



Hope for the Holidays



Annette entered her nephew’s home in southern Indiana last Christmas Eve — thin, sick and addicted to drugs. This holiday, she will arrive a new, better woman — healthy, clean, sober and hopeful for great things to come for herself and her family.

More than a decade ago, Annette found herself at the end of her rope as a newly divorced mother and grandmother. She was still grieving the loss of her oldest son, who died unexpectedly from complications of spina bifida in 2001. With no friends, family was Annette’s world, and her world was falling apart. A newfound friend introduced her to prescription drugs, meth and later heroin. They traveled the difficult road of addiction together for more than 10 years before his road led him to prison. Annette’s road led her right where she needed to be — at Fairbanks.

Annette tried to turn her life around once before. In 2012, she completed Fairbanks’ inpatient detox program at the request of her family. Eight months later, she was addicted again, losing ties with most of her relatives.

“My family pretty much turned their backs on me and they had every reason to,” Annette said.

Since April, Annette has completed inpatient, partial hospitalization (PHP), intensive outpatient (IOP) and recovery management programs. She is now a resident of the Supportive Living Program (SLP) and volunteers two days a week at the Fairbanks Fresh Start Café.

“This time, I really wanted it and I’ve done everything to make it work,” Annette said. “I didn’t like who I was when I was sick. So, I’m staying in SLP until I am strong enough and ready to go home. Fairbanks is helping me learn to live again.”

While Annette enjoys occasional visits back home, nothing will compare to this Christmas, her first family holiday sober in 12 years.

“My family is giving me a second chance,” she said. “I am ready to enjoy this Christmas with them and make things right again. I’ve missed so much, and it’s been a long time coming.”

To learn more about how you can support your loved ones in recovery during the holidays, turn to page 4. For tips on how to maintain your sobriety during the holidays, visit our blog at www.fairbankscd.org/blog.

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My family is giving me a second chance
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Fairbanks is a nonprofit organization focused on recovery from alcohol and other drug problems, serving as a resource to improve the well-being of individuals, families and communities by offering hope and support through its programs and services.

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A MESSAGE FROM THE PRESIDENT & CEO



In my first six months at Fairbanks, I have been able to see firsthand how the disease of addiction affects and impacts so many people in our community. From my office, I see hundreds of people come and go through the main entrance and Access Center daily, but the emotions I see on their faces are wide ranging. I see parents and spouses overwhelmed by the disease impacting their loved

ones, who are afraid of taking that next step. I see fear in those who do not believe they can be helped. I see determination in those who have decided that today is the day they will get their life back. I see pride in those who have completed their inpatient stay and are excited about a life of long-term recovery. I see smiles on the faces of our employees, volunteers and community members who enter the doors of Fairbanks ready and committed to help someone change their life.

Those are the faces I have the opportunity to see walk past my window daily. These faces also represent strength and courage to make a change, bring a change and support change in others. That keeps me motivated each day to identify strategies to improve our programs and services to make us a stronger organization and an asset to the community.

As we embark on a new year, the Fairbanks Board of Directors and Leadership Team will develop a three-year strategic plan that will be completed in the first quarter of 2016. Implementation of the new strategic plan will begin in the spring and be our roadmap for determining growth opportunities, the need for new programs and services and partners who can assist Fairbanks with fulfilling its mission.

A significant part of the strategic plan will involve affirming our mission and values and developing a vision for the organization. Upon completion of the strategic plan, we anticipate making some changes and potentially adding new programs and services. We will remain committed to offering the highest quality of care available to our patients and continue to implement best practices in addiction treatment.

I look forward to the upcoming year and the challenges and opportunities it will bring as we continue to serve our community. Thank you to all of those who have welcomed me and my family to Fairbanks. The greeting we have received has given me an appreciation of Hoosier Hospitality.

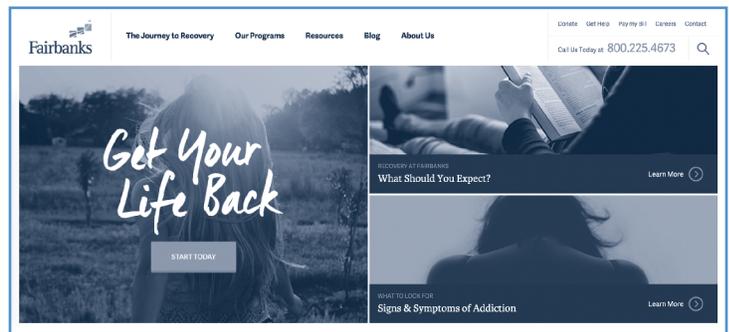
Wishing you a wonderful holiday season and New Year!

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 Launches Contemporary Website

Fairbanks has recently introduced a new, more user-friendly website featuring a contemporary design, easier site navigation, updated information and additional resources to help you and your loved ones stay better connected. Key enhancements include:

- **Mobile-friendly technology:** We have custom designed mobile-friendly views of our website to create a consistent user experience and easier navigation on mobile phones. No more tiny buttons and text!
- **Mobile "click-to-call":** Visit our website on your cell phone, click a phone number and be prompted to call. Contacting Fairbanks is just that easy!
- **Easier to find information:** Need to explore treatment options or pay your bill? This information is now accessible right from our homepage.
- **Better resources at your fingertips:** Explore our new and improved resources section for the latest information about the disease of addiction, professional education and trainings, and events and activities to stay connected to recovery. It's all there!

Please visit our new site at www.fairbankscd.org.

Hope Academy UNITES for Recovery



On October 4, thousands of people from across the nation joined together for the UNITE to Face Addiction Rally in Washington, DC, on the National Mall. This national rally was created to celebrate recovery and raise awareness of addiction. Aside from performers such as Sheryl Crow, the event also featured the first report on addiction from the Surgeon General. A special camaraderie was created amongst the attendees—including Hope Academy students, staff, alumni and supporters.

“It was awesome to witness our students bond with other people from across the nation, who they could relate to and celebrate recovery,” Hope Academy Principal Linda Gagyi said.



“There were so many people working to make recovery the mainstream topic of conversation and not focusing solely on addiction,” Principal Gagyi said. “That will be crucial to reducing the stigma of addiction.”

In addition to the rally, the group was also able to visit the White House for a tour, which was a first for many. For some of the students, this was their first time experiencing a road trip or concert sober.

Students were also able to understand how important recovery is outside of the walls of Hope Academy and borders of Indiana.

“This was my first time seeing so many people support recovery, even young people like me,” Hope Academy Sophomore AJ said. “It was also cool to see politicians and lawmakers actually speak about the laws they are making to bring change. This is a big deal and it can’t be ignored anymore.”



1. Hope Academy on the charter bus, ready to begin their journey to the nation's capital. Thank you to the donors who made this trip possible for the Hope Academy community!
2. Hope Academy students, staff, alumni and supporters outside of the White House.
3. Hope Academy supporters William T. "Rusty" McKay, II and Patricia McKay chaperoned this trip.

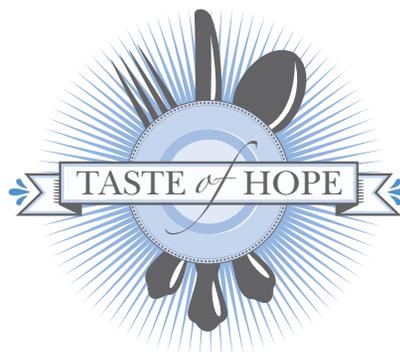
Stay Connected to Hope Academy!

 Like Hope Academy on Facebook at www.facebook.com/hopeacademyrhs

 Visit our student blog at www.hopeacademyrhs.org/blog



THE RECOVERY HIGH SCHOOL
AT FAIRBANKS



February 21
12-2 p.m.
Fairbanks
Recovery Center

Celebrate Hope Academy's 10th anniversary at its annual fundraising event, Taste of Hope! Join us for an afternoon of tasting cuisines from local restaurants, meeting Hope Academy students and supporting Indiana's only recovery high school. Proceeds from Taste of Hope allow Hope Academy to provide small class sizes, recovery support throughout the day and elective courses.

Purchase your tickets today at www.hopeacademyrhs.org/tasteofhope

Supporting Loved Ones in Recovery During the Holidays



The holidays can be a time of enormous pressure, temptation and emotional triggers for individuals in recovery. It can also be a time of stress for their family and friends, who often wonder how to be supportive, but there is hope. With a little effort and an open mind, everyone can enjoy the spirit of the season — together. Fairbanks Medical Director Darrin Mangiacarne, DO, MPH, CPE, offers a few tips for success:

1. Maintain normalcy. While planning a holiday party, it is okay to have an open discussion to establish a plan for loved ones in recovery, but you should not treat them like children or make their recovery the focus of the entire party.

"You can take basic precautions, like putting away prescription medications, but going overboard can make someone in recovery feel uncomfortable," Dr. Mangiacarne said. "While conventional wisdom says to remove all alcohol from the party, simply not making it the center of the event is an appropriate first step. Focus on family, not the addiction."

2. Be supportive. If you have a loved one in recovery visiting from out of town, take some initiative by providing a list of local meetings and support groups, and offer transportation. That will encourage

them to continue to stay focused on their recovery plan and let them know you support them.

"It's also a good idea to encourage the person in recovery to bring a friend to holiday gatherings for additional support," Dr. Mangiacarne said.

3. Focus forward. Avoid initiating conversations about the past or past mistakes.

"People in recovery are usually hard enough on themselves, and adding to the guilt, frustration and stress they are already feeling can be harmful for their recovery," said Dr. Mangiacarne. "Be supportive. If necessary, be there to listen and to offer hope and encouragement. Give them a chance to bond with family and help take their mind off of the serious stuff for a while. That's the best gift we can give them."

Top Substances Treated at Fairbanks:

Adults:

Alcohol | Opioids | Sedatives | Amphetamines

Adolescents:

Marijuana | Opioids | Alcohol | Sedatives

Data collected from all patients who sought treatment at Fairbanks 1.1.15-10.30.15.

Addictions Experts Help Combat Prescription Drug Abuse

According to the American Society of Addiction Medicine, 1.9 million Americans live with prescription opioid abuse or dependence. This fall, Fairbanks partnered with the Indiana Prescription Drug Abuse Prevention Task Force to host community education events about the battle against prescription drug abuse and diversion.

Porter-Starke Services Director of Prevention and Education Aaron Kochar shared recent laws that have made Naloxone, also known as Narcan, more accessible and emphasized the benefits of having this medication available.

"Indiana's Lifeline Law was amended in 2014 to make Naloxone available to first responders," Kochar said. "This medication is safe and can be given to people at any age. Like CPR, AEDs and EpiPens, Naloxone can save a life."

According to the Substance Abuse and Mental Health Services Administration, Naloxone prevents overdoses from opioids, such as heroin and oxycodone, by blocking the opioid receptor sites in the brain, which reverses the effects of the overdose.

"Whether Naloxone is available or not, people with substance use disorders will still use. That is the disease of addiction, but a life saved can be a life restored," Kochar said.

Mental Health America President and CEO Stephen C. McCaffrey,

JD said recovery management is an important aspect of treatment as well.

"You need to have all of the tools in your tool box," McCaffrey said. "These options can be used or abused, but can also be a promising option with other recovery tools."

Prescription drug abuse prevention and diversion are important objectives of the task force. They advocate for proper disposal of expired or unused pills.

"Flushing medication down sinks and drains are hazardous to the environment," said Natalie Robinson, Director of Education and Training at the Office of the Indiana Attorney General. "The Indiana Prescription Drug Take Back Program is a free, anonymous service, which now includes pharmacies and law enforcement agencies."

To learn more about the Indiana Drug Abuse Prevention Task Force's efforts and to find your nearest Take-Back location, visit www.in.gov/bitterpill.



Indiana Prescription Drug Abuse Prevention Task Force Members

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 19-23)

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



Why Fairbanks Loves Animal-Assisted Therapy

In March, Fairbanks welcomed a new therapy dog for the adolescent and young adult programs. Mr. Banks joined our team as a nine-week-old Golden Retriever and has proven to be very beneficial to our patients. In addition to the cuteness of this furry friend, there are many other reasons why Fairbanks loves animal-assisted therapy for our patients—especially for the adolescents and young adults.

- Research shows that an animal's presence during treatment can stabilize emotion and lower blood pressure.
- Animals help patients adjust to new environments and people.
- Animals teach patients healthy touch, which is especially beneficial for patients who have come from abusive backgrounds.
- Patients feed and walk the therapy dogs, teaching them how to be responsible for not only themselves, but someone else.
- Patients often identify with animals better because pets supply unconditional love, are not judgmental and are always happy to see them.

Give the Gift of Hope

Why donate to Fairbanks?

Every donation to Fairbanks makes a difference! As a nonprofit organization, Fairbanks provides a vital resource to our community that would not be possible without our generous supporters. Last year, Fairbanks contributed over \$2 million in charity care to those in need of treatment.

What does a donation to Fairbanks do?

- Allows us to offer recovery management to men, women and adolescents
- Gives individuals hope and help as they start their new life in recovery
- Provides Big Books to patients when they enter treatment

- Provides resources to keep our facilities up to date and comfortable for those we serve
- Gives family members the opportunity to receive education and guidance from a family counselor and family support groups

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 Cummings
- Call Katy Cummings, CFRE, Fairbanks Director of Development & Alumni Relations, at 317.572.9398



Employee Spotlight: Charlo Burrell

Charlo Burrell has an inspirational story for everything. There's the one about how he came to Fairbanks in 1998, heavily addicted to cocaine and alcohol, but was able to get

the help he needed to reclaim his life — and start a new career. There's the story of how his addiction once cost him the woman he loved, but he was able to win her back and they are now living their happily ever after.

Perhaps his greatest story is the one about how — through his work as a recovery coach at Fairbanks — he helps men “rediscover the joys of not only being sober, but being an asset to the world.” And they help him rediscover the same.

Every week, Charlo leads group meetings for over 100 men, from different walks of life and at different stages in their recovery. They talk about everything from their struggles and fears to work and relationships — nothing is off limits. It is during those private conversations that the men, Charlo included, find hope, inspiration and more reasons to stay sober.

“In this process of recovery, real life shows up all the time,” Charlo said. “Legal, financial and work problems happen. Health and relationship problems can also appear. My job is to meet these guys where they are and encourage them when they don't think they can make it. It's an amazing blessing!”

The blessing of sobriety is one that Charlo eagerly shares with anyone who will listen. He knows what it's like to hit rock bottom and be lifted by a power stronger than himself.

“People battling addiction are not bad people trying to be good. We are sick people trying to get well,” Charlo said. “It's day by day of adding new coping skills. Then, a day becomes a week, and a week becomes a month. Suddenly, sobriety becomes a new way of life. That's the miracle.”



Board of Directors Spotlight: Ronda Shrewsbury Weybright

In the spring of 2015, commercial real estate leader, Ronda Shrewsbury Weybright, joined the Fairbanks Board of Directors. As a lifelong resident of central Indiana, Ronda was familiar with the important role Fairbanks played in the community and

was drawn to the mission. She called the current board chairman, Faraz Abbasi, to express her interest in volunteering at Fairbanks.

“I've seen addiction in my own family first hand and I know the devastating impact it can have on families,” Ronda said. “I wanted to be a part of the solution of connecting families to resources in our community.”

An opening on the board became available and now Ronda serves on two board committees — audit and finance, and development. She wants to use her involvement on the board to help bring additional awareness to the services available at Fairbanks.

“Our community is blessed to have an asset of the caliber of Fairbanks that offers a full continuum of care that extends beyond inpatient programming. Oftentimes people believe you have to leave the state to seek that type of treatment,” Ronda said. “Resources and tools are needed for parents and families who are impacted by addiction. I cannot think of a better way to contribute my time and resources.”

In 1988, Ronda began her real estate career and by 1995 she founded RealAmerica, which develops and manages affordable and market rate multifamily housing, medical office buildings and self-storage. In each of her affordable housing developments, there are apartments designated for homeless people.

“Many of the homeless residents are struggling with addiction. My hope is by providing someone with a clean and safe place to live, they can re-start their life,” Ronda said.

In addition to serving on the Fairbanks Board of Directors, Ronda is involved in the City of Fishers Comprehensive Plan, Fishers 2040. She also serves on the boards of the Indiana Affordable Housing Council, Near North Development Corporation, OneZone and World Presidents' Organization.



Fairbanks Welcomes New Alumni and Volunteer Coordinator

Fairbanks is excited to announce its new alumni and volunteer coordinator, Michael Pettygrove. Michael has worked at Fairbanks for two years as a guidance specialist with young adults in The Odyssey Program. He will work along with Kathleen Gill, who also serves as an alumni and volunteer coordinator.

“As an alumnus of Fairbanks, I've witnessed the importance of staying connected,” said Michael Pettygrove. “I am grateful for this opportunity and look forward to working with the alumni and volunteers.”

Fairbanks offers volunteer opportunities, including group leaders, Gift Shop and Fresh Start Café clerks, Access Center greeters, event committee members and staff assistants. Kathleen and Michael are also creating the event calendar for 2016 and would like to know what activities you are interested in.

To learn more about volunteer opportunities or share your event idea, please contact Kathleen at kgill@fairbankscd.org or Michael at mpettygrove@fairbankscd.org.

Fairbanks Connects with the Community for National Recovery Month

In recognition of September as National Recovery Month, Fairbanks educated the community about the impact of addiction and the power of recovery. Recovery Month spreads the positive message that prevention works, treatment is effective and people can and do recover.

On September 17, Fairbanks encouraged the community to wear purple to help raise awareness about the disease of addiction and the hope of recovery. On Wear Purple Day, Fairbanks staff members came together for a presentation depicting how Fairbanks impacts our community with their daily efforts. At the event, Fairbanks Recovery Coach Charlo Burrell shared his recovery story and connection to Fairbanks.

Fairbanks' experts and programs were also recognized for their efforts and impact in the community. Several Fairbanks employees, including Fairbanks President and CEO Kent Brown, attended the Recovery Ride and Cookout Celebration sponsored by Indiana Addictions Issues Coalition. Their families joined the celebration to support Fairbanks Director of Adolescent Services Rachelle Gardner, who was awarded the Indiana Lifetime Recovery Advocate of the Year Award.

On September 14, the City-County Council of the City of Indianapolis and of Marion County presented Hope Academy with a special resolution in celebration of their 10-year anniversary and National Recovery Month.

Throughout the month, Fairbanks hosted and attended various events to support the awareness of addiction and accomplishments of the recovery community. On September 26, Fairbanks and Hope Academy staff, students, alumni and friends celebrated recovery by participating in The Hawk Walk hosted by The 24 Group. Hope Academy Graduate Lora Socks shared her powerful story of recovery with attendees during the program.

Fairbanks was also able to sponsor and attend the Run for Our Lives 5K, Into the Life Walk, Overdose Lifeline Charity Golf Outing, First Annual Hancock County Recovery Walk and the Indiana University-Bloomington National Recovery Month Celebration and Collegiate Recovery Kick-off.

1. Fairbanks Director of Adolescent Services Rachelle Gardner with her Indiana Lifetime Recovery Advocate of the Year Award
2. Supporters receive the special resolution for Hope Academy
3. Fairbanks and Hope Academy staff, students, alumni and friends at The Hawk Walk



Fairbanks Golf Outing Raises Over \$25,000

For the 23rd year in a row, Fairbanks celebrated hope and recovery on the golf course. It was an exciting year for the Fairbanks Golf Outing with one of the largest turnouts in 23 years. The event raised \$26,591 for the Dr. Tim Kelly Patient Assistance Fund at Fairbanks, which helps Fairbanks provide treatment to individuals who are uninsured, under insured or unable to pay for treatment.

1. Golf Outing Winning Team: Jack Swords, Jacob Gilliatte, Weezy Smith and Greg Smith
2. Golf Outing Volunteers: Fairbanks Alumna Kris and Fairbanks Marketing Assistant Sara
3. 2015 Fairbanks Golf Outing participants headed to the course
4. Fairbanks Golf Outing players: The Adams brothers Stephen, John and Patrick



Fairbanks
Experts in addictions. Focused on recovery.

8102 Clearvista Parkway
Indianapolis, IN 46256

www.fairbankscd.org

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United Way agency

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or email nwoods@fairbankscd.org.

FIFTEENTH ANNUAL
FAIRBANKS

circle of
hope
DINNER



THURSDAY, APRIL 21, 2016
Indianapolis Marriott Downtown
350 West Maryland Street

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

Keynote speaker: Andrew McKenna
Author of Sheer Madness: From Federal Prosecutor to Federal Prisoner

www.fairbankscd.org/coh