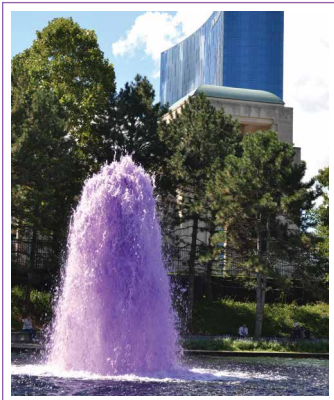




National Recovery Month Starts with a Splash

Fairbanks and Hope Academy celebrated National Recovery Month by hosting and participating in events throughout the month of September that brought awareness to the disease of addiction while honoring the estimated 23 million Americans living in long-term recovery.

On Sept. 1 Fairbanks and Hope Academy—along with other treatment and recovery organizations—hosted the first ever “Coloring the Canal Purple” event in downtown Indianapolis. Kathleen Gill, Fairbanks alumni relations officer, emceed the ceremony and shared her story of recovery. Maggie Lewis, president of the Indianapolis City-County Council, read 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 State Senator Jim Merritt poured the dye that turned the canal purple.



On Sept. 8 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.

Fairbanks sponsored and participated in the Indiana Addictions Issues Coalition's ninth annual Recovery Ride & Rally on Sept. 11. The event included a police-escorted motorcycle ride starting from the Indianapolis Southside Harley-Davidson and ending with a cookout at Riverside Park.

Fairbanks and Hope Academy also participated in the Hawk Walk & Run, presented by The 24 Group, on Sept. 24 at Ft. Harrison State Park. Austin, a Hope Academy graduate, was one of the speakers.

More information on National Recovery Month may be found online at www.recoverymonth.gov.



1. Fairbanks and Hope Academy color the downtown Indianapolis Canal purple to kick off National Recovery Month.
2. Staff wear purple to celebrate National Recovery Month.
3. Hope Academy students and staff participate in the Hawk Walk & Run.

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

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A MESSAGE FROM THE PRESIDENT AND CEO



The news has been full of stories about the devastation of addiction, particularly as it relates to prescription opiate abuse and the re-emergence of heroin.

But while much of that news has been alarming and heartbreaking, there is reason for hope.

In early December, Fairbanks hosted the final meeting of

the Governor's Task Force on Drug Enforcement, Treatment, and Prevention before it transitions into the Indiana Commission to Combat Drug Abuse. The meeting—which included testimonies from our medical director, Darrin Mangiacarne, DO, MPH, CPE, and Josy, a recent Hope Academy graduate—resulted in a list of recommendations for the new commission to implement. One of those goals is to encourage more medically-assisted addiction treatment, in concert with counseling, and 12-step support meetings, which are proven to increase recovery rates.

That ties directly into the strategic direction that Fairbanks is moving by expanding outpatient programming and opening the Fairbanks Addiction Medicine Outpatient Services Office. For us it's another avenue to reach new patients who need treatment and keep them connected to our continuum of care, including our alumni network.

Much work remains in our fight against addiction. Over the next several months, I plan to engage in community discussions regarding treatment and recovery. I recently attended the United Way of Central Indiana Agency Executive Directors meeting. It was noted the single issue affecting most state service agencies is substance abuse. Indeed, it affects almost all Hoosiers in some way and touches almost every aspect of the lives that these service agencies represent. We must continue the discussion on the disease of addiction and reduce barriers to treatment for those in need. As experts in addiction, focused on recovery, Fairbanks has much to offer in this battle. With your support, we can help others reclaim their lives from addiction.

Sincerely,

Barb Elliott
President and CEO



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

Fairbanks Expands its Outpatient Programming

As part of Fairbanks' strategic plan to develop and expand key products and services, the organization has opened the 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 we require involvement in programming if receiving medication through our physicians. Medicare and most forms of commercial insurance are accepted. Appointments can be scheduled by calling 317.572.9319.

Connect with Fairbanks on Social Media



Like us on Facebook at www.facebook.com/fairbanksd to stay up to date with what's happening at Fairbanks, receive recovery inspiration and learn about new trends in treatment and recovery.



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

Hope Academy Honors Inaugural Faces of Hope

Reflecting on a decade of success helping students achieve their academic goals and maintain their recovery, Hope Academy culminated its 10th anniversary this summer with a new annual award honoring individuals and organizations who have contributed to that achievement.

Hope Academy's Faces of Hope celebrates those who have made a positive impact on the school's mission and programs. The first 10 honorees include founders, board members, volunteers and long-time friends and supporters. They are:

- Helene M. Cross
- Rachelle Gardner
- David Harris
- Former Indianapolis Mayor
Bart Peterson
- Pat Garrett Rooney
- Lora Socks
- Dr. Chris Stack
- Merry Thoe
- Julie Johnson-Unwin & Brian Unwin
- Dr. Sigurd Zielke

"The Faces of Hope Award honors individuals and organizations who had a vision, who started a school even though they knew nothing about schools, who have made a difference and impacted the lives of the students, alumni and parents who have walked through the doors of Hope Academy," said Leah Mannweiler, chair of the Hope Academy Board of Directors.

Hope Academy shared each honoree's story through profiles that are online at www.hopeacademyrhs.org/facesofhope. The celebration concluded with a private reception in their honor on August 31 at Hope Academy. A new Faces of Hope honoree will be announced annually.



Top: The Faces of Hope award recipients attending the reception pose for a photo. Bottom: A Hope Academy student speaks with Congresswoman Susan Brooks before the ceremony.

Make an IRA Charitable Donation Tax-Free!

The Protecting Americans from Tax Hikes (PATH) Act was passed. This allows individuals age 70 1/2 and older to make tax-free distributions from Individual Retirement Plans (IRAs) to qualifying charitable organizations like Fairbanks and Hope Academy!

Phyllis Polizotto and her husband Kim have supported Fairbanks and Hope Academy financially for many years. Now that the PATH Act is permanent, she likes how it takes the guesswork out of philanthropy.

"We work with our financial advisors indicating the amount we would like to give, and they take care of the rest," Polizotto said. "Donations can be sent any time of the year, avoiding the year-end rush to give. Since the money must be taken anyway as part of the required minimum distribution, it is nice to be able to direct our gift to something important to us. The tax benefits—saving on both federal and state levels—are a bonus to making these donations. We enjoy tax breaks and are happy that Fairbanks and Hope Academy receive funds to help them succeed in their mission of focusing on addiction recovery."

Tax deductions are just one benefit of making a donation to Fairbanks and Hope Academy. When you make a donation, you are saving lives; opening the doors of recovery for men, women and adolescents; and reuniting families. Plus 100 percent of your contribution directly impacts recovery.

To discuss making a contribution or for additional information, please contact Katy Crichlow Cummings, director of development and alumni relations, at 317.572.9398 or ccummings2@fairbanksd.org.



Fairbanks Hosts Meeting of Governor's Drug Task Force

Fairbanks and Hope Academy hosted the final meeting of the Governor's Task Force on Drug Enforcement, Treatment and Prevention on Dec. 5 before it transitions into the Indiana Commission to Combat Drug Abuse.

The meeting featured testimonials from Fairbanks Medical Director Darrin Mangiacarne, DO, MPH, CPE, and Josy, a recent Hope Academy graduate.

Just how important is the topic of addiction? Mangiacarne noted that of the 47,000 annual drug overdoses nationally, 1,200 happen in Indiana—more than the state's proportional share.

"The average person is more likely to die from a drug overdose than a motor vehicle accident. We want to do more to prevent this from happening," said Mangiacarne, adding there's no single solution to the problem.

"We're talking comprehensive changes that need to be made."

Since starting at Fairbanks 18 months ago, Mangiacarne has noticed patients struggling with addiction are sicker and have more psychiatric issues. Many struggle to find housing and jobs. They often need more than treatment. They need life skills training and often suffer from co-morbid conditions.

There has been progress in the fight against addiction. Mangiacarne highlighted the distribution of Naloxone, which reverses the effects of an overdose. But that's just a start.

"We need to treat patients who overdose with Naloxone, then link them to treatment and recovery support," Mangiacarne said. "Having an overdose isn't enough to deter people from using drugs again." He would also like to see the number of days in residential treatment covered by insurance expanded.

"I've seen it make a difference in a lot of lives," Mangiacarne said.

He also advocated for more addiction education for medical professionals and transitional housing for those in recovery, especially women. Some of these ideas were embraced by the governor's drug task force. Included in its final recommendations is improving the study of addiction in our state medical schools. One proposal related to that is a one-year post-residency training, such as community family medicine, in association with Fairbanks.



Above: Fairbanks staff, alumni and others watch the final meeting of the Governor's Task Force on Drug Enforcement, Treatment, and Prevention in the Fairbanks Recovery Center.

Josy, a recent graduate of Hope Academy, shared her success story during the meeting.

Always a good student, Josy became depressed during her junior year when her brother got sick. She started using drugs to cope. Her downward spiral culminated in her expulsion last March for possession on school property.

"I felt my future crashing down around me," Josy said. "I can't express the feeling of hopelessness that I had. I thought there was no possible way I could go to college, or even get my life back."

At best she figured her only option was to earn her GED, then enroll at a community college. Instead her mother scheduled a visit at Hope Academy. Josy admits she only went to appease her.

"But once I arrived I immediately felt safe. I felt a little hope again," she said. "The community there is so tight-knit. It's an amazing environment to balance academics with recovery support."

Josy was able to graduate a semester early. She's starting at Indiana University-Bloomington in January, majoring in nursing. She hopes later to pursue a master's in social work.

"I want to help kids like me," said Josy, who was a finalist for the Lilly Endowment Community Scholarship Program.

"For the first time in a long time, I'm happy and in control again—and excited for the future. I'm so grateful I was able to come to Hope Academy and learn and grow."

→ Fairbanks Undergoes Marketing Refresh

Fairbanks recently hired Fat Atom to conduct an extensive marketing analysis on our organization and create a blueprint for more effective dissemination of our messaging.

While Fairbanks is a recognized name in central Indiana as "experts in addiction, focused on recovery," Fat Atom's blueprint offers recommendations to improve communication with our referrer partners as well as streamline Fairbanks' web presence and better measure the returns on investment of various marketing campaigns.

Fat Atom's analysis included extensive interviews with Fairbanks leadership, staff, volunteers and donors; tours of our facilities, including Hope Academy and the men's and women's La Verna Lodges; reviews of Fairbanks' websites, social media presence and current branding and messaging; and the development of specific patient personas.

This spring, Fairbanks will launch a new advertising strategy with new creative. Additionally, improvements to the website will be made to increase search engine optimization, enhance the user experience and improve navigation.

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
Tobacco Cessation
Hope Academy
Link

Education and Prevention

PRIME For Life
Marijuana Education
Susan Li Conference

Alumni and Volunteer Activities

Fairbanks Golf Outing
Summer Picnic
Gift Shop
Fresh Start Café
And More!

Top Substances Treated at Fairbanks:

Adults:

Alcohol | Opioids | Sedatives | Stimulants

Adolescents:

Cannabis | Opioids | Alcohol | Sedatives

Data collected from all patients who sought treatment at Fairbanks 1.1.16-12.31.16.

Fairbanks Golf Outing Raises Over \$23,000

Thank you to the sponsors and golfers of the 24th annual Fairbanks Golf Outing on Sept. 16 at Ironwood Golf Club in Fishers. With your generosity, we raised over \$23,000 for the Dr. Tim Kelly Patient Assistance Fund, which helps Fairbanks inspire hope and transform the lives of individuals seeking treatment and recovery.



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1. This year's winning foursome was (from left) Bob Bartenbach, Bob Hyde, Matt Koehlinger and Stan Stephen.
2. Bob Loomis (from left), Doug Moore, Steve Tolle and Steve Vas were one of the participating teams.
3. Fairbanks Medical Director Dr. Darrin Mangiacarne (front center) poses with (from left) Tracy Jackson, Avery Johnson, Roland Hamilton and Daniel Hales, all from Fairbanks' Environmental Services Department.

Give the Gift of Hope and Recovery

Why donate to Fairbanks?

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

Your donation to Fairbanks will help:

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

How can you make a donation?

- Visit our website at www.fairbankscd.org.
- Mail a donation to Fairbanks at 8102 Clearvista Parkway, Indianapolis, IN 46256 to the attention of Katy Crichlow Cummings.
- Call Katy Crichlow Cummings, CFRE, Fairbanks Director of Development & Alumni Relations, at 317.572.9398.

Employee Spotlight: Doreen Shell

Doreen Shell has been a nurse her entire career. She has worked in a variety of healthcare settings, but knew little about the disease of addiction prior to coming to Fairbanks 11 years ago.

"I've been blown away by how much I've learned," the registered nurse said.

Shell is an assistant nurse manager at Fairbanks. A nurse for 41 years, she started at the hospital in her hometown of New Castle after college. After 19 years there, Shell worked for the Indiana Department of Corrections before seeing a newspaper ad for a job opening at Fairbanks and applying.

While her supervisory role entails many audits, meetings and paperwork, she still gets to work on the floor and interact with patients and fellow nurses.

"I always try to get a pulse on how things are going every day," Shell said. "Most of the nurses are half my age now, so they keep me young."



The job isn't without its challenges, just as it is for those recovering from addiction.

"It's not unusual for patients to express frustration, anger and sadness. Nurses often get the brunt of that," Shell said. "The biggest thing is keeping in mind that it's not about us, it's about the patient. You just have to keep an even keel and understand that's part of the process they're going through."

With that also comes many success stories, which Shell ultimately relishes.

"I've had former patients make a trip back here just to tell me they're still doing well and how much of a difference I made in their lives while they were here," she said. "Those really stand out to me. It makes me feel like I'm doing something worthwhile."

Right: Dr. Jim Meacham, a physician at Fairbanks, was a recipient at Mental Health America of Indiana's (MHAI) Heroes for Recovery Awards banquet Dec. 15 at the Columbia Club in Indianapolis. The Heroes for Recovery Awards showcase and honor mental health, addiction and recovery professionals and advocates from around the state for exemplary work to promote recovery and improve the lives of individuals and families facing the challenges of mental illness. Meacham (left) is pictured with MHAI President and CEO Stephen C. McCaffrey.

Board of Directors Spotlight: Pat Carr President & CEO, UnitedHealthOne

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

A: I knew someone serving on the board, and as I was considering joining the board, I became more aware of people in my life who were struggling with substance abuse. I knew someone who went through programming at Fairbanks and saw how they benefitted. All of those things gave me a better understanding of what Fairbanks does. I felt I was getting a message that this was the right time to get engaged.



Q: What do you wish other people knew about Fairbanks?

A: I wish there was more appreciation for the expertise held by the clinicians at Fairbanks. Most people are unsure of the programs and services offered by Fairbanks, and I wish there was better awareness of what is available to people and their families struggling with addiction. It's an outstanding service to our community. 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. That would be my wish, that everybody knows what's available here. Programs like Fairbanks are too much of a well-kept secret.

Q: When others learn about your service to Fairbanks, how do they react?

A: Whether it's a friend or a relative, I think most people today know somebody who needs to be told the Fairbanks story. Everybody has someone in their lives who could use these services. When you're describing Fairbanks, it usually ends with some sort of appreciation, a "thanks for telling the story."

Carr is an Indianapolis native and graduate of Indiana University. He and his wife have two grown children.



Hope Academy Welcomes Special Guest Speakers

For the first Community Day of the 2016-17 school year, Hope Academy students were visited by guest speakers Ken Johnson, chaplain for the Indianapolis Colts, and Sean Moore, founder and CEO of Precision Labs.

Both speakers, while having dealt with difficult upbringings, offered messages of hope to the students.

While Johnson was born into poverty, he was also blessed with the ability to run fast. So fast that he was recruited to run track and play football at an affluent school. Given his background, however, Johnson's new classmates were slow to accept him.

He benefitted from teachers and coaches who saw his potential and challenged him to live up to it. Johnson got a scholarship to play football at the University of Tulsa, where he earned a bachelor's degree in education. After a knee injury prevented him from playing football professionally, Johnson joined the military, then became a police officer in Tulsa. Devotion to Christianity led him to a job with the Fellowship of Christian Athletes, and then as chaplain for the Indianapolis Colts.

"We live in a society that has programmed you to believe you're nothing but a chicken," Johnson told the Hope Academy students. "I'm just one of many examples that your dreams can happen. You are an eagle, even when you think you're just a chicken."

Sean Moore likewise had a tough childhood, including a schizophrenic mother. Despite that, he made straight A's and scored the highest on the ACT in his school's history. Moore also excelled at baseball, earning a scholarship to pitch at a Division II school in Miami, Fla. When a professional playing career didn't pan out, he used his natural drive to excel at careers as a sports agent and selling baseball memorabilia.

But after breaking his back in a car accident, Moore developed an addiction to opioid painkillers. At its worst, he was taking opioids just to



Left: Ken Johnson (far left) visits with Hope Academy students and staff during lunch. Right: Sean Moore shares his story of recovery with Hope Academy students and staff.

feel normal. When he didn't, the withdrawal symptoms made Moore feel like he was dying.

"I literally got on my hands and knees and cried out to God," Moore said. He vowed that if he could get his life back he would use it to help others.

At the time, Moore felt ashamed to admit he needed help. Now he wears his past as a badge of honor. His foremost goal at this stage in life is to use income from the myriad companies he's founded to help others. One of his favorite quotes is attributed to Mark Twain: "The two most important days in your life are the day you are born and the day you find out why."

"There's a thing called redemption. I'm a living testament," Moore said. "I've screwed up every possible way. I'm telling you today you can live a great life sober."

Hope Academy Adds Three New Board Members

Dr. Rebecca Kelly is a lifelong resident of Indianapolis and a graduate of Purdue University and Indiana University Medical School. She is on staff at Community Hospital and has a private addiction medicine practice, Clearvista Recovery Associates. Kelly is a Fellow of the American Society of Addiction Medicine and a Diplomate of the American Board of Addiction Medicine. She worked at Fairbanks for 30 years until 2010. There she developed a commitment to the treatment and maintenance of recovery in persons suffering from addiction.

Colleen Kenney is also a lifelong Indianapolis resident and active community volunteer. She has served on the Taste of Hope Committee—Hope Academy's annual fundraising event—since 2014 and is co-chair this year. Other board memberships and volunteer activities Kenney is involved with are Hearts & Hands of Indiana; Eastside Optimist Club; Sisters of St. Benedict; Our Lady of Grace Monastery in Beech Grove; and Our Lady of Lourdes Catholic Church.

"Recovery and education are two areas of interest close to my heart, and membership on the Hope Academy Board of Directors provides me with the opportunity to serve both with great enthusiasm!" Kenney said.

Teresa Brown currently serves as assistant superintendent of school improvement for the Indiana Department of Education. She previously was a principal in school corporations including Franklin Township, Speedway, Mill Creek and Shelbyville, and is currently a member of numerous community organizations.

"I am excited and honored to serve on Hope Academy's board," Brown said. "Our students need to understand that they have advocates, cheerleaders, guides and mentors ready to help them achieve their dreams."

Rachelle Gardner, Hope Academy's chief operating officer, says the three new board members are meaningful additions to the organization's mission.



Top to bottom: Dr. Rebecca Kelly, Colleen Kenney, and Teresa Brown.



Fairbanks
Experts in addictions. Focused on recovery.®

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or email wcoggeshall@fairbankscd.org.



THURSDAY, APRIL 27, 2017

Indianapolis Marriott Downtown
350 West Maryland Street

Reception at 6 p.m. | Dinner served at 7 p.m.



Keynote Speaker

Daniel Rodriguez
The 9/11 Singing Policeman

TICKET INFORMATION:

www.fairbankscd.org/coh

317.572.9384

straylor@fairbankscd.org

Dress for the evening is business attire. Please join the
celebration by wearing purple, the color of recovery.