

NEWS

NEWS AND UPDATES ABOUT PREVENTION, TREATMENT AND ASSOCIATED SERVICES TO ENHANCE RECOVERY

VOLUME 3, ISSUE 1

Fall 2013



From the Desk of the Executive Director

Greetings!

This is our second edition of the Juel Fairbanks Chemical Dependency newsletter, it has been a while since our first edition, but we have been busy!

I finally hired an Assistant Director, Beverly Bushyhead, and she is helping me tremendously, what did I do without her! The two of us are accomplishing many initiatives I have planned for Juel Fairbanks, such as submitting an application to the Minnesota DHS Licensing to change our current license to Mental Illness/Chemical Dependency which will increase revenue. We have been an MI/CD provider for many years already.

Two of our very well known community members, Marvin Hanks, former Executive Director of Juel Fairbanks and Elsie Fairbanks, wife of the founder, Mr. Juel Fairbanks, both personal friends, passed to the spirit world. Also a client who was with us for years, a very talented man who struggled to overcome the power of addiction, and made it passed to the spirit world. They will be missed every day by many of us at Juel Fairbanks.

The seasons are changing fast, before we know it 2014 will be here, I remember when we were waiting for 2000, terrified all the computers were going to crash, well they didn't and here we are 13 years later. Our technology at Juel Fairbanks is state of the art and we will be moving to electronic records in the very near future. The staff at Juel

Fairbanks is wonderful, I am proud of them; they go above and beyond to ensure our clients' needs are met and that clients receive all the services available to ensure a successful recovery from their addiction. I am proud of the fact we work as a team, completing the circle in providing the services professionally, with empathy, compassion and without bias.

This year we have reached 40 years. We are proud of our accomplishments:

- * Mental Illness/Chemical Dependency Co-Occurring Diagnosis Treatment licensing application
- * Case Management program

As the end of 2013 nears, I am thankful and proud to be the director of this wonderful agency. In 2014 my watch will end and I will entrust a new director to continue the legacy of Juel Fairbanks Chemical Dependency Services.

Blessings to Mr. Juel Fairbanks and Ed LaFromboise for the dream of a safe, nurturing environment where Native Americans can go to overcome their addictions. That dream continues....

Wishing all my colleagues and friends a wonderful holiday season!

Janice Lindstrom
Executive Director



PROGRAMS:

- *Residential Treatment*
- *Outpatient Treatment*
- *Case Management*
- *Rule 25 Assessments*
- *Detoxification Centers*
- *Aftercare Program*

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Introducing Beverly Bushyhead, Assistant Director

It is an honor to be part of the mission at Juel Fairbanks.

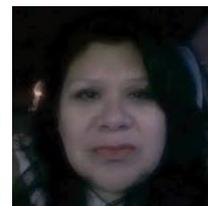
I appreciate serving the Native American community and other underserved individuals to claim their health and wholeness in the context of culture and belonging.

There is a distinct place for Juel Fairbanks. It is important that a culturally specific program such as Juel Fairbanks exists. The

inclusion practiced here every day makes the success of those recovering from chemical dependency the focus. Our clients feel comfortable in the setting we provide. The balance of structured programming along with alternative therapies and spiritual expression make us unique and sought out.

I see a bold future for Juel Fairbanks. And look forward to being part of it.

Solutions Native Americans seek lie within our community, it is my intention to help restore the cultural magnificence from which we came. And help others reach their goals of health and wellness so they can experience a full and happy life.



Beverly Bushyhead

Admissions at Juel Fairbanks

I truly love my job! The only difference between me and clients coming to Juel Fairbanks, is time. I know if I can do it, so can they. I want to be that welcoming person who lets them know immediately I believe they can do it!

When clients first come to Juel Fairbanks it is an overwhelming time in their life. I meet them with love and respect so they can get through that first day. I try to

relieve their stress initially and let them know – it gets better!

My job is to screen clients through a phone interview. I collect information to help us create a treatment plan for them. The screening allows us to identify those who will do best at Juel Fairbanks. If someone is not a good fit for treatment here, we have referral agencies we suggest and help arrange. I am usually the

first person clients meet at Juel Fairbanks. I try to be respectful and I always remember I was exactly where they are once.

Phone interviews are scheduled Monday, Wednesday and Friday from 8 AM – 1:30 PM and can be set up by calling me at 651-282-0464.

**SuAnne Rost
Admissions
Coordinator**



OPEN CIRCLE—We Remain Committed

This year we re-introduced a case management program that was in place for 5 years. The Minnesota DHS contract that funded Ramsey County was lost in June 2013. Despite another agency receiving the contract, Native clients who improved through our program began to

relapse, be arrested and detained and show up on the streets again. We saw this as an indication the Indian community were not being served effectively by the new agency.

So the Board of Directors approved Juel Fairbanks to return

to case management for chronic and homeless chemically dependent Native Americans.

It is bold. Donations to this program are welcome!

**Betty Bissonnette
Case Management Director**

From Our New Treatment Director—Donna Marlowe

I look forward to bringing my education and experience to the outpatient and residential treatment programs. I would like to improve cohesion between all departments through teambuilding, training, and skill development activities, bringing leadership techniques that focus on being a mentor and teacher.

With the upcoming addition of licensure for MI/CD programming, we will begin new curriculum specifically aimed at the individual with co-occurring disorders,

as well as continuing coordinated services for individual therapy and mental health evaluations. I am also working with the Executive Director in development of additional programming for health and wellness with anticipated collaboration from our nursing staff, Cynthia Nordby, RN, and licensed acupuncturist.

My primary goal is to work individually and cooperatively with staff and clients to help everyone

realize their full potential. With everyone working together toward a common goal, we increase our success and satisfaction individually and collectively as an organization.

I am thankful for the opportunity to be an integral part of the growth and change at Juel Fairbanks Chemical Dependency Services.



Donna Marlowe

Outreach to the Community

Many times people know they have a problem. They understand substances they are using and life choices they are making are not working for them; however, they do not necessarily know what to do to get help.

I provide Outreach from Juel Fairbanks Chemical Dependency Services to all Ramsey County residents.

I administer a chemical health assessment called a Rule 25 to begin client’s treatment regimen. I am often the first contact clients have after they decide to get help.

I also meet clients at Ramsey County Detox Center 3 days a week and on weekends. People there are often at one of the lowest points in their lives. I make clients aware of services available to them and let them know they are not alone.

Even if a client chooses to continue in their lifestyle and are not interested in treatment now, I make it a positive interaction in hopes that their future choices will change.

I enjoy working with each and every client and learn something different from each one. I am passionate about getting Juel Fairbanks services out to our community while helping Native Americans prosper.



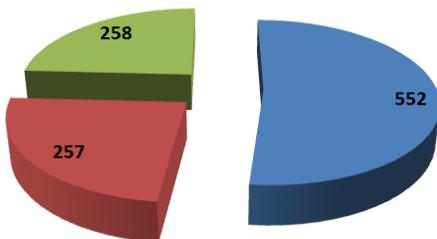
Shannon Lowe

“I enjoy showing people it is possible to live sober and I work to provide some hope for their future.”

Five Year Snapshot

Served 2008-2012

■ Long Term Residential Treatment ■ Structured Living Residential ■ Low Intensity Outpatient

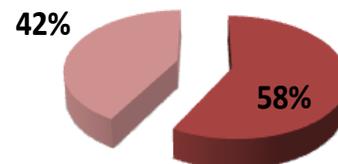


*Numbers are artificially low as 2008 data was not collected for all areas.

Diversity of substances used and abused is on the rise.

By Substance

■ Alcohol ■ Other Substances



The Residents Keep Me Motivated

I come to work every day to help people get sober. It is easy to stay because the staff is like a family—we work together as a team.

In my job I see every client on a daily basis. I focus on the positive. The successes are what keeps me motivated! They stay sober and Juel Fairbanks was where they got started in their new life.

Everyday I know I am no better than anyone here—seeing the newly sober reminds me of me. I am glad to be part of the change people come to Juel Fairbanks to find.

Chuck Jackson, Residential Technician

Food Manager

Juel Fairbanks feels like home to me and I try to make it feel like home for the guys I serve good portions to help with medications and to bring comfort to every meal.

I like to serve a variety of dishes and try to fill requests made.

I love my job! **Darrell Mells**

Rick Says...

I am grateful to work everyday to help those who are serious about sobriety. I have sayings I share to help through humor and understanding.

I encourage clients to help themselves to a better life through recovery and sobriety.

It makes my day when someone has made it to their goal of a sober life and they come back to visit us and to let us know our work really made a difference in their life!

That's the best!

Rick Carlson,

Group Residential House Counselor

OUTREACH TEAM

- ◆ Shannon Lowe
- ◆ John Nordby



CELEBRATE 40 YEARS OF SERVICE WITH US!

It has been important to invite the public to the Open House to tour the Juel Fairbanks facility and share in the work being accomplished every day.

The celebration will continue at our Saturday, April 19, 2014 40th Anniversary Spring Pow Wow.

The event will be at Central High School in St. Paul. We hope to see you there!

Sharing our continued commitment to the most vulnerable in our community is an honor.

Thank you for making these 40 years possible. You share in the success of Juel Fairbanks.

Juel Fairbanks Staff

Janice Lindstrom
Executive Director
White Earth Ojibwe

Beverly Bushyhead, MA, MPA
Assistant Director
Eastern Band of Cherokee Indians

Donna Marlowe, BA, LADC
Treatment Director

Richard Barnum
CD Technician

Joseph Bester
CD Technician
White Earth Ojibwe

Betty Bissonnette, LADC
Case Management Director/
Rule 25 Assessor
Oglala Lakota Nation

Craig Broyles, BA, LADC
Outpatient Counselor/Rule 25 Assessor

Richard Carlson
GRH Case Manager

Michael Graves
Lead CD Technician
Red Lake Band of Chippewa

Charles “Chuck” Jackson
CD Technician
Leech Lake Band of Ojibwe

Shannon Lowe, BCC, ADC-T
Outreach Counselor/Rule 25 Assessor

Darrell Mells
Food Manager

Dean Moen
CD Technician

Stephen Montry, ADC-T
Outpatient Counselor
Cheyenne River Lakota/White Earth Ojibwe

Cindy Nordby, RN, L-AC
Registered Nurse

John Nordby, BA, LADC, ADC-R
Counselor/Rule 25 Assessor

Emma Rainey
Bookkeeper
Red Lake Band of Chippewa

SuAnne Rost
Admissions Coordinator/Case Manager

Denver Smith
CD Technician



Rule 31 Changes impact Juel Fairbanks Program Services

Juel Fairbanks Chemical Dependency Services fully complies with Minnesota Department of Human Services (DHS) Rule 31.

In 2004, those rules changed for half-way houses. Up until that time, Juel Fairbanks was categorized as a half-way house. Under the changes Juel Fairbanks is now a Step Up Program. Between 1998 and 2007, the State of Minnesota publicly funded chemical dependency treatment rates and mandates for funding, have varied. Rate freezes and regulatory changes have stressed service providers. In an effort to improve systemic economic challenges DHS eliminated specific categories: inpatient treatment, outpatient treatment, extended care and half-way houses. County funded providers developed individual treatment plans for better continuity of care.

Juel Fairbanks offers case management, full spectrum treatment options including mental health and chemical dependency concurrent treatment, alternative therapies and culturally specific responses for our clients. Innovative ideas are in progress such as scattered site housing for graduates of Juel Fairbanks services.

When Juel Fairbanks receives the Mental Illness/Chemical Dependency (MI/CD) licensing status it will be considered a MI/CD Program Services Provider.

**The Juel Fairbanks Board of Directors &
Jan Lindstrom, Executive Director**

THANK YOU FOR YOUR SUPPORT!



806 North Albert Street
St. Paul, MN 55104

Phone: 651-644-6204

Fax: 651-644-1126



WWW.JUELFAIRBANKS.ORG

Juel Fairbanks focuses on improving the lives of our clients and helping them build a future of lasting health and wellness.

It is an honor to support the Native American community and other underserved populations.

If you are interested in contributing to our work, visit our online donation site at GiveMN.org. Or use our online wish list (see the website address below) or use the QR code to the left of this note from your cell phone.

Thank you for your support!



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