



Jeff Randolph Named Volunteer of the Year

Jeff Randolph loves people. He loves to smile and serve others. He loves to lend a helping hand and inspire others to live their best lives. He has done all of these things every week for more than three years as a volunteer at Fairbanks. To recognize Jeff for his efforts, he was named Volunteer of Year on April 12 at the Fairbanks' Volunteer Appreciation Dinner.

"Jeff really is a part of the Fairbanks family," said Kathleen Gill, Alumni and Volunteer Coordinator at Fairbanks. "He has shared his joys and his sorrows in his recovery with us and we are forever grateful for all he does for Fairbanks."



Trying to get sober wasn't easy for Jeff, who said, "Drinking was my crutch for everything. I lacked confidence and used alcohol for courage in social activities, business events and family functions. I could not even mow the yard without a drink. I drank 24/7. I tried many times to stop — control my drinking, quit cold turkey and go to various treatment facilities. Finally, with the help and love of concerned friends and family, Fairbanks was my last stop."

Jeff lived with his addiction for more than 20 years before coming to Fairbanks for treatment and recovery in September 2012. He was ready and willing to embrace the treatment and support he deserved.

"Fairbanks was able to take all the pieces of my failed attempts and put them into some order that made sense to me," he said. "They taught me about my disease rather than preach to me about how to stop drinking. I felt safe."

In January 2013, as soon as he was eligible, Jeff began volunteering in the Fairbanks Recovery Center Fresh Start Cafe. Since then, he's committed at least 17 hours each month to serving up java, sodas and snacks to Fairbanks employees, guests and those in recovery. He also volunteers as a speaker for men's recovery groups, helps out at Fairbanks conferences and fundraising events and sponsors a man in recovery. Jeff recently decided to commit his passion beyond volunteering and is pursuing certification as a professional recovery coach. He says giving back helps him as much as it helps others.

"My recovery has given me the strength I never thought I had," he said. "When I walk into the doors of Fairbanks I feel at home and safe and that keeps me sober and wanting to help even more."

To learn more about how you can give the gift of hope to individuals and families in recovery as a Fairbanks volunteer, visit www.fairbankscd.org/resources/for-volunteers or contact Michael Pettygrove at mpettygrove@fairbankscd.org or 317-572-9305.

Fairbanks is a nonprofit organization created to inspire hope and transform lives as the experts in addiction, focused on recovery. We strive to be the leader in treating addiction, supporting life-long recovery, and collaborating with others to promote health and well-being.

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The Fairbanks Board of Directors and leadership team recently completed the development of a three-year strategic plan that will be our blueprint for the future. Implementation of the new plan began in April and I look forward to sharing our accomplishments as we delve into this new plan.

A significant part of the strategic plan involves affirming our mission and values and developing a vision statement for the organization. Together, the Fairbanks Board of Directors and the leadership team worked to refine our mission statement and to create a vision statement, along with confirming our intent to remain an independent organization as we have over the past 70 years.

Our mission is the foundation of our work and although the words have changed, our mission has not. Our vision helps us focus on what we strive to become. At this time, I am excited to share both with you.

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

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

Each of us plays a critical role in advancing the mission and vision of this organization along with providing hope to the patients and families we serve. I am confident we are up for this challenge and will continue to be successful.

Happy spring!

Kent L. Brown, FACHE
President and CEO



Connect with Fairbanks on Social Media

Like us on Facebook at www.facebook.com/fairbankscd 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!

Fairbanks' Response to the Opioid Epidemic

Like many parts of the country, Indiana has been ravaged by the growing opioid epidemic. Efforts to curtail the abuse of prescription opioids have created a demand for heroin. Those most vulnerable due to medical or socio-economic factors have been hit the hardest. The outcome of opioid abuse leads to fractured families, health issues, lost productivity, crime and death.

To assist in the remedy of the opioid epidemic, Fairbanks is focused on the following five strategies:

Prevention: Fairbanks is committed to providing education to professionals and community groups about current drug trends and the disease of addiction.

Advocacy: Decreasing the stigma of addiction and educating legislators, community leaders and the public about the disease of addiction has been a priority of Fairbanks for several years. On a regular basis, members of the Fairbanks staff dedicate time testifying before local and federal elected officials in support of laws such as the CARA Bill that will reduce barriers to treatment. Fairbanks will continue to advocate for legislation that will benefit those living with addiction.

Treatment: In response to the growing population of young men needing treatment for opioid addiction, Fairbanks created Odyssey, a specialized program for young adult males that is designed for their unique stage of life.

Fairbanks uses evidenced-based treatment methods in our treatment programs that include Medication-Assisted Therapy, Motivational Interviewing, Cognitive-Behavioral Therapy, Contingency Management and Couples/Family Therapy. Fairbanks believes that addiction must be treated like the chronic medical disease it is while also treating the psychological, spiritual, emotional, social and economic impacts that contribute to its progression.

Recovery Management: Research proves that the longer a person stays connected to care, the greater their chances for success. Fairbanks provides free recovery coaching to former patients and their loved ones for one year following primary treatment. While participating in recovery management, individuals receive guidance, encouragement and the support needed to live their life in long-term recovery.

Harm Reduction: Efforts in this area are a critical element in responding to the opioid epidemic. Realizing that setbacks are part of the disease, Fairbanks supports the widespread availability of Narcan to prevent fatal overdose, which includes accessibility with our programs to patients and families.

A person in recovery can rebuild his/her life and support recovery in others. Elimination of stigma and the addition of resources for comprehensive treatment must be made available for those in need. There are more than 23 million Americans living in long-term recovery from drug and alcohol addiction, yet there is estimated to be another 23 million who still need help. There is hope, treatment works and recovery is possible. To reverse the addiction epidemic, a culture of recovery must be created. Recovery is where the miracle happens.



Board of Directors Spotlight: Ann M. Merkel

Senior Vice President & Chief Market Development Officer | The National Bank of Indianapolis

What led you to join the Fairbanks Board of Directors?

I became familiar with Fairbanks through its relationship with The National Bank of Indianapolis. Then President and CEO, Helene Cross, spoke to me about joining the board. I had so much respect for Helene and Barb Elliott, vice president and chief financial officer, that I gave great consideration to joining the board. After meeting with several board members and learning more about the mission and work of Fairbanks, I eagerly joined the Fairbanks Board of Directors.

What do you wish other people knew about Fairbanks?

I wish more people knew the depth of the programs and services available at Fairbanks and how to access those services. Fairbanks is also unique from other treatment providers by offering a tuition-free recovery high school. I wish more parents who have children living with addiction knew about Hope Academy and would enroll their children in an educational environment that supports their recovery.

When your friends/family members find out you volunteer at Fairbanks, what do they ask?

Why am I involved is often asked. They don't understand why someone who does not have personal experience with addiction would be so passionate about serving Fairbanks. What I have learned is that addiction is everywhere. We are all impacted by this disease. When asked about my involvement, it allows me the opportunity to educate about the disease of addiction and explain the impact it has on our community.

Ann and her husband, Mike, have three adult children. They enjoy an active lifestyle as well as traveling and experiencing different cultures.

Fairbanks Welcomes New Physician

Fairbanks welcomed Dr. James Meacham to its staff in April.

Married with two sons, Dr. Meacham was a staff endocrinologist at Indiana University Health for six years before coming to Fairbanks. Before that he was assistant medical director at Clarian Diabetes and Endocrinology Inc., and prior to that he served as managing partner for Diabetes and Endocrinology Associates.

At Fairbanks, Dr. Meacham performs clinical assessments for patients admitted for treatment of substance use disorder. He is currently working toward his board certification in addictionology and is presently board certified both in internal medicine and pediatrics.

While trained in endocrinology, Dr. Meacham first became interested in addiction medicine in 2004. He began volunteering by coordinating weekly meetings between a youth group at his church — Grace Community Church in Noblesville — and young adults in long-term inpatient care at Fairbanks.

"I saw some great relationships develop during our meetings on the long-term care unit, and learned more about the psycho-social dynamics of addiction," Dr. Meacham said.

He also co-leads a recovery group at Grace Community Church, primarily serving young adults and adolescents. He has been involved in missions work in homeless communities where addiction, substance use disorder and mental health problems are common.

"In the community of persons experiencing homelessness, addiction and mental illness are very common, co-occurring disorders," Dr. Meacham said. "I began to see from the street-level perspective what the long-term consequences of untreated addiction and mental illness look like."

In his 12 years of work in the recovery community, Dr. Meacham has seen an enormous increase in those battling addiction, particularly among young people using opioids.

"The sheer numbers are alarming," he said. "When you look back over the last 45-plus years, drugs and alcohol have always been present in schools, but in the early '70s drugs affected a small population of young people. In recent years that population of youth exposed to and using drugs and alcohol has expanded along with the types of drugs being used."

Aside from already respecting the culture at Fairbanks, the timing was right for him to shift his professional focus.

"There's a growing demand for people needed to treat substance use disorders and its related complications," James said. "In addition, the disease of addiction is starting to come out of the shadows. Although still stigmatized, this disease now occupies the conversation in the public square more and more."

Dr. Meacham quotes Michael Botticelli, director of national drug control policy at the White House: "We can't arrest and incarcerate addiction out of people." James believes there is a better paradigm for success in treating persons and families affected by substance use. By joining longstanding successful behavioral health practices, 12-step recovery programs and enlisting family and workplace involvement in care when appropriate — and by adding more widespread use of medically-assisted therapy — he believes persons living with addiction have a new way forward toward restored health.





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FAIRBANKS
circle of hope
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Fairbanks Expands Educational Services

Educating the community about the disease of addiction is a crucial component of Fairbanks' mission to inspire hope and transform lives as experts in addiction, focused on recovery. As the new manager of educational services, Holly Homan intends on educating more people.



Previously, Fairbanks' education program for substance abuse and its marijuana education were primarily geared toward people who were mandated to attend education classes.

"I think PRIME For Life® and the marijuana education program allow Fairbanks to reach more people before they encounter a legal issue," said Holly. "Fairbanks wants to be more proactive and use education as a preventative measure."

That means bringing the programs into schools and incorporating education into employers' human resources initiatives.

"Over time we can change the way people learn about addiction — not only when they get in trouble but before, so hopefully they don't go down the wrong path," Holly said. "That's the goal of the program."

Fairbanks started a partnership this spring with Hancock County schools and its probation department for educational services. For example, the hope is that students who fail drug tests required for extracurricular activities aren't just suspended or sent to detention, but referred to one of Fairbanks' education programs.

"We'll talk about their choices and make necessary changes," Holly said. "If they need follow-up care, we can provide that or refer them to the right program. But we need to teach better choices."

Our goal is to take the education program to where people live. Each satellite office is staffed with highly-skilled facilitators who are familiar with the community. The goal isn't to lecture or shame anyone struggling with substance abuse but to educate them.

"It's more of a discussion — how important are these substances to you, what would it take for you to not have any more consequences, what does that look like for you and how can we help?" Holly said.

She views this population in a triangle, with the sickest among them at the top and not enough attention being paid to the massive number toward the bottom.

"We're not winning the fight," Holly said. "If you expand services so that you're reaching more people when they're not already sick, then the fight against addiction feels easier and you have more success. I want the community to see Fairbanks as caring about the whole continuum, not just when people are really sick."

What is PRIME for Life?

PRIME For Life® is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who may be making high-risk choices. This includes impaired driving offenders, college students and young people charged with alcohol and/or drug offenses. It is designed to alter drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations and the knowledge of how to reduce their risk of alcohol- and drug-related problems throughout their lives. Because Prime For Life® includes both prevention and intervention content, it is also designed to serve multiple audiences with program delivery options for each.

Fairbanks also offers a marijuana education program for individuals who have experienced problematic behavior due to marijuana use. This class educates on the signs and symptoms of marijuana use, abuse and dependence. Marijuana education teaches participants research-based information regarding the impact of marijuana on personal health, workplace safety, academic performance, driving under the influence and social behavior.

These programs are available for adults in Indianapolis, Hancock County, Hendricks County and Kokomo. Classes can be 8, 12 or 20 hours based on the participant's needs. Classes are offered 5-9 p.m. Fridays and 9 a.m. to 5 p.m. Saturdays and Sundays at the following locations:

Fairbanks Recovery Center
8102A Clearvista Parkway | Indianapolis, IN 46256

Hancock Regional Hospital
Robert C. Keen Classroom
801 N. State St. | Greenfield, IN 46140

Fairbanks Hendricks County Office
6100 Clarks Creek Road, Suite 102
Plainfield, IN 46168

Kokomo
210 West Walnut Street | Kokomo, IN 46901

To register for PRIME for Life and/or Marijuana Education classes, please call 855.880.1217. More information is available online at www.fairbanksd.org/program/substance-abuse-education.

Fairbanks Celebrates Recovery with Fifteenth Annual Fairbanks Circle of Hope Dinner

The 2016 Fairbanks Circle of Hope Dinner, held April 21 at the Indianapolis Marriott Downtown, was a rousing success and touching celebration of hope and recovery.

Jim Irsay and the Indianapolis Colts served as the premier sponsor for the annual fundraising event, which supports the programs and services at Fairbanks, La Verna Lodge and Hope Academy. This year's Fairbanks Circle of Hope Dinner drew an attendance of nearly 600 and raised over \$156,000! The event 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.

Congratulations to this year's Richard M. Fairbanks Circle of Hope Award recipient, Justin K. Phillips! After losing her son to a heroin overdose, Justin started the Indiana-based nonprofit, Overdose Lifeline, Inc., and has dedicated her life to carrying the message of hope to individuals, families and communities affected by addiction. Justin has spent countless hours advocating for recovery including her work with Senator Jim Merritt in 2015 on passing SEA 406 (Aaron's Law) to allow a layperson access to Naloxone, an antidote to narcotic overdoses.

Keynote speaker Andrew McKenna, a recovery advocate and author, chronicled his journey from serving in the Marines to his work as prosecutor for the Justice Department's Narcotic and Dangerous Drug Section of the Criminal Division, and eventually his addiction to pain medications and other narcotics stemming from an old back injury that would land him in prison for multiple bank robberies.

The event also featured three individuals who shared their inspiring stories of struggling with substance use disorders and how today they are living in long-term recovery. Indiana Attorney General Greg Zoeller served as honorary chair and Angela Cain, director of public affairs for the Indianapolis Airport Authority and formerly of WTHR-Channel 13, reprised her role as host of ceremonies.

Thank you to everyone who sponsored and attended the event!

1. Ryan Krause (left) and Matt Heskett pose for a photo during the reception at 2016 Fairbanks Circle of Hope Dinner.
2. Kent L. Brown, president and CEO of Fairbanks, talks with guests before dinner and the ceremony.
3. Ed, Rachel and Kristin share their stories of recovery.
4. Andrew McKenna gives the keynote speech.





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2016

Taste of Hope Celebrates Hope Academy's Tenth Anniversary

Taste of Hope, held on Feb. 21, was a huge success and raised over \$35,000 for Hope Academy! A special thanks to the support of our Platinum Sponsors, Irving Materials, Inc. and Precision Labs.

The event celebrated the 10th anniversary of Hope Academy and had record attendance, delicious food and desserts, an amazing student art show and an entertaining emcee – Rafael Sánchez, RTV6 News personality. Local chefs and restaurants featured their favorite cuisines including:

- Artisano's Oils and Spices
- Biaggi's Ristorante Italiano – Clay Terrace
- Blind Owl
- Giordano's
- Patrick's Kitchen
- Penn & Palate
- Shoefly Public House
- Stacked Pickle
- Tastes of Africa Catering Services

1. *Teddy Forman, a Hope Academy graduate, shares his story during the 2016 Taste of Hope.*
2. *Shoefly Public House earned an award for best presentation.*
3. *Hope Academy teachers Casey Langendorfer (left) and Katherine Kyler have fun with one of the youngest attendees.*



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OUR PROGRAMS AND SERVICES

Inpatient Programs

Detoxification (detox)
Rehabilitation (rehab)
Residential Treatment (residential)

Outpatient Programs

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

Family Programs

Family Support Meetings
Family Education and Therapy
Parent Support Group

Specialized Programming

The Fairbanks Supportive Living Program (SLP)
La Verna Lodge (extended residential programs)
The Odyssey Program (for young men ages 19-24)

Recovery Management

Recovery Coaching
Tobacco Cessation
Hope Academy
LINK

Education

PRIME For Life®
Marijuana Education
Susan Li Conference

Alumni and Volunteer Activities

Fairbanks Golf Outing
Summer Picnic
Gift Shop
Fresh Start Café



Governor Pence Visits Hope Academy

Hope Academy students got to share the stage with Governor Mike Pence when he visited the charter recovery high school on March 21 to sign four bills aimed at curbing illegal drug use and making more treatment options available. Afterwards, the governor met with students and staff and toured the school. More than 100 Fairbanks and Hope Academy friends and supporters attended the event.

Hope Academy Announces Inaugural Faces of Hope Honorees

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

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

Helene M. Cross
Rachelle Gardner
David Harris
Bart Peterson
Pat Garrett Rooney

Lora Socks
Dr. Chris Stack
Merry Thoe
Julie & Brian Unwin
Dr. Sigurd Zielke

Over the summer, Hope Academy will tell its story through the reflections of Faces of Hope honorees. A private reception in their honor will be held in August, and in the future a new Face of Hope will be announced annually.

“With the support of so many others, Hope Academy has continually evolved, matured and advanced to the betterment of hundreds of students who truly represent what it means to triumph over their addictions,” said Hope Academy Board Chairman Leah Mannweiler. “We thank each of these honorees for their dedication and efforts to allow Hope Academy to change lives each and every day.”

Top Substances Treated at Fairbanks:

Adults:

Alcohol | Opioids | Sedatives | Stimulants

Adolescents:

Marijuana | Opioids | Sedatives | Alcohol

Data collected from all patients who sought treatment at Fairbanks 11.1.15-3.13.16.



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www.fairbankscd.org

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If you do not wish to receive this newsletter, please call 317.572.9354 or email nwoods@fairbankscd.org.

Upcoming Events

The Work of Byron Katie Workshop – Living the Turnarounds at Fairbanks Recovery Center*
Saturday, July 9, 2016

Susan Li Conference at Fairbanks Recovery Center
Thursday, July 14 – Friday, 15, 2016

Fairbanks Summer Picnic at Fairbanks
Saturday, August 13, 2016

Open Mic Night at Fairbanks Recovery Center
Saturday, August 27, 2016

La Verna Lodge for Men Summer Picnic
Saturday, August 27, 2016

Fairbanks Golf Outing at Ironwood Golf Club
Friday, September 16, 2016

Open Mic Night at Fairbanks Recovery Center
Saturday, November 19, 2016

For more information about these events, please contact Kathleen at kgill@fairbankscd.org or visit www.fairbankscd.org

* Space is limited for this event.

Every Gift Counts

As a nonprofit organization, Fairbanks provides a vital resource to our community that would not be possible without the generosity of people like you. Your gift, no matter how big or small, allows us to offer life-changing services, support, counseling, guidance and education to men, women, adolescents and families in need. Every donation makes a difference!

To 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 the Development Department
- Contact Katy Cummings, CFRE at ccummings2@fairbankscd.org or 317.572.9398