



Fairbanks' first master therapist to address trauma in patients



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

Master Therapist is the top level in Fairbanks' Counselor Career Ladder, which was created last fall. 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 his or her proposal to the clinical counseling managers for approval.

Davenport has worked at Fairbanks for seven years. 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 is developing 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 personnel 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. "People experience a traumatic event, and that's when their use escalates or they turn to such substances to help cope."

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 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' trauma curriculum is expected to be implemented this summer.

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.

Newsletter | SUMMER 2017



3

Circle of Hope:
Celebrating recovery



5

Annual recognition dinner:
Honoring our volunteers



6

Employee spotlight:
Terrence Lacy

- 2 ... New VP/CFO
- ... La Verna Lodge for Women Reopens
- 3 ... Fairbanks Circle of Hope Dinner Recap
- ... Monumental Marathon
- 4 ... Taste of Hope Recap
- ... Malcolm Pownall Honored
- 5 ... Annual Volunteer Recognition
- ... Give the Gift of Hope and Recovery
- 6 ... Employee Spotlight: Terrence Lacy
- ... Board Spotlight: John Ryan
- 7 ... Indiana ASAM President-Elect
- ... Fairbanks Adds Staff Psychiatrist
- ... Lunch & Learns

Fairbanks and Hope Academy welcome new VP/CFO

Janine Shopp has spent her entire career as a numbers person, but serving that role in the health-care industry has added meaning to her work.

Shopp, who joined Fairbanks and Hope Academy as vice president and chief financial officer at the beginning of the year, considers herself an empathetic person.

“I feel what other people feel and tend to draw on their emotions,” she said. “That’s not a traditional characteristic in an accountant or finance person. To feed that part of me, being in health care has always been appealing. It brings more meaning to my work and the numbers.”

Born and raised in Greenwood, Shopp 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.

“Working there, I always knew I wasn’t the smartest person in the room,” she quipped.



But Shopp’s good with more than just numbers. At Fairbanks she’s also in charge of information technology. That includes medical records, patient accounts and more. Shopp is a “self-declared computer nerd.”

“I know enough to use a computer to help simplify things,” the Center Grove High School graduate said. “Nothing makes me happier than for

someone to say ‘there’s got to be a better way’ because there usually is. It’s exciting when you can solve a huge problem for someone. But I can’t always talk computer talk or take one apart and put it back together.”

It’s not just her connection to Elliott that brought Shopp to Fairbanks. She has acquaintances who’ve been treated here.

“I’ve always heard great things about the impact Fairbanks has had,” Shopp said. “I’ve personally been touched by various people who’ve faced some kind of addiction. It brought another fire to me to join an organization where you can feel passionate about what you’re doing. It’s a nice meld of my personal and professional lives.”

Married with three daughters, Shopp enjoys creative hobbies like arts and crafts, and spending time with her family—especially playing games.

“We’re a very competitive group,” she said. “We actually have a running tally of who’s won on a chart we keep on the fridge.”

Women’s La Verna Lodge reopens program, facility

Fairbanks has 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.



La Verna Lodge for Women will host an open house this summer to debut its restructured program and updated facility.

Changes made at La Verna Lodge for Women include 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.

“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 has been named manager of La Verna Lodge for Women. He has worked at Fairbanks for the past five years, most recently as the adult family therapist.

“I see this as an opportunity to promote addiction treatment and family therapy work for women in a unique setting,” Harpring, a Licensed Clinical Addictions Counselor with 17 years of experience, said of his new role. “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.”

La Verna Lodge for Women will host an open house later this summer. For more information on the lodge and to schedule an assessment, visit the website at lavernalodge.com or call 877.290.3946.

Fairbanks Circle of Hope Dinner celebrates recovery, raises funds for patient assistance

More than 500 individuals came together to celebrate recovery from addiction and raise over \$170,000 at the 16th annual Fairbanks Circle of Hope Dinner April 27 at the Indianapolis Marriott Downtown.

Jim Irsay and the Indianapolis Colts were the premier sponsors for the Fairbanks Circle of Hope Dinner again this year. They matched the first \$10,000 Fairbanks received in donations.

Benefactor sponsors were BMO Harris Bank, Fairway Outdoor, Hud and Diane Pfeiffer, Indiana University School of Nursing, *Indianapolis Business Journal*, Marion County Public Health Department, Mike and Sue Smith Family Fund, RealAmerica Companies, The National Bank of Indianapolis and UnitedHealthcare.

The Fairbanks Circle of Hope Dinner also raises awareness about alcohol and drug addiction while honoring an individual or organization for outstanding contributions related to research, education or treatment of drug and alcohol abuse and addiction.

Former Indiana Attorney General Greg Zoeller was honored as the 2017 Richard M. Fairbanks Circle of Hope Award recipient. As attorney general 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 the burgeoning prescription drug abuse problem.

This year's 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 event 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.

State Sen. Jim Merritt served as honorary chair and Angela Cain, formerly of WTHR-Channel 13, reprised her role as host of ceremonies. Other noted guests included State Reps. Steve Davisson and Carey Hamilton, the Honorable Gail Bardach and the Honorable Diana Burleson and Dr. Joan Duwve, chief medical officer for the Indiana State Department of Health.

Monumental Marathon runners can support Fairbanks!

Register for the CNO Financial Indianapolis Monumental Marathon and receive a 15 percent discount when you designate Fairbanks as your Run for a Cause Charity. Call Kathleen Gill at 317.572.9469 to get Fairbanks' discount code.

This year's CNO Financial Indianapolis Monumental Marathon is Saturday, Nov. 4, at the Indiana State Capitol. Now one of the 20 largest marathons in the United States, it's the ideal fall marathon for everyone from the first-time marathon runner to elite athletes.

Register at MonumentalMarathon.com. and don't forget to designate Fairbanks as your Run for a Cause Charity!



1. Former Indiana Attorney General Greg Zoeller poses with his Richard M. Fairbanks Circle of Hope Award for a group photo.
2. Keynote speaker Daniel Rodriguez—a.k.a. the "Singing Policeman"—performs for the audience.
3. Scout shares her story of recovery during the program.
4. Attendees look at jewelry for sale before the dinner.

Taste of Hope celebrates students in recovery

Hope Academy, the recovery high school supported by Fairbanks, celebrated another successful Taste of Hope by raising over \$39,000.

The annual fundraising event, this year held on Feb. 12 in the Fairbanks Recovery Center, was attended by more than 200 supporters and featured delicious cuisine by eight local food establishments:

Biaggi's Ristorante Italiano	Rick's Cooking School
Chef Suzanne Catering	Shoefly Public House
Meridian Restaurant	Sodexo
Pierogi Love Indy	Tastes of Africa Catering Services

Shoefly was voted Best Taste for its cider-braised brisket, fig mostarda and grits, and Sodexo won Best Presentation for its blackened beef filet crostini with balsamic onion jam served over roasted beet salad with candied pecans and goat cheese croutons.

Piazza Produce, the Indianapolis Marriott Downtown and Cadillac Coffee donated desserts and coffee.

The 2017 Taste of Hope had 40 sponsors contribute \$29,000 to Hope Academy. Platinum sponsors were Irving Materials, Inc. and Precision Labs, and the Indiana/Kentucky/Ohio Regional Council of Carpenters was a gold sponsor. The event, emceed by RTV6 News personality Rafael Sanchez, also included Bags of Hope—featuring donated goodies like coffee and gift cards—and artwork created by Hope Academy students.

Money raised through Taste of Hope helps offset the cost associated with educating each student at Hope Academy, which is a tuition-free public charter high school. Hope Academy receives \$15,000 per student from the state, but it costs \$24,000 to educate one student for a whole school year.



1. Taste of Hope emcee Rafael Sanchez uses a selfie stick to take a group photo.
2. Shoefly Public House owners Kait and Craig Mariutto pose with their Best Taste trophy.
3. Hope Academy students Robert (from left), AJ, Flynn and Mallory serve as tour guides.

Malcolm Pownall honored as a Face of Hope



Hope Academy named Malcolm Pownall its 2017 Face of Hope.

The Faces of Hope award celebrates those who have made a positive impact on the school's mission and programs. To mark Hope Academy's 10th anniversary in 2016, the school honored the inaugural 10 Faces of Hope. A new

Face of Hope is honored annually during Hope Academy's Taste of Hope fundraiser.

Pownall joined the Fairbanks Board of Directors in 2002. As chairman and CEO of First of America Bank Indiana, he was invited by a friend to join Fairbanks' Finance Committee. Around the same time, the organization was considering the idea of opening a recovery high school for teens struggling with substance abuse. That idea eventually became Hope Academy. It's the only recovery high school in Indiana and one of only 35 nationwide.

Pownall happened to have some personal experience with the issue that Hope Academy addresses.

"I knew a young man who had been kicked out of high school for smoking marijuana," Pownall said. "I thought the idea of Hope Academy was great."

Pownall served on the Fairbanks board until 2011 and on Hope Academy's board from 2005-2014. Now retired, he's still part of the organization's finance and marketing committees.

"Addiction treatment has become a very competitive environment," Pownall said. "But with a tremendous staff and facilities, Fairbanks continues to be an industry leader."

The same can be said for Hope Academy, which provides a safe, sober and academically-challenging environment for students in recovery.

"I'm proud that they've continued that mission," Pownall said. "I feel blessed to have been a part of both of these institutions. It's one of the coolest things I've been a part of."

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!

Fairbanks honors its volunteers during annual dinner

Fairbanks honored its top volunteers of 2016 during a special recognition dinner Jan. 25 at The Willows in Indianapolis.

Judy Steuer was named Volunteer of the Year. Steuer, who attended the event with her grandchildren, regularly volunteers in Fairbanks' gift shop and also speaks to support groups. She donated 170 hours of her time in 2016.

The event also honored the late Judi Kramer, a former Fairbanks employee who established the nonprofit organization's alumni and volunteer program over 30 years ago. Steuer was one of her first volunteers.



Above: 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.

Also honored are volunteers who demonstrate one of Fairbanks core values through their volunteerism. The 2016 recipients are:

Serenity – Kim Manlove
Courage – Kevin Ulrey
Trust – Stormy Newton

Hope – Peter Gross
Wisdom – Bruce MacAllister

In 2016, Fairbanks had 279 volunteers who contributed 10,260 hours—the equivalent of five full-time employees. Based on a pay scale of \$10 an hour, they donated \$102,600 in volunteer time to Fairbanks.

Among the departments at Fairbanks utilizing volunteers, there were over 2,050 volunteer hours contributed in support groups, 845 hours in the Access Center, 2,100 hours donated by staff assistants (those helping in the gym, kitchen, front desk, doctor's office and clerical assistants), 2,292 hours in the gift shop, 2,951 hours at the Fresh Start Café in the Recovery Center and almost 167 hours contributed at the Saturday morning panels for patients.

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

Give the gift of hope and recovery

Why donate to Fairbanks?

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

Your donation to Fairbanks will help:

- Individuals who are lost and struggling with their addiction discover hope and begin their journey as they enter treatment.
- Families find support from one another at a time when they often feel alone.
- Patients transition from one level of care to the next, strengthening their recovery one day at a time.

- Alumni and volunteers share their experience, strength and hope and put a face and a voice to recovery.
- Physicians, nurses and counselors create individualized treatment plans to ensure each patient receives the highest quality of care.
- Smiles and hope appear as patients complete their treatment and become alumni.

How can you make a donation?

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

Employee spotlight: Terrence Lacy

Growing up on Indianapolis' near eastside, Terrence Lacy was well aware of the damage addiction wreaks on people and their communities.

"I had family members who were touched by it, so I saw how destructive it is," said Lacy, a counselor who's worked at Fairbanks almost 25 years. "I wanted to be part of the solution to that, not the problem. I think every family can honestly say they know someone who has shared in this struggle."

A graduate of the University of Indianapolis and Martin University with degrees in psychology, Lacy became a counselor because of his love for helping others.



"Working with people and watching them take back their lives from addiction is a joy," the avid Dallas Cowboys fan said. "It's not always successful, but we're planting the seeds. My joy comes from just being there for them in their time of need."

Lacy's job has been made more difficult in recent years as the potency of certain illicit drugs has increased.

"In my first 10 years on the job there really wasn't much of a risk of death. In the last 15 years, I've had to visit many more funeral homes," he said. "That's the struggle. And while it may be a challenge, there's also the joy when you see the light return to someone's eyes and hear them talk about future plans. There's no value you can place on seeing someone get their life back like that, or see a family that was once torn apart now reunited."

Lacy keeps numerous drawings on one wall of his office that've been given to him over the years. One, by a patient's mother, has a panel depicting family members with their hair on fire. A second panel—illustrating life after treatment—represents calm and a return to normalcy.

"That to me is why I still do what I do," Lacy said. "It's been a blessing and a joy. I wouldn't want to do anything else but this."

Lacy was the first counselor designated by Fairbanks to work with males ages 19-24 in the Odyssey program. Because of his focus on a younger demographic, Lacy sees many former patients flourish in their recovery. He gives those who successfully complete his treatment program a certificate. One of those graduates recently contacted Lacy after many years of sobriety.

"He found his certificate and just wanted to tell me how he was doing and how proud he was when he got that," Lacy said.

He also has former patients who now work at Fairbanks.

"That's cool to see the results of their journeys and how they're helping others now. They've become part of the family here."

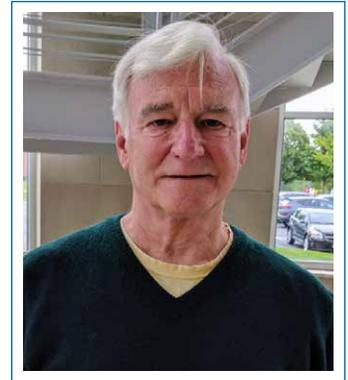
Board of directors spotlight: John Ryan

St. Vincent de Paul Indianapolis
Archdiocesan Council, Inc.

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

A: Leah Mannweiler (Hope Academy Board chair) is a very good friend whom I've known for years, and she asked me to join the board. I thought it was a good opportunity to contribute to Fairbanks.

After attending some meetings and getting more knowledgeable about the organization's mission and vision, I grew to appreciate what Fairbanks does for this community and the folks suffering from this disease. I believe Fairbanks does an outstanding job for its patients. I wanted to add some value to that.



Q: What was your awareness level on the issue of addiction prior to joining Fairbanks' board?

A: Surprisingly a lot. I had a family member years ago who, because of a medical problem, became addicted to a drug. They came here and it was easily resolved.

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

A: I think it's a hidden treasure in this community. The continuum of care provided here isn't commonly known. They treat the whole person. Every person has a little different experience with their addiction. Fairbanks is able to evaluate each individual and provide them with a tailored program, which I think is amazing.

Q: When others learn about your service to Fairbanks, what do they ask?

A: I'm often asked why I do it. I could kiddingly say it fills my time in retirement, but it's much more than that. I tell people Fairbanks has such a wonderful mission. Just like a person who has a medical disease like diabetes or heart disease, someone with addiction needs treatment too. I've been associated with hospital boards and committees. They're all wonderful, but Fairbanks has a special place in my heart for what it does. That motivates me to be involved.

John is president of the St. Vincent de Paul Society. An attorney, he served as senior deputy mayor with Mayor Bill Hudnut, a partner at the law firm Ice Miller LLP, vice president of One America and director of child services for the State of Indiana during Governor Mitch Daniels administration. He has been married for 46 years and has three children and eight grandchildren.

Fairbanks medical director appointed Indiana ASAM president-elect

Fairbanks Medical Director Dr. Darrin Mangiacarne, DO, MPH, CPE, has been 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 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.

Fairbanks adds psychiatrist to staff

Psychiatrist Dr. Jennifer Bell, DO, has joined Fairbanks' medical staff.



Bell started at Fairbanks on May 26 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.

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 will allow the nonprofit drug and alcohol treatment center 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 hosts lunch & learns for health professionals

Fairbanks organized multiple lunch & learn education programs this winter and spring for professionals from a variety of fields, including addiction and recovery specialists, social workers, therapists and counselors.

On Feb. 23, the Indiana Youth Group's Graham Brinklow spoke about the programs and services they offer the Lesbian, Gay, Bisexual, Transgender, Queer and Questioning community. Brinklow has been an educational presenter since 1991 for various organizations and has worked to teach youth tolerance of different types to people and to learn from one another.

In May Nikki Myers, founder of CITYOGA School of Yoga and Health, presented a discussion and experiential titled "The Issues Live in the Tissues" about addiction recovery, trauma healing and yoga. The yoga therapist, teacher and somatic-experiencing practitioner launched Yoga of 12-Step Recovery in 2004 based on her own personal struggles with addiction.

A lunch & learn on bariatric surgery and alcohol abuse is planned for September. Contact Sara Hastings at shastings@fairbanksd.org or 317.572.9350 for more information.

Right: Nikki Myers presents a program about yoga called "The Issues Live in the Tissues."





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Top substances treated at Fairbanks:

Adults:

Alcohol | Opioids | Sedatives | Cocaine

Adolescents:

Alcohol | Sedatives | Cannabis | Opioids

Data collected from all patients who sought treatment at Fairbanks 1.1.17-6.30.17.

Connect with Fairbanks on social media



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



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



[@fairbankscd](https://twitter.com/fairbankscd)



[@fairbankscd](https://instagram.com/fairbankscd)

UPCOMING EVENTS

August 5

La Verna Lodge for Men Summer Picnic

August 12

Fairbanks Summer Picnic

Noon-2 p.m.

August 26

Open Mic Night

Fairbanks Recovery Center, 6-7:45 p.m.

September 17

Indianapolis Colts vs. Arizona Cardinals

1 p.m.

November 4

CNO Financial Indianapolis Monumental Marathon

Fairbanks: "Run for a Cause" fundraiser

November 5

Spirit & Place Festival—POWER

5-7 p.m.

November 11

Open Mic Night

Fairbanks Recovery Center, 6-7:45 p.m.

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