

Healthbeat

ISSUE 163 | NOVEMBER 2024



Aspire's *Compassion* GALLERY '24



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A Gallery of Compassion

Aspire Indiana Health's Compassion Gallery — a first-of-its-kind year-end event on Dec. 16 at Newfields — will be an evening of reflection and celebration of Aspire's community support programs surrounded by artful entertainment and the magic of the winter season.



Antony Sheehan

"Compassion Gallery will be an amazing opportunity for people and partners to gather together in support of the work Aspire does every day," says Aspire President and CEO Antony Sheehan.

"We are delighted to extend this invitation to the community, with a sense of humility and gratitude for their past and future support."

"It will give us the chance to reflect on 2024 and also look ahead to 2025 with anticipation and excitement for what the future holds for Aspire. We strive to bring a sense of compassion to everything we do, and use that energy to build innovative interlocking support systems in our approach to healthcare."

The event, presented by Nuvem, will include private tours of Newfield's most popular spaces,

ASPIRE'S COMPASSION GALLERY '24

Join us for Aspire's walk-through experience reflecting on and celebrating a year of compassion — all while enjoying the Winterlights and THE LUME at Newfields!

Monday, December 16 at 6:30 p.m. at Newfields, located at 4000 North Michigan Road, Indianapolis

Event Schedule:

6:30 p.m. - THE LUME open for guests

7:30-8 p.m. - Address from Aspire President and CEO Antony Sheehan in THE LUME Gallery 1

8 p.m. - 1st ticketed Winterlights session

8:30 p.m. - 2nd ticketed Winterlights session

Complementary appetizers, desserts and non-alcoholic beverages will be provided throughout the evening. A cash bar is also available for additional purchase.

Purchase tickets here: <https://fundraise.givesmart.com/e/BJ8oVA?vid=18icvz>

THE LUME featuring works of Salvador Dalí and Winterlights, a dazzling display of seasonal lights that sparks visitors' souls.



Kasey Davis

"We wanted to offer community partners, donors and local and state officials the opportunity to come in and learn about all of Aspire Indiana Health in one spot while also getting to enjoy the

special venue that is Newfields," says Aspire Director of Philanthropy Kasey Davis.

"The Compassion Gallery will be a space to celebrate with our Aspire partners and continue to build our relationships with them," says Rudy Lyon, Aspire events and promotions coordinator. "The whole event has really



Rudy Lyon

evolved as we partnered with Newfields and gained access to all the amazing artistic experiences it provides."

Davis is hopeful guests will be inspired to attend Compassion Gallery 2024 with the opportunity for people to learn about Aspire in a very unique and entertaining setting.

"Compassion is a major theme for Aspire; it is the common thread among the programs we offer," Davis says. "When we knew we were going to host this event at Newfields, which is an incredible gallery in itself, combining the atmosphere of Newfields with Aspire's focus on compassion, it seemed natural to call the event 'Compassion Gallery.'"





CONNECTING TO COMMUNITY

“The evening is intended to be a very fluid experience, one that you enjoy at your own pace,” Davis says.

Attendees will start by walking into a space showing projected photo and video pieces highlighting several of Aspire’s programs through testimonials and mission-focused stories. Then, they will move into another area with Aspire staff engaging with guests and sharing information about Aspire’s services and programs. Those programs include Progress House, Kids Talk, InSHAPE, Team HOPE, Mental Health, Primary Care and Social Drivers of Health.

“It will allow personal, interactive engagement with our program leadership so current or potential donors and supporters can hear those stories from them directly,” Davis says.

Next, attendees have the choice to head into THE LUME featuring “Dalí Alive,” showcasing four large, vibrant watercolor paintings by Salvador Dalí from the Indianapolis Museum of Art’s permanent collection. THE LUME Indianapolis is an immersive digital experience showcasing original artworks by world-famous artists with art projections over the walls and floors as well as interactive spaces.

“We want to make sure this is an inclusive event, so for those individuals who may be overwhelmed visually with the immersiveness of THE LUME space, they can choose not to walk through that portion of the exhibit. Of course, food will be plentiful throughout the evening, and then, at scheduled times, guests will wrap up their night by taking the tour of Winterlights.”

Winterlights includes nearly three million lights that will dazzle and delight, larger-than-life ornaments and gorgeous displays of wintertime wonder.

“Guests to the Compassion Gallery event will experience a blend of artful and informational scenery with the intention of evoking emotion,” Lyon says. “The hope is attendees will feel their heartstrings being tugged to some degree — whether by Salvador Dalí’s body of work, the Winterlights outdoor experience or our Aspire Compassion Program Showcases... or all three!”

BUILDING RELATIONSHIPS WITH PARTNERS

“Certainly, we want attendees to come and enjoy themselves, but we also hope to connect to people who are moved by the Aspire mission and want to support us in our service to Hoosiers,” Davis says.

“Each community we serve is different,” she continues. “Anderson is very different from Indianapolis, and Lebanon is different from Zionsville. We want this event to show how we are uniquely providing support to all our communities and showing compassion to our patients, partners and people — all under the one roof that is Aspire.”

Aspire is looking to be more intentional about direct fundraising, connecting with donors and engaging the community in a whole new way — one that combines a sense of both passion and humility.

“We want to develop those one-to-one relationships with people and companies who are mission-minded in the same way as Aspire and look through the lens of long-term

relationship building and intentionality with those partnerships,” Davis says.

There are various services and programs Aspire provides that aren’t covered by state or federal funding sources, so philanthropy plays a crucial role in what Aspire does and offers.

“When we think about the future of Aspire — the growing and expanding of our services — we’re going to have needs that aren’t funded through standard sources. And that’s where philanthropy comes in,” Davis says. “We don’t want to just think about our needs tomorrow or next month; we want to think about what Aspire’s needs are going to be in a year or two and beyond, and the relationships we are building now are going to help fund those needs.”

Compassion Gallery 2024 is intended to engage Aspire’s current programming partners, continuing to build trust and stronger relationships with those already working alongside Aspire Indiana Health. Another audience is potential supporters.



“That’s the sweet spot — people who may not know a lot about us, but they know Aspire aligns with either their personal or company mission and what we do,” Davis says. “We want to continue to get to know them and see how we can deepen that relationship and grow that connection for the future.”

Other supporters may not necessarily turn into big donors, but will be big advocates for Aspire — sharing patient stories and program information in the rooms that matter.

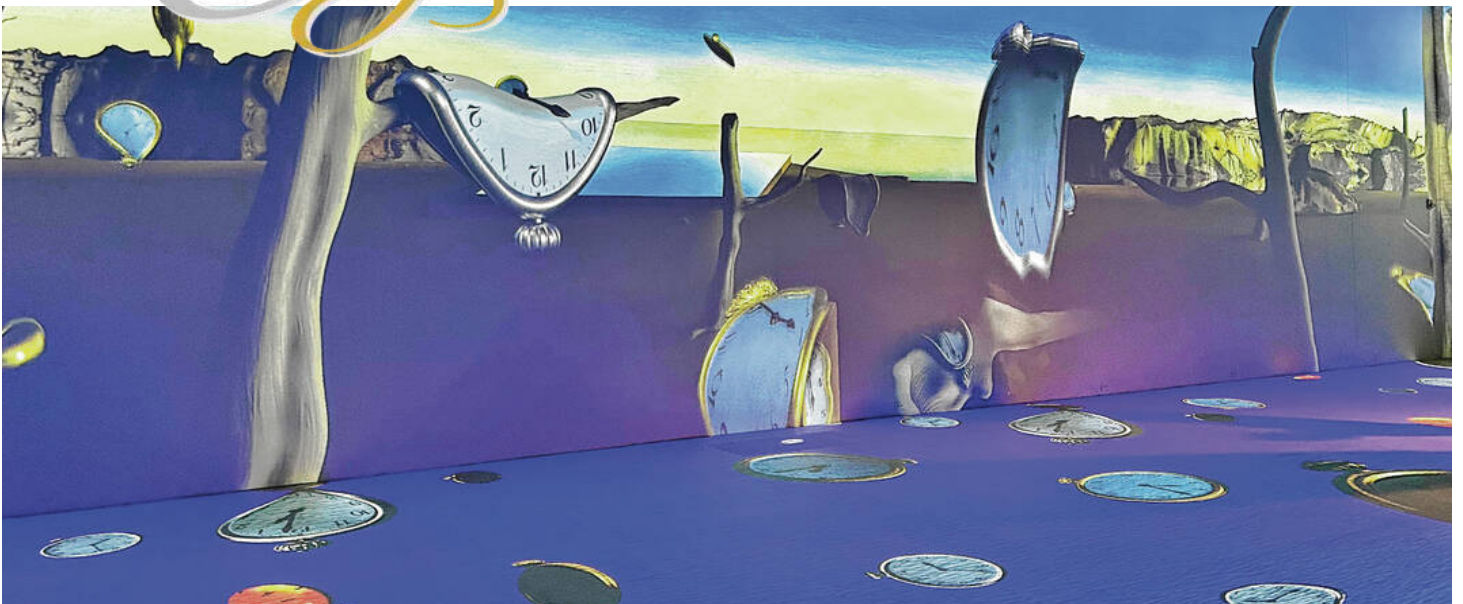
“Those people are also very important because the more people hear about Aspire’s mission and the work we’re doing, the better it is for everyone involved,” Davis says. “We need to tell Aspire’s stories of compassion, all the meaningful work being done and the people who are being served and helped through that work.”

Lyon says Compassion Gallery 2024 is important specifically for Aspire to build momentum and energy moving into 2025 while looking back on what’s been accomplished in 2024.

“A lot of exciting things have happened in the last year under Antony’s new leadership,” he says. “Being able to express our unified ‘One Aspire’ messaging in a creative space like Newfields while celebrating all our Compassion Programs under one roof feels like a fitting way to end the year — encouraging and exciting others to partner with Aspire in new ways.”

“We want guests to leave with a sense of knowing what we do at Aspire is critical work in and around our communities and give attendees the opportunity and resources to engage with that work in whatever way speaks to them,” Davis says. “We want them to be inspired by what we do and how they can be involved.”

Aspire's *Compassion* GALLERY '24



Progress House Expands Through Capital Campaign



Back: Ted Sherfick, Capital Campaign Co-Chair; Bryan Brenner, Capital Campaign Co-Chair; Antony Sheehan, Aspire President and CEO; Darrell Mitchell, Aspire Vice President - Recovery Capital
Front: Ellen Quigley, Richard M. Fairbanks Foundation Vice President and Chief Grantmaking Officer; Kelly L. Mills, Nicholas H. Noyes, Jr. Memorial Foundation Executive Administrator/Asst. Secretary

Aspire Indiana Health recently announced a \$4 million capital campaign for the renovation and expansion of Progress House, the largest and oldest recovery residence in Indiana.

Progress House began in 1961 with a small group home on North New Jersey Street; it has been at its current location on Shelby Avenue since 2000. It serves approximately 300 Hoosiers annually. However, the need for recovery beds and support outpaces capacity in Central Indiana and beyond.



Darrell Mitchell

“Progress House has transformed thousands of lives through the miracle of recovery over the last several decades,” says Aspire Vice President of Recovery Capital Darrell Mitchell.

“It is exciting to see the upgrade of our facility and the expansion of our footprint through this campaign.”

The public launch of the capital campaign follows the successful efforts of the campaign cabinet, who have assisted in securing \$3.6 million toward the project goal.



Kevin Sheward

“Our capital campaign cabinet is made up of well-connected, highly-passionate individuals who are invested in the work of Progress House and the impact this campaign will have, which is already showing really incredible outcomes,” says Aspire Vice President of Strategy and Business Development Kevin Sheward.

Last month, Lilly Endowment Inc. committed \$1 million to the Progress House capital project. Additional lead gifts have been secured from Richard M. Fairbanks Foundation, Nicholas H. Noyes Memorial Foundation and Merchants Bank of Indiana. Several private Central Indiana philanthropists have also generously participated, including Bryan Brenner, Ted Sherfick, Gregory and Appel Insurance, and Elizabeth and John Demaree.

“We know there is significant interest in the work we do, whether it’s recovery services or mental health or serving unhoused populations throughout Central Indiana, and people are looking for opportunities to give and demonstrate that interest,” Sheward says. “For Aspire to expand in the future, we’re going to need our communities’ support; this is a first step in the right direction of creating those

pathways and opportunities for people to give where their hearts are calling them to.”

Renovations at Progress House began earlier this year and include improvements that will bring the facility up to National Alliance for Recovery Residences (NARR) standards and enhance quality of life and programming for residents. The project also includes the acquisition of two single-family homes that will add 20 new beds and serve an additional 50 men annually.

“These improvements will not only enhance our services but also contribute to the betterment of our community,” Mitchell says. “The quality of our facilities will mirror the quality of our programming and outcomes. We are incredibly humbled and grateful for the support being offered.”

In 2019, Progress House merged with Aspire Indiana Health, together creating a Whole Health Recovery Continuum as an innovative approach to providing services to combat substance use disorder. Approximately 70 percent of Progress House residents successfully complete programming, well above industry benchmarks.



Kasey Davis

“The work being done at Progress House is critical, and it’s a need that’s not going to go away,” says Aspire Director of Philanthropy Kasey Davis. “As we’ve seen the landscape of recovery and addiction change, Progress House is going to continue to be a substantial need in Central Indiana.”



“We want everyone who walks into Progress House to know they matter,” Sheward says.

“We also want incredible people to want to work at Progress House and be a part of a world-class facility — which in itself is going to be an incredible recruitment and retention tool.”

“You’re not going to heal if you don’t feel safe in your physical space,” Davis adds. “I think that’s an important and very meaningful part of this project — making sure people feel welcome and at home.”

Aspire’s recovery continuum provides a powerful array of medical, behavioral health and support services onsite. Currently the continuum includes Progress House, Mockingbird Hill Recovery Center in Anderson, Ind., and Next Step transition apartments in

Indianapolis. The organization’s model has received national recognition from the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Alliance for Recovery Residences (NARR) for its creative programming and successful outcomes.

“I’m thrilled we’ll be able to communicate and demonstrate to the market that this model is groundbreaking, and it saves and changes lives,” Mitchell says. “The work we can do through this capital campaign project allows us to get our facility to a level appropriate for the model and our work. It will be a wonderful environment for our staff, which pleases me. But most of all, Progress House will be a place where the integrity of the stay and the pride the residents will have from going through the program will be unmatched.”

Aspire Partners with Invest Hamilton County to Promote Employment



Aspire's Employment Services program provides people with the services and support they need to increase their ability to work successfully.



And that now includes additional resources and training from a partnership with Invest Hamilton County, an economic development organization focused on talent attraction, retention, development and quality of life initiatives throughout Hamilton County.

"Mike Thibideau is the CEO for Invest Hamilton County and also a board member for Aspire



Mike Keevin

Indiana Health," says Aspire Vice President of Social Impact Mike Keevin. "Mike has an economic development background and a real passion for employment. So when he and I connected, we started talking about the hospitality training Invest Hamilton County already provides and



how Aspire could be involved and help take that training to the next level.”

Aspire offers career planning and counseling along with job preparation skills, job search and placement, working with employers — at no cost — to help find workers who match their specific needs. Invest Hamilton County works with diverse and dynamic stakeholders to help local residents, businesses and communities address barriers to economic vitality. It was a natural fit to work together.

“Research by Invest Hamilton County showed hospitality positions are a gateway to economic opportunity,” says Invest Hamilton County President and CEO Mike Thibideau. “After discussions with Aspire Indiana Health, it was identified that Aspire’s clients would be ideal candidates for this Hospitality Training program.”

“Invest Hamilton County oversees the curriculum and daily operations through Mattison Corporation, which supports student success by preparing them for the industry,” says Invest Hamilton County Director of Programs Jill Doyle. “A local hotel manager delivers the curriculum, sharing practical insights.”

The partnership offers a tailored support system, providing students with in-demand hospitality skills. Through collaboration with community organizations, employers and vocational rehab services, it boosts employability, builds confidence, offers

mentorship and connects students with job opportunities. This holistic approach increases their workforce success and encourages inclusive hiring, creating stable, long-term career paths in the hospitality industry. The program is funded by Invest Hamilton County, Hamilton County Tourism and Hamilton County Government.

“We work through our Employment Services program to have a pipeline of people interested in learning more about hospitality,” Keevin says. “And we are so grateful to our team, who is doing a great job of helping trainees get connected to employment opportunities.”

The program brings in guest speakers from area businesses and hotels to teach and interact with the training participants and make real-world connections for possible future employment.

“The hospitality course I have had the pleasure to teach is a valuable program that equips individuals with a wide range of skills and knowledge of the hospitality industry,” says Fairfield by Marriott Indianapolis Carmel General Manager Kelly Forner. “The skills they learn are applicable not only within the hospitality field but also in many other industries. When applied, these skills put them steps ahead of other candidates.”

So far, the program has been through three cohorts, with the goal of participants being recognized as a Certified Guest Service Professional (CGSP) by the American Hotel & Lodging Association.



Not only did they help pay for gas to get to the location, but they provided lunch every day, and we got paid for the class — which was a huge help while being unemployed.



Tiffany Jacobs, an Aspire Hospitality Program graduate

“After three cycles, all students have passed the American Hotel & Lodging Educational Institute (AHLEI) Guest Service Gold certification tests, with many securing jobs in hospitality,” says Mattison Corporation’s Vanessa Jimenez. “One student from the first cohort even received a promotion within six months, allowing her to purchase a home.”

“I was unemployed and looking for a job that paid more than \$12/hour,” says Tiffany Jacobs, an Aspire Hospitality Program graduate. “Not only did they help pay for gas to get to the location, but they provided lunch every day, and we got paid for the class — which was a huge help while being unemployed. You could tell everyone at Aspire really cared about teaching us hospitality and giving us opportunities for employment.”

“Once I completed the class and got my certificate, not only did it look excellent on my resume, but it also opened a lot of doors for me. I got an amazing job opportunity about two weeks after the class, and it’s a job I definitely wouldn’t have gotten without the class.”

Employee Spotlight: James McCarthy

Maintenance Technician

James McCarthy, maintenance technician, just recently celebrated his one-year anniversary with Aspire! A Florida native, James moved to Indiana about five years ago after talking to some friends about job opportunities. He previously spent time as an electrical contractor through Gaylor Electric. It was at Gaylor that James had the opportunity to work at Riverview Health doing some electrical work. James decided he wanted to stay near healthcare; he loved experiencing new things each day and meeting new people.

After his contract ended with Riverview, he was unfortunately sent to spend dreary days doing electrical work at various warehouses. In that moment, he decided to see what else was out there that kept him close to work in healthcare. Aspire just happened to be looking for a maintenance technician, and the rest is history.

James may have become interested in working in healthcare before joining Aspire, but Aspire is where he found his passion to serve alongside both healthcare professionals and recovery specialists. He recounts how joyous it is to see people enter a recovery center such as Progress House — where James spends a lot of his workday — and discover hope and gratitude on their recovery journey.



When James isn't at work, he loves traveling, with hopes to see all 50 states before his 35th birthday. He also enjoys spending his free time working in his yard or fixing up an old car.

Mobilize Recovery Comes to Indianapolis

The [Mobilize Recovery](#) Across America Bus Tour made a pit stop in Indianapolis on October 4 for a Recovery Rally! People in recovery, allies of recovery and mental health wellness and impacted family and friends all joined together to celebrate and give back to the community. Aspire's own dianna Huddleston gave a speech at the rally. Attendees were invited to sign the Mobilize Recovery Bus with messages of hope and remembrance — signing their recovery date and inspiring anyone who may need encouragement to seek help.





Welcome **NEW** Employees!



ANDERSON, ELWOOD

Dania Alder

Medical Assistant
Hoak

Amanda Kelley

Patient Access Specialist
Hoak

Jennifer Jones

Residential Recovery Technician
Mockingbird Hill

Michaela Byrd

Life Skills Coach
Hartung

Paulette Hopkins

Certified Medical Assistant
Hoak

Laura Beasley

Life Skills Instructor - Adult Home & Community
Based Services
Chase

Theresa Fisher

Life Skills Coach
Hartung

Mac Claus

Residential Recovery Technician
Mockingbird Hill

Brandi Reynolds

Certified Medical Assistant
Elwood



CARMEL

Maggie Rose

Care Coordinator/Life Skills Instructor - Home &
Community Based
Carmel

Devin Ogle

Certified Recovery Specialist
Carmel

Alice Jallow

Crisis Response Provider
Carmel OP

Brenda Gutierrez

Certified Medical Assistant
Carmel



LEBANON, NOBLESVILLE

Barrett Schrock

Maintenance Technician
Lebanon

Alexander Welty

Senior Vice President - Integrated Health
Services
Noblesville Admin

Zoey Crowder

Patient Access Specialist
Noblesville OP



At Aspire, we want to recognize our employees for the “Great Job” they are doing! We have re-imagined our Recognition and Way to Go programs — our new Great Job recognition focuses on our people, patients and/or partners and incorporates one or more of the Aspire values of impact, innovation and inclusion!



Vamshi Ayyam, Quality and Health Population Data Analyst, has made a significant impact on tracking metrics that can improve the health of the people we serve! He attends the provider meetings and teaches the providers on how we might be able to complete health testing that is necessary in a diverse way. He has developed innovative tools for providers to easily reference to ensure we are providing the best treatment to each person that walks in Aspire doors. His abilities to view the entire population we serve and determine what and how to improve Aspire processes is spectacular, and he is certainly an asset to Aspire as a whole. His work does and will have a lasting impact on furthering our improvement in the health of the communities we serve and promote our partnerships along the way related to heart disease, breast cancer, diabetes and more that plague our communities. He works extremely well with his teammates in the Quality Department by offering ideas, and he also is extremely easy to work with in other departments, as we all have the same purpose here at Aspire. Well done, Vamshi!



Leslie Grubb, Patient Access Specialist, assisted a non-English speaking patient, through an interpreter, to schedule a specialist appointment that we had been trying to get her in contact with for a while. So thankful for her.



Ashley Keel, Employment Specialist, really went above and beyond to ensure patients were available for interviews during our site visit. State vocational rehabilitation counselors were able to meet with three individuals and hear their stories about how the Aspire services impacted their lives. It was so great to get a clear picture of the results — the people — while they reviewed charts and interviewed many different Aspire partners during the fidelity review.

Great Job!



Michelle Hawn, Supervisor, Social Drivers of Health, is always willing to meet with our newest team members and provide a tour of the Ward building. It was great for our Social Impact team to connect together between different departments. Michelle did not hesitate to jump in and help. Thanks so much, Michelle!



Holly Thompson, 340B Program Coordinator, applied a critical eye to a key 340B process and encouraged changes that have led to increased efficiency and improvement. This has allowed our team to work better, with more compliance, and is leading to increased savings opportunities that will aid what Aspire is applying to offer our patients. Her willingness to be innovative and take action has led to a positive impact for the 340B team and Aspire as whole.



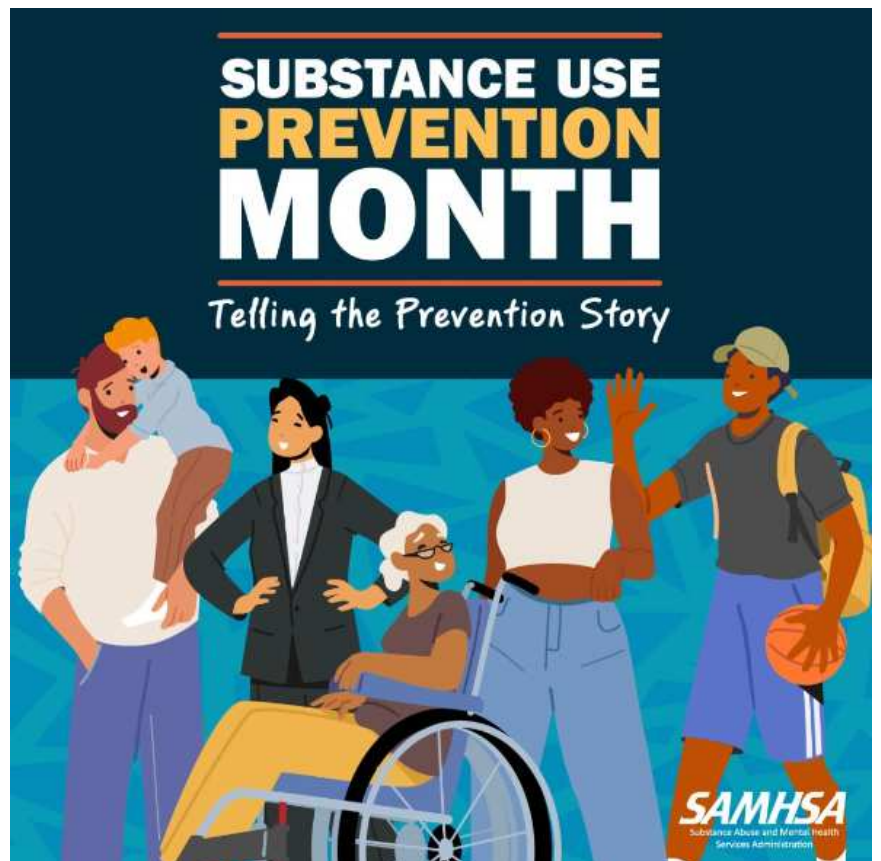
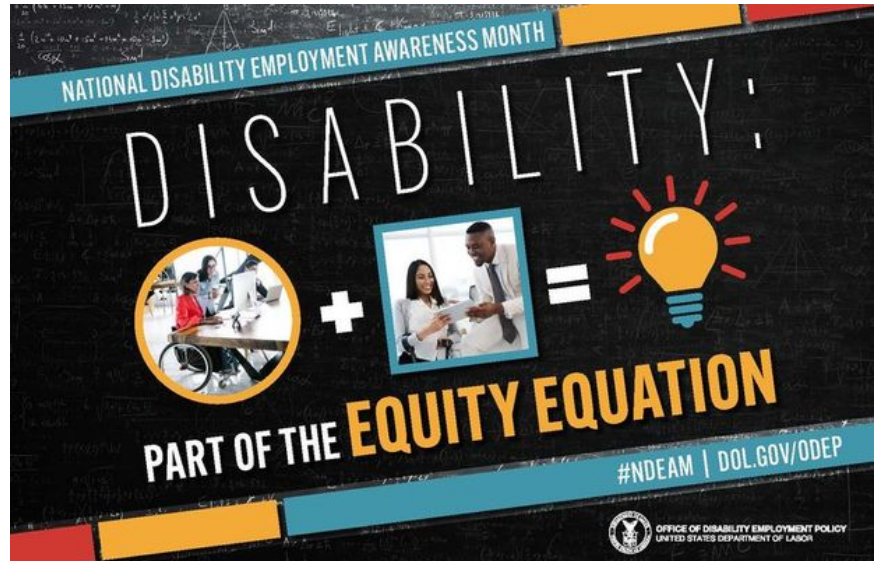
Ben Bennet, Quality Improvement Data Analyst, has shown since the day he was hired that he is determined to make an impact, innovate, and, while analyzing data, bring in the partnership experiences to his projects. Since Ben was hired at Aspire, he has shown a great impact on the 3 Ps (people, patients and partners) by monthly project reporting to the CEO for him to engage with partners in a data arena. He has also provided training to his current coworkers and to other departments that need his help with data extrapolation and bringing meaningfulness to the data he presents under the supervision of Alex Beck. We have an amazing Data Unit, and I appreciate all of what they do! Ben, thank you, for always getting the analyses completed with meaning. You are a great asset to helping our patients and internal staff for treating patients!

To nominate an Aspire employee for doing a “Great Job,” please visit:

https://docs.google.com/forms/d/e/1FAIpQLSf5TQID_L21vPhtfVS_Tl3nMvcqOox0483JhWDvdjrBUdK0Fw/viewform

Social Media Hits

A look back at our top social media hits in October



Aspire



News

HELP FULFILL CHRISTMAS WISHES

Whether we want to admit it or not, Christmas is just around the corner — and we hope you'll help make Christmas a little bit more magical for the children in care from Boone County. Aspire has partnered with Prevent Child Abuse Boone County and Boone County DCS to purchase Christmas gifts for children in the DCS system, and we're looking for donors! We will be buying gifts for more than 100 kids this year, which is more than in years past. Any help and donations are appreciated!

To participate, please contact Courtney Long at Courtney.Long@dcs.in.gov.



ACCENT ON COMPASSION

In last month's Accent on Compassion feature by Aspire Indiana Health President and CEO Antony Sheehan, he talks about the "Rule of Three" and "Tell 'Em" framework for communicating and how he is drawn to the power of three in both his personal life and professional work.

[Read more here!](#)

**BOONE COUNTY
CHRISTMAS
*Wishlist***

Boone County Prevent Child Abuse and Department of Child Services are partnering up again to help make Christmas a little bit more magical for the children in care from Boone County! We currently have just over 100 children involved with DCS, who with your help with donations, could have their best Christmas yet!

**PLEASE SEND ALL
MONETARY
DONATIONS TO:**

Prevent Child Abuse Boone County
218 E Washington St
Lebanon, IN 46052

**FULFILLED WISHLIST CAN
BE DROPPED
OFF AT ADDRESS
ABOVE OR:**

Boone County DCS
1614 N Lebanon St
Lebanon, IN 46052

**FOR ANY QUESTIONS:
COURTNEY.LONG@DCS.IN.GOV**

**PLEASE LEAVE ALL
WISH LIST ITEMS
UNWRAPPED**



MARKETING TEAM RECEIVES HONORS

The Marketing Department is proud to have been recognized with awards from both Graphic Design USA (GDUSA) and Ragan's PR Daily! MACY (Mobilize Access Care for You) won a 2024 GDUSA Health + Wellness Design Award for the "MACY: Get Onboard for Better Health!" logo design. Congratulations, Macy! Macy is also a finalist in PR Daily's Healthcare PR & Marketing category for Marketing Campaign of the Year. In addition, the Aspire Indiana Health 2023 Annual Report is a PR Daily finalist in the Podcasts, Publications and More category. Congratulations to everyone who worked so hard on these campaigns!



SAVE THE DATE FOR 2025 ASPIRE EVENTS

Mark your calendars! (Yes, even your 2025 calendars!) Please save the dates below for some of Aspire's big community and fundraising events.



Compassion Gallery 2024

Monday, December 16, 2024, 6:30-9 p.m.
Newfields, 4000 N. Michigan Road
Indianapolis



Stand Up for Kids

Friday, February 21, 2025, 7 p.m.
Paramount Theatre, 1124 Meridian St.
Anderson

Progress House Golf Outing

Monday, May 19, 2025, 10 a.m.-3 p.m.
Plum Creek Golf Club, 12401 Lynnwood Blvd.
Carmel

Aspire 5k Fun Run

Saturday, September 27, 2025, 7 a.m.-12 p.m.
Conner Prairie, 13400 Allisonville Road
Fishers



LET'S GET INSHAPE

InSHAPE is Aspire's fitness and nutrition program for individuals experiencing serious mental illness (SMI). InSHAPE pairs them with health mentors who are certified personal trainers who use education, exercise, fitness, nutrition and community engagement to help individuals address issues such as losing weight, improving cognitive functions, decreasing depression and anxiety, improving self esteem and decreasing social isolation.



Jody Hall

"This isn't a typical personal training job because I have to mentally assess everybody the whole time I'm with them," says Jody Hall, CC/LSI InShape personal trainer. "I prefer to get them outside bike riding, walking, jogging and hiking."

InSHAPE health mentors take the time to understand each person's specific needs so they can build a plan that works for them and will continue to support them on their health goals.

"I've been educated throughout the whole program," Hall says. "I've learned so much about what it is and what it can be."

Curious if you are eligible for InSHAPE? All participants must be 18 or older, have medical clearance by a primary care provider, be involved with the Home and Community based services at Aspire, diagnosed with SMI, and are interested in meeting with a health mentor to improve fitness and nutrition.



“
Losing 52 pounds in 8 months is my biggest accomplishment ever.
”

Watch this new video to learn more about the program!



For more information about InSHAPE, contact Jody Hall at jody.hall@aspireindiana.org or (317) 587-0651.



THE REALITY OF SUICIDE IN THE DEAF COMMUNITY



*Sarah
McWhorter*

Members of our Deaf Services team — ASL interpreters Sarah McWhorter and Christy Talbot — recently attended a conference hosted by the Registry of Interpreters for the Deaf (RID) called “The Reality of Suicide: What ASL Interpreters Need to Know.” It was presented by a sibling suicide loss survivor and a Certified Deaf Interpreter.



Christy Talbot

“One of the key takeaways from the event was an acknowledgement that on top of traditional suicide risks, the Deaf community has risks that a hearing person may never experience,” McWhorter says.

Those risks apply specifically to senior citizens and youth. For example, senior citizens are at a notable risk after retirement as they may not interact with as many Deaf people on a daily basis and/or may experience compound isolation living in a group home that has no Deaf staff.

In addition, a Deaf child of two hearing parents or extended hearing family may have limited means of communication, leading to isolation and loneliness. Also, if the child attends a Deaf school, they may live far away from classmates, which gives less opportunities for real peer

connections; and if the child goes to a mainstream hearing public school, a Deaf child will likely be linguistically isolated from their peers.

“I see all this unfold in the clinic and have felt all of these things play out in our clients’ lives, but seeing all the facts and figures laid out was striking,” McWhorter says. “To know this information in your gut is different than knowing it in your head. This experience has given me more appreciation for the work we do as sign language interpreters to bridge that communication gap as often as we can.”

To fight back against suicide, the Deaf community opened a new service line of the 988 Lifeline in ASL. More information is available at <https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/>.

ASPIRE TO PARTNER ON INDY HOMELESS HUB

Aspire Indiana Health will partner with the City of Indianapolis and Horizon House to establish the Housing Hub, a new low-barrier homeless center on East Georgia Street, near Progress House. Horizon will oversee the bottom two floors with a day center and administrative/support offices, and Aspire will run the top two floors with non-congregate shelter housing for individuals, couples and families totaling 150 beds. It is expected to open in 2027. [Read more](#)