Fairbanks has instituted a new curriculum to address trauma in female patients.

Origins: Women’s Trauma Program is part of Fairbanks’ whole continuum of care. Women suffering from co-occurring trauma and addiction disorders now have specialized programming so both needs can be addressed simultaneously. Patients can be admitted into any level of care in Fairbanks’ continuum depending on where they are with the severity their illness.

“We previously had to refer patients to other providers to address that,” Fairbanks Master Therapist Kim Davenport said. “But when you remove the substances they were abusing to shield themselves from their trauma, they can’t really contain it anymore and it comes to the surface. It needs to be dealt with in conjunction with addiction.”

Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Seeking Safety and yoga are utilized in the trauma program developed by Davenport. These are evidence-based best practices.

Patients typically start Origins at the residential level at La Verna Lodge for Women or at the Partial Hospitalization Program (PHP) level and are taught stabilization techniques and coping skills. Once stable, they start addressing their trauma while in Fairbanks’ Intensive Outpatient Program (IOP) and can graduate to the Level I trauma group for recovery follow-up services. Patients who follow this track meet with Davenport (who coordinates Origins) for 20 weeks, which is an extensive period of sobriety. The IOP trauma group meets for eight weeks, which is two weeks longer than other IOP support groups. Individuals may remain in either group for even longer if needed.

A men’s specialized trauma curriculum is currently being developed.

For more information on Origins: Women’s Trauma Program, contact Davenport at kdavenport@fairbankscd.org or 317.572.9377.
Fairbanks has launched an Employer Services division and program to help companies throughout the Midwest mitigate the rising costs of healthcare related to substance abuse and improve employee productivity.

The new Fairbanks Employer Services division is uniquely positioned to help employers identify and provide care for employees or their dependents who may suffer from substance use disorder or addiction. One of the premiere programs offered through the new division is Fairbanks Spotlight™, a behavioral-health intervention program designed to help employers increase employee engagement while positively reducing healthcare costs. Fairbanks Spotlight will be available in Indiana, Illinois, Kentucky, Michigan and Ohio.

“As a long-time leader in treating addiction, we understand how substance abuse can negatively impact an organization and believe this first-of-its-kind interventional model will help,” said Barbara Elliott, president and CEO of Fairbanks.

Fairbanks Spotlight uses proactive behavioral-health coaching with proprietary analytics to identify and assist employees and their dependents with solutions in addressing the individual’s unique health and productivity challenges. The program is designed for self-insured employer groups with 500+ employees in various industries who want to increase employee engagement and improve productivity while lowering expenditures seen in rising benefit costs. Spotlight combines proprietary analytics with a proactive consultative approach to identify and mitigate previously unrecognized behavioral-health employee issues, identifying the hidden drivers of lower productivity before they can develop into costly, adverse work situations.

The new Spotlight program combines the gathering of data analytics to create a profile of a company’s employees. Using these analytics, licensed behavioral coaches provide proactive counseling in order to improve the productivity and well-being of staff members. Fairbanks is partners with Espyr, a national behavioral health company with 45,000 licensed clinical professionals, to assist in the delivery of the new offering.

Spotlight is one of several programs and services available through Fairbanks Employer Services. Others include: inpatient and outpatient services, education courses, residential care, recovery management and supportive living programs.

Visit the website FairbanksEmployerServices.com for more information.

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The focus at this year’s National Association of Addiction Treatment Providers (NAATP) conference was quality assurance. And with good reason. The attention paid to the ongoing opioid epidemic has also caught the attention of some unscrupulous treatment facilities and resulted in some negative perceptions of treatment facilities. Seventy-two organizations were removed from NAATP’s membership since last year as a result.

That’s why we’re so proud to be one of only two NAATP-certified treatment facilities in Indiana. We adhere to the stringent code of ethics required by NAATP and are a symbol of our commitment to only evidence-based practices and ethical marketing. Along with our recently renewed Joint Commission accreditation, plus 73 years of service to transforming lives, Fairbanks continues to be a name to be trusted. We are truly “the experts in recovery.”

As a leader in addiction treatment, we continue to create innovative programs to help more individuals live a life of recovery. We are happy to announce the addition of several new services to provide help and hope. Master Therapist Kim Davenport recently created and launched our new women’s trauma program, Origins. Kim Manlove has brought his expertise as a recovery coach to Fairbanks and is heading up a new parent coaching program. I’m also excited to announce the introduction of our new Fairbanks Spotlight™ program, which helps employers provide proactive behavioral health interventions. Fairbanks Spotlight, as part of our new Fairbanks Employer Services division, will allow us to take our evidence-based continuum of care to employers throughout the state to help keep workers well and at work.

I’m happy to announce that Jeremy Watson has joined the team to head up the new Fairbanks Employer Services division as director of business programs, and Matt Heskett is the new coordinator of employer services. In addition, John Adams, former Fairbanks board member, has come on board as manager of our First Step supportive living program. Jenny Horstman is taking over the newly created position, director of care coordination.

Together, we will keep working on new and better programs, as well as rely on proven evidence-based practices, to transform lives and overcome addiction.

Sincerely,

Barb Elliott
President and CEO
Fairbanks Circle of Hope Dinner celebrates record fundraising for patient assistance

More than 600 individuals came together to celebrate recovery from addiction and raised a record $262,000 at the 17th annual Fairbanks Circle of Hope Dinner April 26 at the Indianapolis Marriott Downtown.

Jim Irsay and the Indianapolis Colts were once again the presenting sponsor for the Fairbanks Circle of Hope Dinner.

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.

Leah Mannweiler, a partner at Krieg DeVault LLP and a Hope Academy board member, was honored as the 2018 Richard M. Fairbanks Circle of Hope Award recipient. She began assisting Fairbanks, which was already a client at Krieg DeVault LLP, with legal issues when she joined the law firm in 1989. Fairbanks’ work became personal when one of Mannweiler’s children had a substance abuse problem as a teenager.

This year’s keynote speaker was Ryan Leaf, a former college football and National Football League quarterback who’s now a behavioral health advocate. After his football career was cut short, Leaf began abusing prescription opiates to deal with old playing injuries and his declining mental health. His addiction eventually landed him in prison. After serving his sentence, Leaf began working for Transcend Recovery Community and now shares his story of recovery to audiences nationwide.

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, Hope Academy and La Verna Lodge, an extended residential treatment program provided by Fairbanks.

Angela Cain reprised her role as host of ceremonies. Other noted guests included Indianapolis Mayor Joe Hogsett, State Sen. Jim Merritt, former Indiana Supreme Court Chief Justice Randall T. Shepard, retired Judge Mary Bonaventura, former State Sen. Patricia Miller, Magistrate Diana Burleson and Jim McClelland, executive director for Drug Prevention, Treatment and Enforcement for the State of Indiana.

Fairbanks chief clinical officer honored with lifetime achievement award

Fairbanks Chief Clinical Officer Robin Parsons, MS, LMHC, LCAC, CTRS, ADS, was recently honored with a lifetime achievement award by the Indiana Counselors Association on Alcohol and Drug Abuse (ICAADA).

Parsons has over 30 years of experience in addiction treatment and recovery, which includes expertise in counseling the addicted client, program management and educational trainings. As chief clinical officer for Fairbanks, she is involved in leadership for the organization and serves as administrative and clinical support to the adult treatment team at Fairbanks and La Verna Lodge.

Parsons is also an acupuncture detoxification specialist and received her training at Lincoln Acupuncture Training Institute in New York. She offers acupuncture and several other evidence-based best practices for addiction treatment at Fairbanks.

Fairbanks announces new partnership with Indianapolis Colts to promote safe and responsible alcohol use

Fairbanks has announced a new partnership with the Indianapolis Colts for the 2018 NFL season to promote safe and responsible alcohol use on game days and in everyday life.

Through the partnership, Fairbanks and the Colts will use various opportunities to educate the public about alcohol and to promote responsible alcohol use. In addition, the Colts will sponsor several Fairbanks fundraising events.

Alcoholism is the most commonly used addictive substance affecting Americans, with one in 12 adults abusing alcohol or who have an addiction problem, according to the National Council on Alcoholism and Drug Dependence.
Taste of Hope celebrates students in recovery

Hope Academy, the recovery high school supported by Fairbanks, celebrated a record-breaking Taste of Hope event this year by raising over $69,000 or 67% more than the $41,500 goal to support students in recovery from substance abuse.

The annual fundraiser, held on February 25 in the Fairbanks Recovery Center, was a sold-out event with more than 200 supporters and featured delicious cuisine donated by eight local food establishments:

- Arni’s Restaurant
- Flamme Burger – Oak Catering
- Gordon Food Service Store
- MCL Restaurant and Bakery
- Meridian Restaurant
- Nameless Catering
- Shoefly Public House
- Sodexo

Flamme Burger – Oak Catering was voted Best Taste for its beef tenderloin medallion with homemade béarnaise sauce and garlic mashed potatoes. Celebrity judge Terri Stacy of 93.1 WIBC also picked Flamme Burger – Oak Catering for Best Taste. Sodexo repeated as Best Presentation winner for its turkey hot brown.

Desserts were donated by the Indianapolis Marriott Downtown, Celebrate Cookies and Piazza Produce; gourmet coffees were donated by Cadillac Coffee.

RTV6 News personality Rafael Sanchez once again emceed the event, which featured Hope Academy senior Dustyn Mitchell sharing his story of recovery. Hope Academy President and CEO Barbara Elliott presented the annual Faces of Hope Award to Sen. Luke Kenley, who was instrumental in the school receiving its charter from the mayor’s office. Kenley also served on Fairbanks’ Board of Directors from 2006-14.

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 hosts open house for educators

Hope Academy hosted a free open house for educators this spring, which was attended by representatives from several central Indiana school corporations as well as community corrections offices.

The purpose of the event was to show how the recovery high school can be a resource for schools and others working with substance-impacted youth.

Rachelle Gardner, Hope Academy’s chief operating officer, emphasized that while it’s a charter school, Hope Academy is tuition-free.

“We are a school for the entire state,” she said, adding it’s currently the only recovery high school in the Midwest and one of only 40 nationwide.

“It doesn’t cost any more to come here than it does other public schools.”

Many students who enroll at Hope Academy report starting to use drugs and alcohol as young as ages 10-11. Their parents typically see their children are depressed and anxious, but don’t often recognize they’re also abusing substances.

“So what commonly happens is their substance abuse continues to progress,” Gardner said. “That’s why addiction in children happens so quickly. There’s a stigma that parents don’t want to admit there’s a problem.”

The open house concluded with tours of Hope Academy.

For more information on Hope Academy and to schedule a tour, contact Gardner at 317.572.9382 or rgardner@fairbankscd.org.
Hope Academy honors its Class of 2018 and marked the recovery high school’s 12th anniversary with a commencement ceremony on June 2. This year’s class had nine graduates.

Guest speaker Scott Fadness, mayor of Fishers, Ind., reflected on the hardships he’s experienced. Growing up on a family farm in North Dakota, he would’ve been the fourth generation in his family to run the business. Until the farm was foreclosed when he was 16.

After earning a bachelor’s degree in political science, a professor suggested Fadness consider a career in government. Fadness researched top master’s programs in that field, which brought him to Indiana University’s School of Public and Environmental Affairs. An internship through the city of Fishers led to him being the city’s first manager, then elected as the first mayor.

“I have a fundamental belief that, through adversity, opportunity does spring,” Fadness said. “If you keep your eyes open and have the faith when we find that opportunity, amazing things can happen.”

Georgia Wynne, who gave the alumni student address, may be a perfect example of Fadness’ message. A 2011 graduate, she expressed doubt that she ever would’ve finished high school if not for Hope Academy.

“I am forever grateful that Hope never gave up on me,” Wynne said. “Hope was a safe place for my academic struggles, as well as struggles with recovery.”

Before starting at Hope Academy, 2018 Valedictorian Sophia Herrick had no desire to finish school and didn’t think she could anyway. Now she’s been in recovery for a year, starting college in August and never been happier.

“None of us would have made it here without the help of the people who make Hope Academy not only a school, but a family,” Herrick said. “There is not another school I would rather be speaking for than this one. This environment has inspired myself among many others to do small things with great love and has truly invoked hope in us.”

As Indiana’s only recovery high school, Hope Academy has graduated more than 140 students and served over 700 students in its 12 years.

Above: The Hope Academy Class of 2018 poses for photos with school staff and guests.
Right: Peer Specialist Julia Myers helps Valedictorian Sophia Herrick with her cap before commencement.
Prominent voice in recovery community takes on new role at Fairbanks

Kim Manlove, who joined Fairbanks’ staff as parent coach and peer recovery coach coordinator at the beginning of 2018, has become a prominent voice in the recovery community.

Unfortunately, it was the tragic loss of his youngest son and his own battle with addiction that propelled him into that line of work.

Manlove and his wife Marissa (who serves on the Hope Academy board of directors) discovered in 2001 that their youngest son David was abusing drugs and alcohol. They started researching treatment options and found Fairbanks.

“At the time we didn’t really know anything about addiction,” Manlove said. “We thought treatment centers like Fairbanks were all over the place. We had no idea this extraordinary facility was in our backyard.”

Though David completed his treatment, at 16 years old the urge to continue using was too much. That summer he died from a drug-related drowning while using an inhalant.

Manlove spent the next two years blaming himself for David’s death. His drinking escalated and he began abusing the drugs he was prescribed for his grief and depression. Manlove eventually sought treatment himself at Fairbanks.

His work in recovery actually began before he became sober. The Manloves started a parent support group about six months after David died that still meets every Thursday night at Fairbanks.

After a couple years in recovery, Manlove decided to leave academia—where he had worked almost 29 years—to gain professional experience in addiction treatment. He spent the next several years as a contractor for Fairbanks running a series of block grant programs from the federal Substance Abuse and Mental Health Services Administration through the Indiana Division of Mental Health and Addiction.

Manlove also got involved with an organization called Unite to Face Addiction and served on the board of the Indiana Addictions Issues Coalition. He applied when the IAIC’s executive director position opened and got the job.

The Manloves were trained as parent recovery coaches by the Partnership for Drug-Free Kids. Manlove also utilized peer recovery coach training offered through a federal grant.

Manlove’s job at Fairbanks is to coordinate the recovery coaches who work in various departments and figure out how to help them do their jobs even better. He also hopes to utilize his experience as a parent coach in Fairbanks’ Access Center.

“To have a parent who’s been through the process, I can help explain what’s going to happen and help demystify it,” Manlove said.

Board of directors spotlight: John Adams

Q: What led you to join the Fairbanks Board of Directors?
A: I started my journey in early 2011 at the Fairbanks Intensive Outpatient Program. As soon as I was able, I began volunteering at the facility any way I could. I spent time in the gym, cleaning dishes, cleaning up the cafeteria, working in the coffee shop and sharing my story on Saturdays with male patients undergoing treatment. For me it was a logical progression to ask Helene Cross (then Fairbanks president and CEO) what else I could do to help. She suggested I join a committee. Since that time, I have served on a number of committees and even chaired the committee for the Fairbanks Circle of Hope Dinner for three years. I let current Fairbanks President and CEO Barb Elliott (and whoever else would listen) know that if there was ever an opening I would welcome the opportunity to be considered as a board member. Here we are about a year later.

Q: What was your awareness level on the issue of addiction prior to joining Fairbanks’ board?
A: I’m a person in long-term recovery. So, the issue of addiction is a very personal one to me. I understand that addiction does not just affect the addict, but the whole of their surroundings. I know where I was, and I know where I am now. It’s a testament to what recovery offers to the struggling addict.

Q: What do you wish others knew about Fairbanks?
A: At Fairbanks we realize that this is a disease, and we treat it as such. People who come to Fairbanks for help are not weak. They are not “lesser-than.” They are sick. We help them get better with support from detox all the way to supportive living. Fairbanks is much, much more than a place to go for detox. We also have an affiliation with an unbelievably great recovery high school, Hope Academy. It is just this fantastic resource for parents and students here in Central Indiana (and beyond) who may be struggling with addiction issues at home.

Q: What do people ask or want to know when they learn about your service to Fairbanks?
A: More often than not, people share a story of a family member or someone close to them that they think may have a problem with drugs and/or alcohol. They ask me for suggestions on how to best deal with the issue, and how the recovery process “works.” I generally share how it worked for me and what a huge part Fairbanks played in that journey.

John was recently named the new manager of the Fairbanks Supportive Living Program and therefore stepped down as a board member. His wife Angela is an immigration attorney. They have two children: Johnny, who loves baseball, and Erin, who loves gymnastics. John’s favorite thing to do is go on family trips whether they be short, long, far or near. A close second is fly fishing.
Fairbanks honors its volunteers during annual dinner

Fairbanks honored its top volunteers of 2017 during a special recognition dinner January 24 at The Willows in Indianapolis.

Woody Wethington was named Volunteer of the Year. Wethington became a patient at Fairbanks in August 2016 and began volunteering as soon as he hit the required 90 days of continuous sobriety. In addition to being a regular presence in Fairbanks’ gym and coffee shop, he also sponsors other men in their recovery, has trained to be a recovery coach and raised about $700 for Fairbanks when he ran a 5K in the last CNO Financial Indianapolis Monumental Marathon.

“Winning this award means more to me than I can possibly put into words,” Wethington said. “There are so many great people that dedicate time to Fairbanks and helping others. When you help others and see them smile—really make a difference in someone’s life—the reward is an unexplainable feeling.”

Also honored are volunteers who demonstrate one of Fairbanks’ core values through their volunteerism. The 2017 recipients are:

Courage – Sarah Mandabach
Trust – David Givens
Hope – John Anderson
Wisdom – Ray Burris

In fiscal year 2017, Fairbanks had 267 volunteers who contributed 10,266 hours. At the equivalent of $10 per hour, they contributed $102,665 worth of services to the organization.

The Fairbanks departments utilizing volunteers were:
- Fresh Start Café (coffee shop) – 3,024 volunteer hours
- Gift shop – 2,299 volunteer hours
- Support groups – 2,229 volunteer hours
- Access center – 692 volunteer hours
- Medical office – 501 volunteer hours
- Staff assistants – 392 volunteer hours
- Panel – 68 volunteer hours

Those in attendance at the dinner represented over 364 years of sobriety.

Fairbanks president joins Executive Women in HealthCare board

Fairbanks president and CEO Barb Elliott has joined the board of directors for Executive Women in HealthCare for 2018.

Elliott was named president and CEO of Fairbanks and Hope Academy in November 2016. She has been with Fairbanks in an executive position since 2007, when she came on board as vice president and chief financial officer. Elliott also served as interim CEO prior to taking over the leadership position.

In addition to her decade working to advance the mission of Fairbanks, she also has more than 35 years of healthcare experience working for St. Vincent Health, Howard Community Hospital and Blue Cross/Blue Shield of Indiana.

Executive Women in HealthCare started as a networking vehicle for women working in healthcare in 1992 and became official after filing its Articles of Incorporation in 1994. The organization’s mission is to promote the professional development of women leaders within the healthcare industry in Central Indiana. With over 150 members, it’s the third largest professional women’s association in Indianapolis.

For more information on Executive Women in HealthCare, visit the website at ewhc.org.

Monumental Marathon runners can support Fairbanks!

Are you planning on participating in this year’s CNO Financial Indianapolis Monumental Marathon? If so, you can also support Fairbanks at the same time.

Register for the CNO Financial Indianapolis Monumental Marathon and receive a 10 percent discount when you designate Fairbanks as your run for a cause charity. Call Kathleen Gill at 317.572.9469 to get Fairbanks’ registration code. Then visit fairbankscd.org/monumental-marathon for links to register for the marathon and start your own fundraising for Fairbanks!

This year’s CNO Financial Indianapolis Monumental Marathon is Saturday, November 3 at Monument Circle in downtown Indianapolis.
Top substances treated at Fairbanks:

**Adults:**
Alcohol | Opioids | Sedatives | Amphetamines

**Adolescents:**
Cannabis | Alcohol | Sedatives | Opioids

Data collected from all patients who sought treatment at Fairbanks from 1.1.18-6.12.18.

UPCOMING EVENTS

**Saturday, August 11**  
Open Mic Night

**Sunday, September 2**  
Color the Canal Purple to Kick Off Recovery Month

**Sunday, September 23**  
End of Summer Picnic  
Sponsored by the Indianapolis Colts

**Saturday, November 3**  
CNO Financial Indianapolis Monumental Marathon  
Support Fairbanks While You Run

**Sunday, November 4**  
Spirit & Place – INTERSECTION

**Saturday, November 10**  
Open Mic Night

**Sunday, February 24, 2019**  
Taste of Hope

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

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](http://facebook.com/fairbankscd)

- Connect with Fairbanks and receive industry statistics, professional training opportunities and job openings!  
  [@fairbankscd](https://twitter.com/fairbankscd)

- @fairbankscd