

HEALTHBEAT

Magazine





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New Day, New Look

“WHAT’S IN A BRAND?”

THAT WHICH WE CALL A LOGO BY ANY OTHER NAME WOULD SEEM AS NEAT.”

OK, that’s not exactly how Shakespeare put it. But the soliloquy from “Romeo and Juliet” does have something to say about how people respond to marketing. To many, a company’s logo and visual branding is something they may not really think about – but they do react to it, whether they’re aware of it or not.

Aspire Indiana Health is proud to present its new branding, a complete rethink of its look and feel. And not just for one part of Aspire, but all of it. Our new strategic architecture and three-year plan (see page 6 “Aspire Unveils New Strategic Plan”) is headlined by the theme of One Aspire, the idea that we are more of the sum of our various parts: a true Community Health System that meets people where they are.

Our brand reflects our promises and personality – how we want people to feel when they encounter us. It’s also our voice, helping us build trust and make Aspire feel familiar, whether we’re reaching out on social media, the web, in videos or brochures.

This is our first major rebranding in 15 years, so we really wanted to make an impact. That’s why Aspire enlisted the services of [Matinee Creative](#), a local

branding firm that helped us coalesce how we want our People, Patients and Partners to feel about Aspire, and translate that into a cohesive visual paradigm.

“Branding is just one piece of the puzzle, but it’s a crucial one. By taking a close look at the strengths and challenges of the existing brand, we worked to elevate it in terms of cohesion, consistency and emotional clarity – empowering Aspire to tell its story with more strength and resonance in the years ahead,” says Matt Gonzalez of Matinee

It’s a retooling, not a total departure – an evolution, not an abandonment. Aspire is still committed to its mission of serving people who have faced barriers to healthcare, and discovering new ways to help improve their health and happiness.

That’s captured in our new tagline: “Compassion Leads, Innovation Follows.”

Our new branding includes a consistent look and naming convention for all the parts of Aspire, including Progress House, Mockingbird Hill Recovery Center, Kids Talk, InSHAPE, etc. Think of a flotilla of ships all flying under the same flag, instead of each carrying a separate banner.

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Aspire Unveils New Strategic Plan

ASPIRE INDIANA HEALTH HAS UNVEILED A NEW THREE-YEAR STRATEGIC PLAN UNDER THE CENTRAL THEME OF ONE ASPIRE – THE IDEA THAT ASPIRE IS MORE THAN THE SUM OF ITS PARTS.

Recently Aspire President & CEO Antony Sheehan rolled out his vision for Building One Aspire at an in-person meeting of the entire staff, plus our board of directors and key partners.

Today, Aspire stands at a pivotal moment. The organization has grown into a diverse network of healthcare services, yet different components have often operated independently, creating barriers to seamless care delivery.

To address this, Aspire has launched One Aspire, a transformational initiative designed to unify operations, align priorities and create a true Community Health System that meets people where they are to provide compassionate, powerful care.

This process began with the creation of a new strategic architecture, including Mission Statement, Vision Statement, company Values, Promises to those it serves and Impact Statement. Far more than words on a page, this foundational work forms the base of everything Aspire will build upon going forward.

The strategic plan organizes the company’s priorities for serving the underserved into three main categories:

- **Broaden** Aspire’s reach and deepen its impact through new services, locations and partnerships.
- **Cultivate** a diverse, skilled and engaged workforce that drives Aspire’s mission forward.
- **Enhance** Aspire’s infrastructure and resources to fuel sustainable growth.

This work will include initiatives to forge new partnerships with other providers; assess potential new locations and acquisitions; expand our medical practice into specialty care and chronic disease management; launch and grow in-house pharmacies; establish a regional crisis center;

enhance staff training and career progression tools; deliver a competitive total compensation package; transition to a unified Electronic Health Record (EHR) system; attract and foster fundraising partnerships; and broadcast our reenvisioned branding to better tell the story of One Aspire in the communities we serve (see “New Day, New Look”).

Our next three years will be focused on breaking down barriers to care, elevating the quality of our services and ensuring long-term sustainability. By expanding access, investing in our workforce and strengthening our financial foundation, we will continue to bring health, hope and healing to those who need it most.

We are One Aspire. And our best work is yet to come.

Our New Mission, Vision and Values - Our Why

Mission	Vision	Our Values
Providing compassionate, patient-centered care, empowering people to live healthier lives.	Our community is a place where every person—regardless of income or identity—has access to compassionate, seamless healthcare that empowers them to thrive.	<p>Compassion - Inspiring hope and healing in all we serve</p> <p>Innovation - Embracing creativity and change.</p> <p>Inclusion - Honoring diversity so everyone feels a true sense of belonging</p> <p>Impact - Advancing health outcomes and strengthening community wellbeing- within Aspire and beyond</p> <p>Partnership - Working collaboratively to deliver care</p>

New Day, New Look *continued*

“Working with Aspire has been one of the most rewarding collaborations we’ve had,” says Matinee’s Amy McAdams Gonzales. “We had deep conversations with team members across the organization, and they really helped us understand Aspire from the inside out. That insight gave us the foundation to reimagine the brand in a way that honors its roots, reflects its character, and positions it for future success.”



The new branding conveys unity, integration and progress, illustrating how behavioral health, primary care and social services come together for a powerful and accessible healthcare experience.

It’s a new day at Aspire, and that deserves a new look!



Doctor Duo Prioritizes Women’s Health



Dr. Olivia Smith and Dr. Joanna Chambers

“Women – particularly those who are perinatal – are one of our most vulnerable populations, who historically have been excluded or underserved. Through doing something I enjoy, I can also make a big impact not only on my patients but on their families for generations to come.” – Dr. Olivia Smith

Aspire Primary Care Physician Dr. Olivia Smith speaks from a place of passion and genuine care for the individuals and families she serves. She and Aspire Psychiatrist Dr. Joanna Chambers have joined together to launch Aspire’s Women’s Health Clinic, located at the Noblesville Health Center, 17840 Cumberland Road.



It is based on a medical home model – where obstetrics (OB) care, psychiatry and pediatric care are integrated – working together under one roof toward a common goal of improved health for caregivers and their children. The mission of the Women’s Health Clinic is to care for mothers and caretakers from pregnancy onward as well as children from birth through high school.

“Sometimes women are culturally trained to prioritize others, and I love giving them the

opportunity to speak up about their own concerns, questions, experiences and things that matter to them, and really prioritize themselves and their health and wellness,” Dr. Smith says.

“Our country has a higher maternal mortality rate than any other industrialized country on the globe,” Dr. Chambers says. “There is a problem we have in medicine: listening to women. When a woman comes to her doctor with a complaint or a pain, she is often ignored. We invalidate them.”

“One of the things I really liked about Dr. Chambers when I first met her was that we are both on the same page about listening to our patients and taking the time that’s needed,” Dr. Smith says.

Dr. Smith joined Aspire in October 2023. After attending Purdue University and Marian University College of Osteopathic Medicine, she completed her training at St. Vincent Family Medicine Residency. Her specialty areas of medicine include women’s health/prenatal/OB care, geriatrics, LGBTQ care and osteopathic manipulation (hands-on treatment). She loves caring for the whole family (like mom and babies after delivery!).

Dr. Chambers joined Aspire in August 2024 with a passion for women’s health, perinatal psychiatry and treatment of substance use disorders (SUD). She completed medical school at the Medical College of Georgia and psychiatry residency at Yale University School of Medicine. She is board certified in psychiatry and addiction medicine. Before joining Aspire, Dr. Chambers spent most of her career in academic psychiatry focusing on women’s health and studying mother-infant attachment.

“I came to Aspire with an interest in women’s health after having been in the field for more than 20 years,” says Dr. Chambers. “And through this Women’s Health Clinic, we are starting to make bridges with providers and organizations outside Aspire to refer both pregnant and postpartum patients to us.”

The goal is to become a healthcare hub in northern Indianapolis that focuses on perinatal health in an integrated way.

“The benefit, of course, is for the patients,” Dr. Chambers says. “We want them to feel this is a place where they can get all their medical needs met.”

The Women’s Health Clinic offers complete medical care, including prenatal/pregnancy care, postpartum care, primary care for women, primary care for children and substance use treatment. Along with SUD treatment is both prenatal and postpartum psychiatric care.

“For our population who has a history of substance use, this is a pretty big deal because there is already a stigma with substance use in general, and I believe that is increased exponentially for individuals who are pregnant or just had a baby,” Dr. Chambers says.

While the duo of doctors isn’t entirely focused on women with SUDs along with any accompanying depression, anxiety or trauma, they both certainly



have the training and ability to adequately treat them – as well as any women of childbearing age... and their children.

“Olivia and I are openly communicating with each other about each patient and the care they are receiving, and that’s particularly important when you are pregnant,” Dr. Chambers says. “The brilliance here is that Dr. Smith can do both the OB and the primary care. So she doesn’t have to discharge patients at six weeks postpartum; she can continue working with them far beyond their pregnancy and delivery.”

Once a patient starts at Aspire for pre-pregnancy visits, the doctors continue working with them for as long as is needed. Dr. Smith can also be the primary pediatrician for that patient’s children. And if the patient is having any mental health issues, they can easily make an appointment to speak with Dr.

Chambers – and vice versa.

“We respect and trust each other, and there are a lot of back and forth referrals between Dr. Smith and myself,” Dr. Chambers says.

It’s a practice built on trust between two doctors and building that trust between patient and doctor, making them feel comfortable where they are being treated.

“Feeling connected with your care team and having more services offered in one location allows people to have better quality care, more seamless care and better access to care in general,” Dr. Smith says. “The fact that Aspire is so interconnected and providing that integrated care model is going to

be so much better for patients – a simpler process for them and a more communicative process for us.”

“The clinic obviously makes a difference in the lives of moms, but I think the intergenerational impact is so important, and I can’t think of anything more gratifying in the work that I love than to be able to see that,” Dr. Chambers says.

Improving the health and the lives of those families served, starting with the women and children in it.

Appointments are generally scheduled within one week of contact. For more information, visit aspireindiana.org/womens-health or call (317) 773-6864.



Social Media Hits

A LOOK BACK AT OUR TOP SOCIAL MEDIA HITS IN MAY!





Building One Aspire:

A CELEBRATION, REFLECTION AND VISION FOR WHAT'S NEXT

On May 14, 2025, hundreds of Aspire team members gathered together to connect, celebrate and collaborate as One Aspire – united by a shared mission, values and commitment to making an impact.

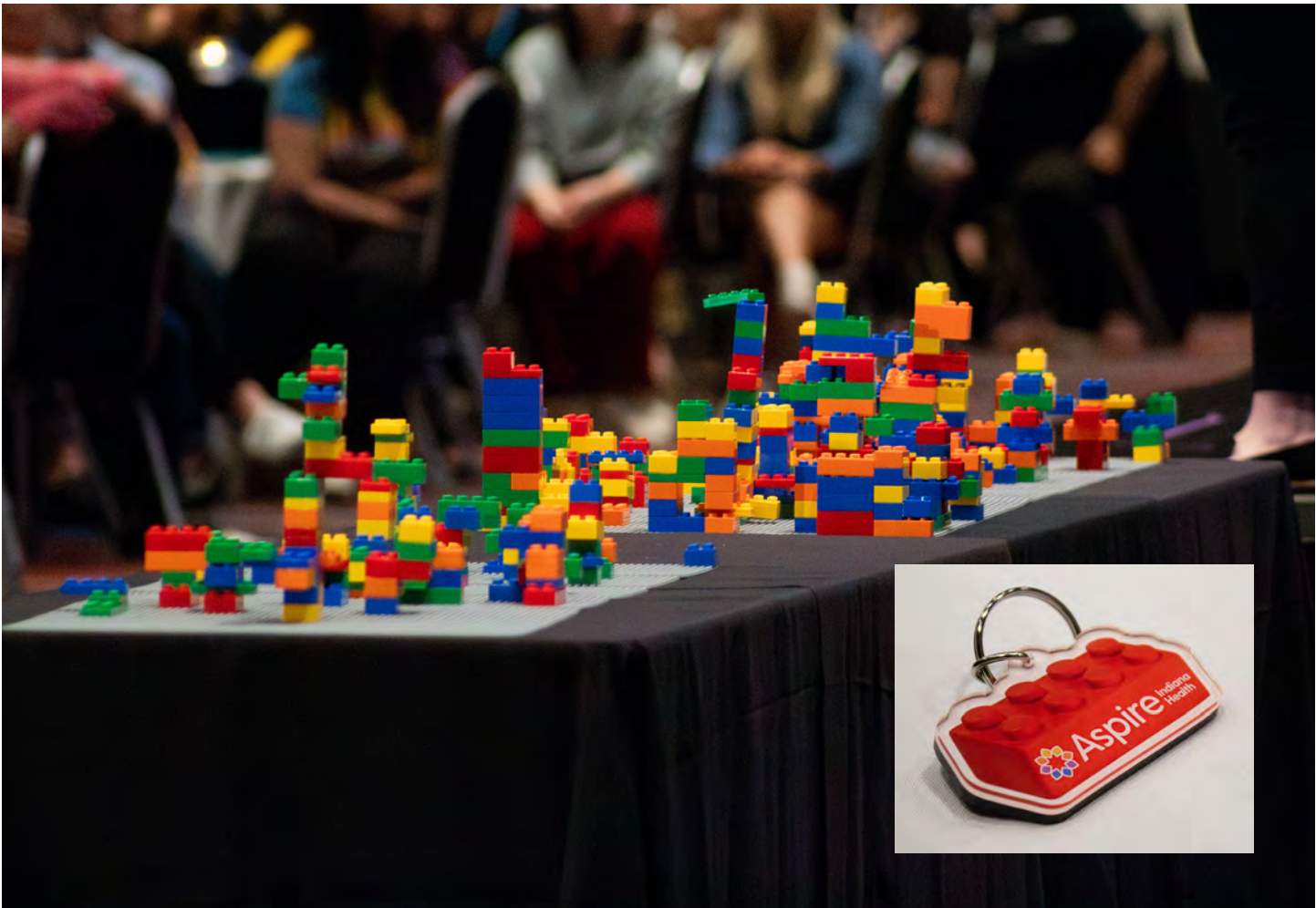
Approaching Aspire's 60th year, colleagues brought the energy and excitement to the annual event, filled with mix and mingle moments, a look back over key achievements from the past year, and a look ahead to major projects and big initiatives.

"I am so grateful to my Aspire family for continuing to inspire and energize me," says Aspire President & CEO Antony Sheehan.

"I appreciate the incredible diversity in our Aspire family and for the commitment to building our future – together."



Sheehan







Golf for Recovery: A Hole in One

Progress House's recent Golf for Recovery outing was a hole in one! Warm, sunny weather brought 120 golfers to Plum Creek Golf Club in Carmel – an outing record!



Left to Right: Antony Sheehan, Rudy Lyon, Kasey Davis, Darrell Mitchell

"We couldn't have asked for a better day of weather for golf at Plum Creek. Setting records for attendance and raising funds and awareness for Progress House are all the more enjoyable when hosting an event in the pristine conditions we had," says Aspire Events and Promotions Coordinator Rudy Lyon. "I heard from some guests that it was one of the best outings they have gotten to play – the day was a success for all parties involved!"

Golfers brought their "A" game, making sure they were up to par for the annual event that raised more than \$30,000 for Progress House to further develop its programs and facilities.

"We are grateful for the amazing support demonstrated at this year's outing! The money raised at this event allows us to provide scholarships to those residents that would be unable to secure services without our financial help," says Aspire Vice President of Recovery Capital Darrell Mitchell.

"Since May of 2021, we have been able to award more than \$207,000 in scholarships to 225 men as a result of the generosity of our donors. This event literally changes lives!"

Didn't get to attend this year's Golf for Recovery? Please consider donating to help Aspire and Progress House continue to make recovery and wellbeing a reality. [You can still make a difference through your donation!](#)





Employee Spotlight: Debbie Shelley

NURSE PRACTITIONER, PRIMARY CARE

Debbie Shelley has spent the last seven years as a family nurse practitioner at Aspire’s Noblesville Health Center. Debbie has a rich history working in the medical field – she spent time in intensive care, emergency services and post anesthesia care. She eventually made the decision to pursue higher education and earned her Master’s Degree in 2013.

Prior to joining Aspire, Debbie worked as a nurse practitioner at a rural FQHC in Rushville, Ind. Five years later, she saw a job posting online for Aspire, applied, and has been at Aspire ever since. But her journey was just getting started.

Two and half years ago, Debbie was diagnosed with cancer. Her child was young, and her husband sustained a back injury, requiring him to leave his job.

“I initially wasn’t sure if I was going to live, but then I had this amazing sense of peace from God pretty much the whole time I was going through treatment,” she says.



Debbie immersed herself in her faith – at the same time she and her husband were struggling to navigate the challenges of the healthcare system. “We were both dealing with really complex medical problems, and we had a hard time navigating the healthcare system, which is so sad because I work in healthcare.”



That led to an even greater passion to help people navigate the healthcare system. “I had that passion before, but it’s so much more real now. People have expressed to me how hard a time they have with certain medical diagnoses, trying to find a specialist or scheduling.”

Navigating the landscape of a complex healthcare system alongside her patients is just one faction of her job. As a nurse practitioner, Debbie spends time investigating her patients’ symptoms and finding solutions to their care. “I love getting to know my patients, asking about their families, jobs, vacations, and really being a part of their lives. I love my

coworkers – the team caring for our patients.” Debbie’s incredible strength and compassion for the difficulties her patients encounter illustrates the type of care she provides as a nurse practitioner.

Outside of work, Debbie is an avid runner and enjoys spending time with her family.

“My faith in God is number one in my life. I want to serve the Lord in everything I do.”



Aspire News



BOWERS RECEIVES CEO SPOTLIGHT AWARD

Congratulations to Aspire Director of Housing Services Kathleen Bowers, the recipient of the inaugural CEO Spotlight Award! This award is an annual recognition honoring a team member who exemplifies Aspire’s values, recognizing exceptional service, leadership and commitment to advancing Aspire’s culture of care. Selected personally by Aspire President and CEO Antony Sheehan, this award highlights a team member whose impact extends beyond their role and reflects the spirit of “One Aspire.”

Kathleen received the CEO Spotlight Award for her extraordinary service in setting up and overseeing the Winter Contingency Shelter, a place that gave people hope when there was nowhere else to go. She led the Aspire team, who opened the Shelter in just 30 days and served 61 families – totaling 245 people – and placed 50% of those people in housing. Congratulations, Kathleen!

DR. CHAMBERS BOOK INTRODUCES ADDICTION PSYCHIATRY

Aspire Psychiatrist Dr. Andy Chambers authored the new book “[Introduction to Addiction Psychiatry](#),” offering an in-depth look at addiction and its close linkage with mental illness. In [this video](#) from the American Psychiatric Association and WebsEdgeMedicine, Dr.



Chambers

Chambers discusses the book as a collaboration between Aspire Indiana Health and Indiana University Addiction Psychiatry Program.

“The clinical care of patients with mental illness and drug addiction really is a team sport,” Dr. Chambers says. “So the book is also achieving a pathway by which doctors, nurses and therapists can work on integrative, multi-disciplinary teams to treat patients with dual diagnosis disorders.”



Kootz

Also featured in the video is Aspire Senior Director of Addictions Services Macy Kootz. Kootz speaks to the academic collaboration between Dr. Chambers and the Aspire Addictions Team, and Aspire’s plans for expansion of the addictions psychiatry approach to addictions



treatment and recovery support services across the Whole Health Recovery Continuum (WHRC). “Introduction to Addiction Psychiatry” is available on Amazon, Barnes and Noble and through the publisher, Cambridge University Press.

SHEEHAN APPOINTED TO IPHCA BOARD OF DIRECTORS

Aspire President and CEO Antony Sheehan has been appointed to the Board of Directors for the Indiana Primary Health Care Association (IPHCA). Since 1982, the IPHCA has worked to ensure quality healthcare for people throughout



Sheehan

Indiana. IPHCA supports the development of community-oriented primary care initiatives, including Community Health Centers (CHCs) – advocating for Hoosiers most in need and addressing the crucial problems of healthcare access and quality in Indiana.

WELCOME NEW CHIEF LEGAL COUNSEL



Jose

than three decades of experience practicing in Indiana. He has represented or advised numerous

Please welcome new Chief Legal Counsel David E. Jose, whose role is to help Aspire navigate an increasingly complex and shifting regulatory landscape as it grows to serve Hoosiers facing barriers to receiving care. Jose is a preeminent attorney in the field of healthcare law with more

healthcare organizations, from hospitals and nursing homes to mental health centers and physician practices, with a special focus on nonprofits serving people with complex health challenges. He has also been actively involved with many civic and cultural organizations in central Indiana.

Jose earned his bachelor’s degree in political science and East Asian studies at Earlham College, his master’s degree in the same concentration at the University of Wisconsin-Madison, and his law degree from Boston College Law School.

RENOVATED ANDERSON PHARMACY PREPARES TO REOPEN

Aspire’s renovated Anderson pharmacy is currently preparing to reopen! A temporary pharmacy is now open, and the permanent pharmacy will be ready this summer. Aspire is now the owner of the pharmacy, enabling us to offer more flexible alternatives to providing care. As we begin to reopen

our doors, patients will have access to new convenient services and lower-cost medication options to better serve our healthcare community. But in the meantime, there will be

no disturbance in receiving your prescriptions. We look forward to seeing you soon!





MOBILE CRISIS EXPANDS TEAM AND FLEET

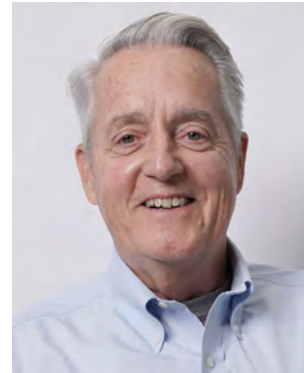
The Mobile Crisis team is excited to have a third van added to its fleet! One van is stationed at Progress House where the third shift and weekend teams can safely access the van and respond more quickly to mobile crisis requests. The other two vans are stationed at Aspire's Carmel Health Center.

"Data shows our highest number of mobile crisis requests are Monday through Friday between first and second shift," says Aspire Director of Crisis Services Kaitlyn Ervin. "Having another van available as well as the expansion of our team allows us to be available for more than one mobile crisis run at a time and also do more in-person follow ups after each initial run."



ASPIRE ADDS ADDICTION LEADERSHIP ROLE WITH MEACHAM

Continuing to expand its healthcare for people with substance use disorder (SUD), Aspire has named Dr. James Meacham to the new role of Medical Director of Addiction Services. He joins Aspire from a national addiction treatment company overseeing 18 Indiana facilities as their regional medical director. He will work to develop policies and training to support safe, smooth



Meacham

care processes across the addictions service line and direct provider oversight at Mockingbird Hill and Progress House.

Dr. Meacham is Board Certified in Addiction Medicine, Internal Medicine and Pediatrics, earning his medical degree from The

University of Louisville. He previously practiced his skills in inpatient treatment of addiction focusing on innovative approaches to treating patients struggling with alcohol, opioid and benzodiazepine dependence.

MARTIN JOINS ASPIRE BOARD OF DIRECTORS

Kevin Martin has been named to the Aspire Board of Directors, bringing a wealth of business experience across multiple industries and disciplines. He has held a wide range of C-suite and business ownership positions including President & Founder of Martin Equity, LLC and a former operating partner role with Johnson Ventures. As a financial expert and business advisor, he has a long track record of helping grow businesses and navigate complex partnerships and acquisitions.

Martin received bachelor's and MBA degrees from the Indiana University Kelley School of Business, and formerly held a CPA license. He has served on numerous boards including current appointments with The Orchard School and Brightlane Learning. Welcome, Kevin!



Martin



Great Job!

GREAT JOB RECOGNITION FOCUSES ON OUR PEOPLE, PATIENTS & PARTNERS.
TO SEND IN YOUR NOMINATION, CLICK THE BUTTON BELOW.



Michael Holman, Maintenance Technician - Facilities, is a very determined person, always communicating with me to set goals and complete tasks by their deadlines. When I got stuck with an

issue, he hopped in and helped me to figure out another way to make it work. He did a fabulous job helping me flip apartments and housing, too. He always has a great attitude and is patient to solve any problem.



Michael Smith, Program Manager, Home & Community Based Services, made himself available to staff a patient's needs when one of the Madison County Problem Solving Court case managers reached out

to DeHaven's Clinical Manager to staff a client in crisis. Michael not only gave his time and attention to make sure the client was safe, but he went to the client and helped the client get to the hospital for an assessment. Michael dropped everything he was doing to give this client the care they needed. Thank you, Michael!



Dwaine Jackson, Supervisor - Facilities, is very thoughtful, patient and takes time to explain, especially being hands on and showing how to do a task physically. Many times I was left out due to the fact that I

am deaf, and I didn't understand what was being talked about or what important information I needed to know. I asked Dwaine, and he took the time to explain it to me.

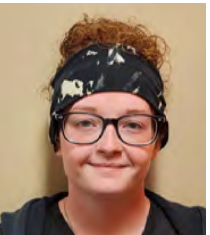


Jacqui Cook, License Eligible Therapist - Addictions, is an amazing group therapist and creates an atmosphere of acceptance in her groups. Clients feel safe to share their struggles and know they won't

be judged. Clients have expressed gratitude for the inclusive environment and said it helps them look forward to coming to the group. This definitely has a positive impact on each group member and their success in achieving their recovery goals.



Tiffany Whisner, Manager - Marketing Content, demonstrates compassion through her leadership, innovation through her collaboration, and passion through her work. As a leader she is kind, thoughtful and supportive. She regularly checks in with her team, offers guidance through difficult situations, and provides both personal and professional support when needed. In her collaborative efforts Tiffany always looks for ways to say “yes” and meet the needs of our partners. She strives to provide the best ideas and most efficient processes. She takes pride in her work but doesn’t take it so seriously that it loses the essence of fun. Tiffany has made a real difference in her year with Aspire.



Desiree Rayford, CMA, made my heart just sing with pride for Aspire after a brief interaction with her. My appointment with Aspire was coming up, and I got a voicemail from Desiree to call me back. She was calling to tell me that in advance of my appointment, she checked and confirmed my last annual physical was in May, and she was worried my insurance may give us an issue and charge me for being seen before the one-year cycle. She wanted to talk it through and confirm if I should come in or reschedule. I was blown away by the organization and forward thinking. I thanked her, and she ended the call by saying “We all have to look out for each other, right?” I felt a weight lift off my shoulders that in the craziness that is our world, we have people at Aspire going the extra mile to truly make life a bit easier for who they care for.



Brandi Reynolds, CMA, has been an asset to the Elwood team and does a great job! She is always willing to go over and above if needed. She has a great attitude, and the patients love her. She was asked to cover at another office last minute and did not even question – she just got up and went. Brandi is such a great team player!



Meredith Moore, License Eligible Therapist - Assessment, has been given individuals to work with who have very high needs and may not have been the most friendly, but she was able to work through these barriers and provide excellent care to our clients through professional behavior and genuine care for clients. Way to go, Meredith!

ACCENT ON COMPASSION



In last month's [Accent on Compassion feature](#) by Aspire Indiana Health President and CEO Antony Sheehan, he discusses the importance of being able to ask for help – and to offer it our own hand when help is needed by others.

Welcome New Employees

ANDERSON

Tabatha Allender
Medication Technician
Mockingbird Hill

Aleasha Bickel
Life Skills Coach
Hartung

Crystal Burrus
Care Coordinator/Life Skills
Instructor - Youth & Family HCBS
DeHaven

Victoria Davis
HOPE Case Manager
Hoak

Antonya Hinshaw
Residential Recovery Technician
Mockingbird Hill

Carmen Hull
Staff Nurse
Hoak

Samantha Ingram
Certified Medical Assistant
Hoak

Stacey Marlow
Community Health Worker -
Landlord Navigator
Ward

James Meacham
Medical Director
Mockingbird Hill

Toni Stewart
Certified Medical Assistant
Hoak

CARMEL

Joshua Randall
Crisis Response Provider
Carmel

Kyle Watson
Crisis Response Provider
Carmel

Tihani Whittaker-Dismuke
Certified Medical Assistant
Carmel

Kaylia Woods
State Hospital Liaison
Carmel

INDIANAPOLIS

Brad Bennett
Residential Recovery Associate II
Progress House

Abrion Davis
Community Health Worker
Willowbrook

Brenda Graves-Croom
License Eligible Therapist -
Residential Addictions
Progress House

Shelunda Hutson
Patient Access Specialist
Willowbrook

Tylia Smith
Wraparound Facilitator
Willowbrook

Alicia Wagner
Patient Access Specialist
Willowbrook

MUNCIE

Nikki Futrell
HOPE Case Manager
Muncie

NOBLESVILLE

James Barbar
Peer Specialist
Noblesville

Sai Keerthana Reddy Gopavaram
Quality Improvement Data
Analyst
Noblesville Admin

Rebecca Sickles
Accounts Receivable
Representative
Noblesville Admin

Ben Vance
Senior Director - Finance
Noblesville Admin