and Prevention
Prime For Life®
Marijuana Education
Susan Li Conference

Alumni and Volunteer Activities
Summer Picnic
Gift Shop
Fresh Start Café
And More!

Stay up to date with what's happening at Fairbanks.
facebook.com/fairbankscd

Fairbanks is proud to be a United Way agency.

United Way agency

Fairbanks expands outpatient programming

As part of Fairbanks' strategic plan to develop and expand key products and services, the organization opened its Addiction Medicine Outpatient Services Office.

The practice is designed for clients who require ongoing medications such as naltrexone and buprenorphine to assist in their recovery.

> "Patients who suffer from opioid use disorder often have poor outcomes without the use of medication. We use these medications on an individualized basis to dramatically improve their chances of recovery," said Fairbanks Medical Director Darrin Mangiacarne, DO, MPH, CPE.

The program serves clients involved in Fairbanks' outpatient programming and others in need of addiction treatment. Patients meet one on one with a physician for a comprehensive assessment and receive a complete treatment diagnosis.

"We're open to patients who've never been to Fairbanks using the office for treatment," Mangiacarne said. "If they need further treatment, we can refer them to our other services as well."

Fairbanks follows best practices for addiction medicine. Research shows medication is most effective when combined with counseling. For this reason patients are required to be involved in programming if receiving medication through Fairbanks' physicians. Medicare and most forms of commercial insurance are accepted. Appointments can be scheduled by calling 317.572.9319.

Fairbanks Medical Director Darrin Mangiacarne meets with a patient in the Addiction Medicine Outpatient Services Office.

Top substances treated at Fairbanks 2016-17

Adults:
Alcohol | Opioids | Sedatives | Cocaine

Adolescents:
Cannabis | Opioids | Alcohol | Sedatives

Data collected from all patients who sought treatment at Fairbanks 7.1.16-6.30.17.

Fairbanks debuts new marketing campaign

Fairbanks and Hope Academy unveiled a new marketing campaign titled "Together We Can" in conjunction with Indianapolis-based advertising, marketing and public relations agency CVR.

Together We Can

The main objectives were to create more awareness of our continuum of care, increase the number of people served by Fairbanks and Hope Academy, support the organizations' strategic development plans and position Fairbanks and Hope Academy as great places to work.

The campaign included a new TV commercial that's aired on cable channels such as HGTV, Food Network, A&E, the History Channel and Lifetime. Other elements included radio spots that streamed on Pandora and new billboards along I-465 and in Hamilton County, plus displays in the Fashion Mall and Hamilton Town Center. In addition, digital ads and ads in social media appeared online. The TV spot, billboards, radio and online ads all feature Fairbanks staff and alumni as well as a Hope Academy student.

All of these campaign components point to a landing page on our website—**fairbankscd.org/together**—to make it easier for people suffering from drug and/or alcohol addiction to get help.

"Alone, addiction is daunting," Fairbanks President and CEO Barbara Elliott said. At Fairbanks, we welcome patients, their families and their friends to take part in the journey to a life of recovery. Support from one another, in every capacity, is required. When we work together, we can change lives. We can find purpose. We can live in recovery.

"Alone, we struggle. Together, we can."

Elliott added the campaign's message is guided by hope, empathy and the desire to make recovery synonymous with Fairbanks.

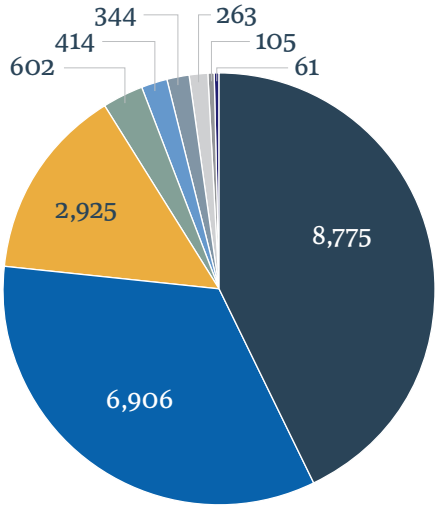
> "Our goal for this effort is to remind people of our pre-eminent position in addiction recovery —and to ensure that Fairbanks is top-of-mind for our proven, evidence-based protocols and recovery experts," she said.

Kirk Stahl, vice president of account service for CVR, called it an honor for the agency to assist Fairbanks in its new marketing campaign.

"Fairbanks holds a distinguished market position in addiction recovery," Stahl said. "To share their story during a time of heightened community need has become a real passion for everyone involved."

Below: CVR shoots a scene for Fairbanks' new TV commercial in the cafeteria.

Total number of persons reached in 2016-17



8,775	Family Education
6,906	Community Awareness
2,925	Addiction Treatment and Supportive Living Admissions
602	PRIME For Life
414	MAT Clinic
344	Recovery Management
263	Community Outreach
105	La Verna Lodge
61	Hope Academy

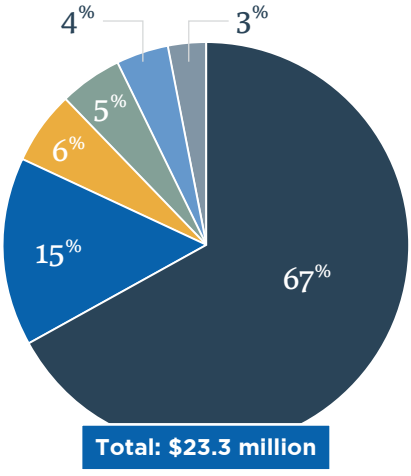
20,395 PERSONS REACHED

Counties served in 2016-17

- United Way of Central Indiana Counties: 61%
  - Boone
  - Hamilton
  - Hancock
  - Hendricks
  - Marion
  - Morgan
- Surrounding Counties: 23%
  - Bartholomew
  - Blackford
  - Brown
  - Carroll
  - Clinton
  - Delaware
  - Fayette
  - Grant
  - Henry
  - Howard
  - Johnson
  - Madison
  - Miami
  - Monroe
  - Montgomery
  - Owen
  - Putnam
  - Randolph
  - Rush
  - Shelby
  - Wayne
  - Tippecanoe
  - Tipton
- Remaining Indiana Counties: 12%
- Out of State: 3%

Details of Fairbanks operations

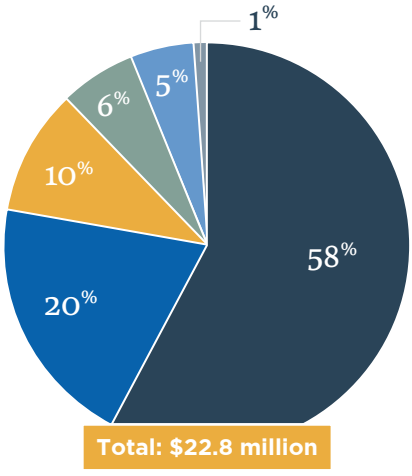
For the fiscal year
July 1, 2016 to June 30, 2017
(Audited figures)



OPERATING EXPENSES

67%	Salaries and Benefits
15%	Professional/Purchased Services
6%	Utilities/Rent/Maintenance
5%	Depreciation
4%	Other
3%	Supplies/Food

Hope Academy information not included.



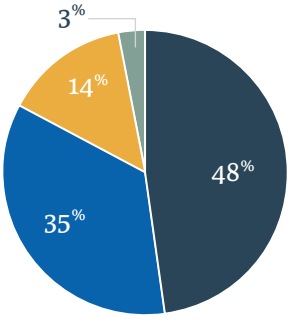
SOURCES OF OPERATING REVENUE*

58%	Commercial Insurance
20%	Medicaid
10%	Medicare
6%	Other Income and Donations
5%	Self-Pay
1%	United Way

* Operating revenue is net of bad debt expense totalling $1,919,804.

A look at our donors

SOURCES OF DONATIONS†

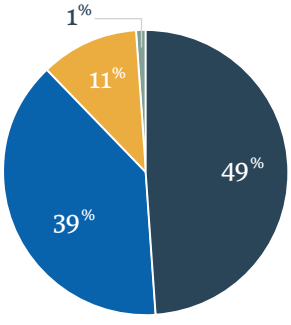


FAIRBANKS

48%	Individuals
35%	Corporations
14%	Foundations
3%	Organizations

HOPE ACADEMY

49%	Individuals
39%	Foundations
11%	Corporations
1%	Organizations

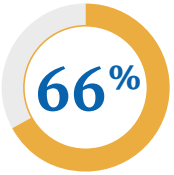


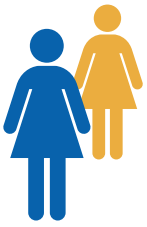
† Based on amount of donations received for Fairbanks and Hope Academy totaling $489,233.

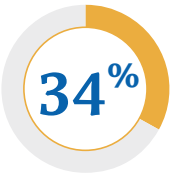
Fairbanks demographics 2016-17

A LOOK AT WHO WE SERVED

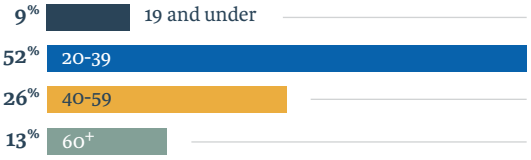
GENDER





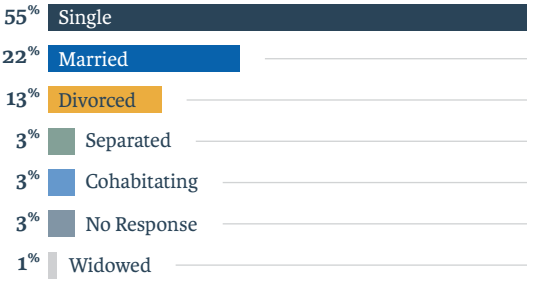


AGE

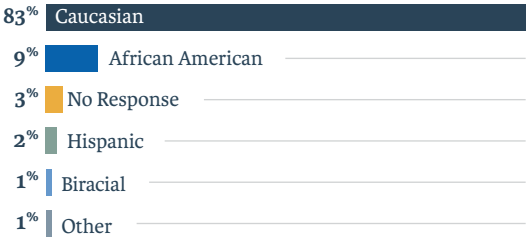


Demographics represent addiction treatment services only.

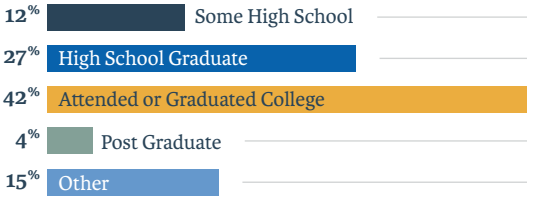
MARITAL STATUS



ETHNIC ORIGIN



EDUCATION



Annual charity care

In the fiscal year July 1, 2016 to June 30, 2017, Fairbanks provided $2,026,276 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.

$2,026,276
CHARITY CARE DOLLARS FROM 7.01.16 TO 6.30.17

>

8.9%
PERCENTAGE OF OPERATING REVENUE

$10.2 million+
CHARITY CARE DOLLARS IN THE LAST FIVE YEARS

Fairbanks volunteer program

Volunteers are vital to the work of Fairbanks. Our volunteers donate their time and talent to Fairbanks in a variety of ways. Some volunteers come back to share their stories, many help in the gift shop and Fresh Start Café, others greet visitors in the access center, but most importantly they all offer hope to our patients and their families. The support of volunteers is crucial to the operational needs of Fairbanks. We are grateful for our outstanding volunteers!

In fiscal year 2017, Fairbanks had 267 volunteers contribute 10,266.5 hours. At the equivalent of $10 per hour, that saved the organization $102,665!

Here's a breakdown of total volunteer hours by category:

- Fresh Start Café – 3,024
- Groups – 2,229
- Gift shop – 2,299
- Access center – 692
- Medical office – 501
- Staff assistants – 392
- Panel – 68

Ed High (from left), Jack Roberts and Dennis McKearn celebrate five years of volunteering with Fairbanks during the annual Fairbanks volunteer recognition dinner.

To learn more about volunteer opportunities at Fairbanks, contact Jeff Randolph at 317.572.9305 or jrandolph@fairbankscd.org.

Fairbanks' first Master Therapist to address trauma in patients

Kim Davenport attained Master Therapist status at Fairbanks, the first to do so at the organization.

Master Therapist is the top level in Fairbanks' Counselor Career Ladders, which was created in the fall of 2016. It is a distinction that acknowledges years of service and great work, growth toward targeted goals and a commitment to contribute to the organization in individualized ways.

To become a Master Therapist, a counselor must meet a minimum set of criteria (such as years of service, years of experience, commitment to committees, special individualized projects, etc.) and apply to present a proposal to the clinical counseling managers for approval.

Davenport has worked at Fairbanks for seven years. Aa an adult Intensive Outpatient (IOP) counselor, she started in the inpatient program, then ran Fairbanks' Partial Hospitalization (PHP) program.

As part of her Master Therapist training, Davenport developed a curriculum that focuses on trauma, a condition she frequently addresses with her female patients. This coincides with an initiative by Fairbanks to more effectively treat such symptoms in military veterans with addiction issues, specifically Post Traumatic Stress Disorder (PTSD).

> "I think trauma is often at the core of why people abuse drugs and alcohol," Davenport said.

As part of the new trauma curriculum, Fairbanks counselors received training in Eye Movement Desensitization and Reprocessing (EMDR), a psychotherapy that helps patients heal from symptoms stemming from disturbing experiences.

"It's a specific form of therapy where you utilize rapid eye movement when the patient is recounting the trauma to help desensitize him or her to it." Davenport said.

"Patients in EMDR are able to process it better. It's been shown to be really effective with PTSD and help trauma victims cope better."

Fairbanks began implementing its new trauma curriculum this summer.

Fairbanks welcomes new VP/CFO, adds staff psychiatrist

Janine Shopp joined Fairbanks and Hope Academy as their new vice president and chief financial officer at the beginning of 2017, and psychiatrist Dr. Jennifer Bell, DO, joined Fairbanks' medical staff in May.

Janine Shopp

Shopp has spent her entire career as a numbers person, mostly in the health-care industry. Born and raised in Greenwood, she earned her Bachelor of Science in accounting from Ball State University and her master's in business administration from Indiana Wesleyan University. Her career has taken her from serving as a controller at an assisted living facility in Ohio to local stints at IU Health and St. Vincent, the latter serving under Barb Elliott, now Fairbanks' president and CEO. Shopp was director of finance for Goodman Campbell Brain and Spine—an Indianapolis neurosurgeon group—before coming to Fairbanks.

At Fairbanks, Shopp also oversees information technology, which includes medical records, patient accounts and more.

Dr. Bell started at Fairbanks after serving as a contract physician since 2014. She is a board-certified psychiatrist through the American Board of Psychiatry and Neurology and most recently served as associate medical director of addiction medicine at Adult and Child Health. Her professional experience also includes addiction and dual-diagnosis psychiatric treatment at IU Bloomington Hospital, Larue Carter Hospital and Bloomington Meadows Hospital.

Dr. Jennifer Bell, DO

Bell earned her Bachelor of Arts degree from Hanover College and her doctorate of osteopathic medicine from the Lake Erie College of Osteopathic Medicine. She completed her general psychiatry residency training at the University of Kentucky and child and adolescent psychiatry fellowship at Indiana University.

In collaboration with Community Health Network, Bell will be the site director for the new Psychiatry Residency Program. She will supervise residents on a three-month addictions rotation at Fairbanks.

The addition of Bell to Fairbanks' staff allows the organization to better serve patients with co-occurring disorders—those having a mood disorder, such as depression or bipolar disorder, and trauma while also having substance-use issues.

Fairbanks medical director appointed Indiana ASAM president-elect

Fairbanks Medical Director Dr. Darrin Mangiacarne, DO, MPH, CPE, was appointed president-elect of the Indiana chapter of the American Society of Addiction Medicine (ASAM).

Founded in 1954, the ASAM is a professional society representing thousands of physicians, clinicians and associated professionals in the addiction medicine field. The organization's goals include increasing access and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention and promoting the appropriate role of physicians in the care of patients with addiction.

Currently the Indiana chapter's secretary, Mangiacarne is finishing the term of the previous president who moved out of state. Mangiacarne will begin his own two-year term as president of ASAM in March 2018. He has been a member of the national ASAM for almost a decade.

"I'm excited about this opportunity," Mangiacarne said. "I'd like for us to increase our membership and have a greater profile when it comes to shaping policy for addiction treatment. Access to treatment continues to be a top concern, as well as recruiting enough talent to adequately address this public health issue."

For more information about the Indiana Society of Addiction Medicine, visit its website at **asam.org/indiana**.

Our events

Susan Li Conference

The Susan Li Conference is a two-day conference for professionals and students in the field of addiction. The conference provides insight and education about current evidence-based topics to educate individuals who provide treatment and recovery services. The 2016 conference took place July 14 and 15.

Fairbanks Chief Clinical Officer Robin Parsons, MS, LMHC, LCAC, CTRS, ADS, poses for a photo with Christopher Abert, founder and director of the Indiana Recovery Alliance and a person in long-term recovery.

National Recovery Month

On Sept. 1, 2016, Fairbanks and Hope Academy—along with other treatment and recovery organizations—hosted the "Coloring the Canal Purple" event in downtown Indianapolis. The free program included speakers sharing and celebrating their stories of recovery and a proclamation from the City-County Council for the City of Indianapolis and Marion County declaring September to be National Recovery Month. Afterward representatives of Fairbanks, Hope Academy, Dove Recovery House, Progress House and Indiana Sen. Jim Merritt poured the dye that turned the canal purple.

On Sept. 8, 2016, Fairbanks and Hope Academy held a National Recovery Month celebration for staff. Purple cookies and drinks were served, employees wore purple and our 2016 Volunteer of the Year, Jeff Randolph, shared his story of recovery.

Left: Representatives from Fairbanks and Hope Academy helped color the downtown Indianapolis Canal purple to kick off National Recovery Month. **Right:** Staff wear purple to celebrate National Recovery Month.

Fairbanks Golf Outing

The 24th annual Fairbanks Golf Outing was conducted Sept. 16, 2016, at Ironwood Golf Club in Fishers. Sponsors and golfers combined to raise over $23,000 for the Dr. Tim Kelly Patient Assistance Fund, which allows Fairbanks to continue to inspire hope and transform the lives of individuals seeking treatment for drug and alcohol addiction.

The winning foursome for the 24th annual Fairbanks Golf Outing was (from left) Bob Bartenbach, Bob Hyde, Matt Koehlinger and Stan Stephen.

Volunteer Recognition Dinner

Fairbanks honored its top volunteers of 2016 during a special recognition dinner Jan. 25, 2017, at The Willows in Indianapolis. Judy Steuer was named Volunteer of the Year. She regularly volunteers in Fairbanks' gift shop and also speaks to support groups. Steuer donated 170 hours of her time in 2016. Also honored are volunteers who demonstrate one of Fairbanks' core values through their volunteerism. The 2016 recipients were:

Serenity – Kim Manlove
Courage – Kevin Ulrey
Trust – Stormy Newton
Hope – Peter Gross
Wisdom – Bruce MacAllister

Those in attendance at the dinner represented over 480 combined years of sobriety.

Volunteer of the Year Judy Steuer (second from left) poses with her award with (from left) Fairbanks Volunteer Coordinator Jeff Randolph, Fairbanks Alumni Coordinator Kathleen Gill and Steuer's grandchildren Kelsey and Michael.

Fairbanks Circle of Hope Dinner

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. The 16th annual dinner took place on Thursday, April 27, at the Indianapolis Marriott Downtown. More than 500 individuals attended, raising over $170,000 for patient assistance. The Richard M. Fairbanks Circle of Hope Award was presented to former Indiana Attorney General Greg Zoeller. He created and co-chaired the Indiana Prescription Drug Abuse Prevention Task Force, which included medical and law enforcement professionals from around the state, to address prescription drug abuse. Our keynote speaker was Daniel Rodriguez, often called the "Singing Policeman" and "America's Tenor." The Brooklyn-born, now-retired New York Police Department officer—who is in long-term recovery from substance abuse—was near Ground Zero on the morning of 9/11 and nearly lost his life rescuing others from the terrorist attack. In the immediate aftermath, he used his opera training to uplift the country with stirring renditions of "God Bless America" at numerous memorial events and on television. The Fairbanks Circle of Hope Dinner also featured three "voices of recovery," individuals who struggled with substance-use disorders and are now living in long-term recovery with help from Fairbanks and Hope Academy, the tuition-free recovery high school at Fairbanks.

Left: Former Indiana Attorney General Greg Zoeller poses with his Richard M. Fairbanks Circle of Hope Award for a group photo. **Middle:** Keynote speaker Daniel Rodriguez—a.k.a. the "Singing Policeman"—performs for the audience. **Right:** Scout shares her story of recovery during the program.

SAVE THESE DATES:

25 FEB
Taste of Hope
February 25, 2018
Fairbanks Recovery Center

26 APR
Fairbanks Circle of Hope
April 26, 2018
Indianapolis Marriott Downtown

DONOR **SPOTLIGHT**

Lynn Boatman

Lynn Boatman has always had a love for children and education.

"It's important that all children are taken care of," the retired high school biology teacher said. "I have a hope that all of them can have a good life, however they go about seeking that."

So when Boatman learned about Hope Academy—the recovery high school supported by Fairbanks—it tugged at her heart. She learned about the school when her husband received treatment at Fairbanks. Boatman has supported Hope Academy through monetary donations for years now.

Hope Academy is a tuition-free, public charter high school for teens in recovery from drug and alcohol addiction. It is the only recovery high school in Indiana. Attending one of its commencement ceremonies helped convince Boatman of its importance.

"To see these young people accomplish so much under great adversity was very heartwarming," she said.

Though Boatman left teaching to raise her children, she still loves interacting with teens to this day.

"I so believe in them, that all of them are good," said Boatman, who has eight grandchildren ages 11-21.

> "They just need to be recognized for their strengths. All too often we're quick to point out weaknesses instead, which does not serve them well. My hope is for all of them to have a chance in life that will take them further than where they are when they start at Hope Academy."

Boatman commends Hope Academy's students for making a commitment to recovery when they enroll there.

"It's a huge step," she said. "I think for many of them, Hope Academy represents their first real opportunity to turn their lives around."

Experiencing her husband's issues with alcohol addiction helped her better understand the difficulty of the disease, both in addressing it and overcoming it.

"I became aware of the process of changing one's life for the better," Boatman said. "I learned a lot about support, both getting it and me offering it in whatever way I could, so that he could get better and lead a healthier life."

One of her favorite features of Hope Academy is its Community Circle, where students and staff share personal details about their recovery, read meditations and discuss spiritual principles they're working on, like perseverance, commitment and faith.

"To me that's what recovery is all about," Boatman said. "You've got to share where you are and realize others are going through the same things, and you will be OK."

fairbankscd.org/make-a-donation

A MESSAGE FROM THE **CHAIRMAN OF THE BOARD**

Collaboration has been a key theme for Fairbanks throughout 2016-17.

Working together, our outstanding board members have provided both thoughtful guidance and strategic decisions to position Fairbanks for the future while building on our past. Since 1945, Fairbanks has been synonymous with help and hope for those seeking to overcome addiction. Though much has changed in the past 72 years, the commitment to being the experts in recovery has remained steadfast. As we enter the third year of our strategic plan, we are focused simultaneously on execution of our current plan while beginning to look toward the future as we begin a new strategic planning process in the 2017-18 fiscal year.

With the yearly economic impact of substance misuse and substance use disorders approaching $450 billion a year, the programs and services we offer have never been more vital than they are today for the economic health of our community and state. More importantly, families across the United States are struggling with the personal devastation caused by alcohol and drug misuse.

As "experts in recovery," the professionals at Fairbanks continue to provide the best and latest evidence-based treatment and support. And we, as board members, continue to work to give them the resources they need to do that important work, 24 hours a day 365 days a year. Our Continuum of Care addresses the specific needs of adolescents, young adults, adults and families through a complete system of services, no matter where an individual is on the journey to overcoming substance use.

Fairbanks truly transforms lives every day. And I am honored to be part of the team that works together to help individuals live a life in recovery.

Faraz Abbasi

Faraz Abbasi
Chairman of the Fairbanks Board of Directors

2016-17 REGISTRY OF DONORS

The following listing represents the contributions received from the generous donors who supported Fairbanks and Hope Academy during the time period of July 1, 2016 through June 30, 2017. We strive for accuracy in our reporting; however, if we omitted anyone or made any errors, we extend our sincere apology. For corrections or to learn more about opportunities to support Fairbanks and Hope Academy, contact Leigh Ann Erickson, Director of Development & Alumni Relations, at 317.572.9398 or lerickson@fairbankscd.org.

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"Drug use is deteriorating families and destroying lives. Drug addiction is cutting deeper into society at younger ages and across all demographics. If we can get people who are experiencing these issues into Fairbanks' programs, we can help them."

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