



A Unified Vision for Recovery



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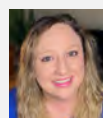
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A Unified Vision for Recovery

“It is a unique question for a healthcare provider to be asking about integrated recovery,” says Aspire Senior Vice President of Addiction Recovery Services Darrell Mitchell.



Mitchell

And that is exactly what Aspire Indiana Health is doing with the triad of individuals leading its recovery program and services – made up of Mitchell along with Medical Director of Addictions Services Dr. James Meacham and Senior Director of Addictions Services Macy Kootz. Together these three are able to collaborate in unique ways with their individual experience and perspectives.



“We’ve got the behavioral health, physical health, peer recovery services and recovery support – often disconnected – represented by this triad here,” Kootz says. “We bring all three of these pieces together to look at what continuum offerings we are putting forward to close those gaps.”



Kootz

Behavioral health, medical and lived experience coalesce to inform best practices, service delivery and the fundamentals to achieve a highly-individualized, holistic approach for each client. This unique leadership cultivates and nurtures a culture that believes recovery is the ultimate goal.

A JOURNEY, NOT A DESTINATION

Mitchell says, “Recovery is a continuous process of change and growth, not a one-time achievement.”

The path to recovery is unique for each person. It is rarely linear or free from obstacles, and yet every detour or bump in the road is still connected to the path forward. Recovery is not a destination; it is a journey.

As treatment for substance use disorder (SUD) continues to evolve, Aspire’s Whole Health Recovery Continuum (WHRC) is informed by the unique triad of leadership that equally values lived experience alongside behavioral and medical health perspectives. Those values are illustrated throughout



the myriad of resources available to those stepping onto the path toward a future where they are thriving.

Examples include: recovery support services, primary care, behavioral health therapy, peer support groups, Medication-Assisted Treatment (MAT), individual case management, education and job training, and more services to support recovery.

A HOLISTIC APPROACH TO HEALTHCARE

Aspire's goal to approach healthcare holistically embeds the voice of lived experience, alongside behavioral healthcare and medical healthcare.

Too often, pieces of the recovery puzzle are strewn across various doctors, therapists, recovery support professionals and community resources with little to no collaboration connecting the pieces for clients who present with a SUD. Stand-alone recovery centers – while a valuable component to any addictions services continuum – too often can provide only brief stabilization, and, due to too few available resources, are then unable to propel their patients who are in very early recovery toward long-term success.

Aspire places equal value upon the perspective of those who have lived experience in recovery, those trained in behavioral health services and those who engage in medical practice. Aspire clients receive the comprehensive help and healthcare they need in a safe, sober environment, nestled in a culture of recovery.

A practical example of what makes Aspire innovative is Dr. Meacham, who works onsite at Mockingbird Hill in Anderson. Clients have regular access to him to ask questions about their health.

Dr. Meacham explains, "I leave my door open all the time. Folks walk by and don't hesitate to say 'hey Doc, I've got this problem.' This gives them space to ask questions." It is rare where a physician has an office based in the same building as a high-intensive treatment facility. Yet, it is just one example of how Aspire curates the experience of the Whole Health Recovery Continuum for clients.



Dr. Meacham

WHOLE HEALTH RECOVERY CONTINUUM

One may wonder, how does a client get started on the WHRC with Aspire? The answer is simple: there is no wrong door.

Tremendous collaboration efforts have been made under the triad of leadership to ensure recovery is as easily accessible as behavioral and medical healthcare.

This level of accessibility means clients can enter the continuum from any location, for any reason. Let's say, for example, a new patient schedules an appointment with the Noblesville Health Center. While at the appointment, they express to their primary care provider they are struggling with substance use.

Their primary care provider can help them take the next steps needed to move along their recovery journey, whether that is connecting with Mockingbird Hill, Progress House or outpatient addictions programming.

Clients can also enter the continuum after meeting with the mobile crisis unit, MACY. Or they may be

introduced to the continuum from any of Aspire's health clinics. And starting in October, the hope is that in collaborating with the new Rely Center for psychiatric urgent care, clients can be connected directly with residential care if their crisis is related to ongoing substance use.

THE VALUE OF LIVED EXPERIENCE

"Lived experience plays an enormous role in how care is delivered and how we see the client at the moment they are here with us as well as how we see the possibilities for that client as they go forward in their recovery," Dr. Meacham says. "We can share that with the client in a way they can see it. They may not believe it yet but they can see it."

Recovering from addiction can be challenging – especially for those who try to do it alone – and can feel even more isolating if no one seems to understand what the client is experiencing.

"We are working together to fight against system issues that are very ingrained in the recovery space," Kootz says. Clients in recovery need a place where the professionals around them understand addiction and can help walk them to and through a program to recovery. Who better to do so than individuals who have been in their shoes?"

Ninety percent of Progress House employees are themselves in recovery.

Progress House alone has more than 60 years of experience helping people in their recovery journey and has helped more than 50,000 people.

"We can see beyond the darkness for clients and help them see how life might be better," Dr. Meacham says. "That is the value lived experience brings to the treatment space and is so rare to see in the treatment environment."

A part of what makes the continuum unique at Aspire is the staunch belief and desire to make space for those with lived experience to bring that experience to the table to discuss how to best care for and treat those in recovery.

"At Aspire, we strongly value the wisdom and perspective of those who have lived experience in addiction and recovery," Kootz says. "Our goal as leaders in this space is to raise those voices up, create pathways for career development and embed voices of recovery in all we do."



SAVE THE DATE!

CHILDREN'S MUSEUM OF INDIANAPOLIS

12.10.2025 @ 6:30PM



Aspire Indiana Health

Compassion Gallery



by Tiffany Whisner, Marketing Content Manager · photography by Aspire Marketing Team, Illustration by iStock



Lacing up for Health and Hope

REGISTER FOR THE ASPIRE 5K AND 1 MILE FUN RUN, RAISING FUNDS
FOR THE INSHAPE PROGRAM



InSHAPE is Aspire's fitness and wellness program designed to improve health, wellbeing and longevity of life for individuals experiencing serious mental illness (SMI). The InSHAPE program [was developed](#) at Monadnock Family Services in Keene, New Hampshire, by Ken Jue, as a response to the public health concern that individuals with mental illness can die 25 to 30 years earlier than individuals in the general population.



Hall

"There are numerous agencies and organizations throughout the country that take part in this program," says Jody Hall, Aspire CC/LSI and InSHAPE personal trainer. "It's geared toward working with adults with mental illness who are interested in losing weight, managing health issues and improving their health and wellbeing."



Hall has been working at Aspire for more than 30 years and in the mental health field for more than 36, and he understands the additional physical challenges for those individuals who are struggling with behavioral and mental health issues.

“I try to get clients engaged in understanding how detrimental certain lifestyle habits can be and how we can extend their lives by making just a few simple changes,” Hall says. As an InSHAPE health mentor, he takes 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.

GETTING IN SHAPE WITH INSHAPE

[Adults with mental illness have higher mortality rates](#) than their peers without mental illness due to a combination of factors, including physical health issues, lifestyle choices and social determinants of health. In addition to a mental illness diagnosis, they often face accompanying challenges of poor physical health and chronic conditions.

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.

“This isn’t a typical personal training job because I have to mentally assess everybody the whole time I’m with them,” Hall says.

“With our program growing and having Siaka Keita in Anderson and Jenna Cohen in Indianapolis, we are able to provide InSHAPE services to more people, and these two are doing a phenomenal job extending lives at their locations,” Hall says. “I am very proud of them and what they bring to the table.”

“I really like to get them outside and out of their homes by bike riding, walking, jogging, hiking or just using fitness equipment at the park,” he adds. “I’ve been educated through this whole program and learned so much about what it is and what it can be.”



RAISING SUPPORT FOR WHOLE HEALTH

It was Hall’s idea for a 5k run/walk when it was suggested to start an event to help raise money for the InSHAPE program at Aspire.

“It helps generate revenue for gym memberships, clothing, 5k registrations and equipment that we provide our InSHAPE clients,” Hall says. This year is the third year for the annual Aspire Indiana Health 5k Fun Run, and it gives Aspire employees as well as family and friends the opportunity to gather for an event that blends physical health and mental health together to support Aspire and the InSHAPE program.

“Our InSHAPE program at Aspire is successful because Jody is an incredibly approachable individual,” says Aspire Director of Philanthropy Kasey Davis. “He comes at this event, this program and his clients with his whole heart, and that shows in how the program has grown over the years.”

The 3rd Annual 5k Fun Run takes place on Saturday, September 27 from 7-10 a.m. at Conner Prairie in Fishers, Ind. You can choose between a 5k or one-mile course through the beautiful backdrop that is Conner Prairie.

“I love that we get to see a lot of our Aspire clients completing this race,” Davis says. “For a lot of them, this is the first race they get to do, and there’s a real



Davis

sense of satisfaction in finishing a race. But it’s also a very family-friendly event that you can bring your kids, your family and your friends to and have a fun time together getting some good healthy outside time.”

There will be a bounce house, face painting and other kids activities – plus, participants are encouraged to dress up as their favorite superhero.

“The superhero theme comes from the belief that the InSHAPE clients are making the brave and courageous decision to work on themselves, not only their physical but also their mental wellbeing,” says Aspire Events & Promotions Coordinator Rudy Lyon. “And there is definitely something heroic in that.”



Lyon

[Register today for the Aspire 5k Fun Run](#), and join us on Saturday, September 27 at Conner Prairie!





Employee Spotlight: Laura Jackson

TEAM LEAD – STAFF NURSE



Recently celebrating 28 years of service, Laura Jackson has dedicated the majority of her career to Aspire.

Beginning as a secretary at The Center of Mental Health – that would eventually merge with BehaviorCorp and become Aspire Indiana Health – Laura began her tenure in a building that has long been gone but was located in Anderson, Ind., on Main Street diagonally across from Hudson House. Laura explains, “There was a big open area called The Clubhouse that had an industrial kitchen. People would come from the group home and learn to cook or do puzzles or even play games. The vocational services were also housed in the back, where I was the secretary. In the front of the building, patients would come in to see the psychiatrist and their therapist.” Eventually, Laura transitioned to working in medical records and in the IT department.

When her daughter was four years old, Laura decided to go back to school to get her nursing license. She remained with the company, working in medical records and with IT while attending nursing school. After graduation, the goal was to join the nursing team as a psychiatric registered nurse (RN), which she did for several years.



Aspire Senior Director of Nursing Services Donna Stealy moved Laura to the medical office at Hoak in Anderson in order to have an RN presence there and to begin serving the needs of primary care. Donna encouraged her to start drawing blood and to write processes to assist with onboarding new nursing staff. Training new nursing staff also became part of her duties.

“I’m still in med informatics, and I’m a bit of a nerd,” Jackson says. “And I really enjoy data and the EHR (Electronic Health Record).” So with her IT background and knowledge of nursing, Laura began working very closely with the IT team to make Athena work best for the Aspire medical team.

Initially, she was only training the RNs and medical assistants (MAs) as they onboarded. By happenstance, Jackson was at the Indianapolis Health Center one day when one of the nurse practitioners (NPs) was struggling with something in

Athena. Jackson took notice and offered to teach him about the process. From that moment on, Laura Jackson found herself a new role. Now, any new NP, MA, RN or medical doctor who joins Aspire goes through a training session with Laura. She has even collaborated with Outpatient Nursing Manager Stephanie Cunnyingham and Clinical Applications Analyst Tina Coffin to assist in training providers involved with the Vaccines for Children (VFC) Program.

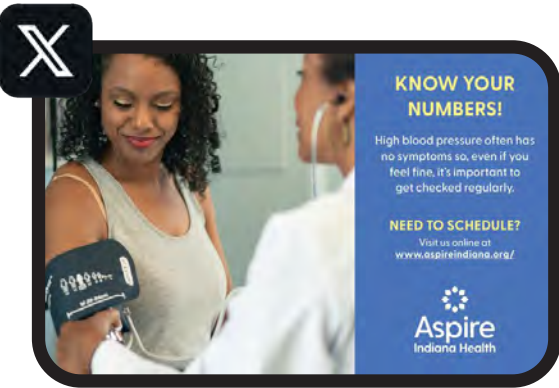
Most recently, Jackson played a large role in updating processes and creating additional training at Mockingbird Hill. “The processes are very detailed so that if somebody picks it up, they should be able to navigate the EHR with ease.”

When she is not working, Laura enjoys spending time with her family, especially her husband of 28 years. The pair enjoy taking their Harley out for a ride and traveling whenever possible.



Social Media Hits

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



Aspire News

GETTING TO KNOW DR. DEBRA LANE



Dr. Lane

Welcome our new provider, Dr. Debra Lane, a primary care doctor at our Indianapolis Health Center! Growing up as a child, Dr. Lane knew she wanted to be a doctor – specifically going to school at Indiana University so she could watch the Hoosiers play basketball in Assembly Hall. Through her role at Aspire, “I hope patients get the feeling that they are heard, they are cared for, and we are in partnership to help them get well, be well and stay well.” [Click to learn more about Dr. Lane in this video!](#)



HOAK PHARMACY NOW OPEN

The Aspire Hoak Health Center Pharmacy in Anderson is now open! Call our pharmacy team at (317) 268-5319

to learn about our new services including free delivery and expanded medication offerings. Prescription services are open to all in the community with available financial support options. Visit our [pharmacy](#) page today to discover more new services or schedule an appointment.

Pharmacy team pictured from left to right: Jack Malott (pharmacy technician), Caroline Koester (pharmacist/pharmacy manager) and Brittney DeMoss (pharmacy technician).

INDIANA AIDS WALK 2025

Come join Aspire’s Team HOPE at this year’s [Indiana AIDS Walk](#)! The event takes place Sunday, Sept. 21 from 11 a.m.-2 p.m. at the Eugene and Marilyn Glick Indiana History Center, located at 450 West Ohio Street in Indianapolis. All proceeds from this event support the statewide Direct Emergency Financial Assistance (DEFA) Program, which helps meet the many otherwise unmet needs of people living with HIV in Indiana. (Team HOPE is a recipient of these funds!)

How can you support us?

- Register to join our team and walk with us by clicking [here](#)!
- Make a tax deductible donation at the same link.
- Share the link with your family, friends and colleagues, and ask them to donate!

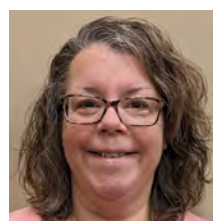
Supporting the Indiana AIDS Walk means making a real difference in the lives of Hoosiers living with HIV. Walk with Team HOPE, and help change lives!





Great Job!

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



Jennifer Mix, Patient Access Specialist, treats patients with respect and always greets them with a smile when they are going through things. She is always there to listen and help in any way to solve the issue/concern they are experiencing.



Johnnell Young, Patient Access Specialist, is always willing to help clients even when they are stressed out and yelling. She always stays calm, allowing the clients to express themselves, and they always walk out with a smile because she has given them courage and helped them seek the support that was needed. She is such a great listener.



Laura Kreeger, Staff Nurse, was so helpful in helping review and modify medications per pharmacy plan and able to check and correct medications due to an error. She was diligent, thoughtful and patient as the process unfolded. I am grateful for her support across agency departments to care for the client in a meaningful and impactful way.



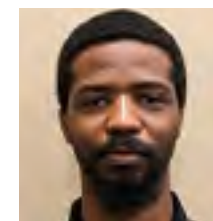
Kylee Smith, Patient Access Specialist, took an 87-year-old patient who needed help with new paperwork into a consultation room and sat with her, using the laptop, to fill out all her paperwork.

The patient commented that her husband was 100 years old, and normally helps her, but he was not with her. Kylee came out from that room with a big grin on her face; it was precious to see the impact she made on this patient.



Abi Benzenbauer, Patient Access Specialist, took extra time with a patient who was suffering from a lot of anxiety and struggling with a panic attack to explain the forms multiple times and help him with

paperwork. At one point, the patient became too overwhelmed and went outside. Abi went outside to check on him and also brought him some chocolate, sat with him and shared some of her personal experiences with him.



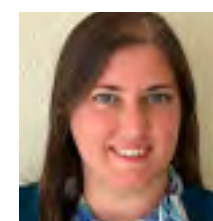
Nathaniel Northington, Care Coordinator/Life Skills Instructor – Youth & Family, received a 5-star Google Review from a client who was very pleased with his services. The review states, “He has been a great help to my daily life and my everyday change and with my commitment to stay sober. Mr. Northington has been exceptional, and I’m grateful to have him as my therapist and would suggest to anyone looking for help to ask for him as a therapist because he has done great things for me, and I’m very thankful.” What an amazing impact Nathaniel has had on this patient – making him feel respected, seen and heard.



CéAira Waymon, Marketing Creative Associate, designed the entire August edition of the Healthbeat magazine on her own, and it turned out fantastic! Just a wonderful mix of imagery, text, graphics and typography that made for a great reading experience for our People, Patients and Partners. She’s grown so much in her role!



Natya Vertner, Patient Access Specialist, helped the teen brother of my client manage anxiety by escorting him to my office so he could be with his mother and brother. She also really helped by getting him some coloring pages to help him cope with anxiety.



Aarika White, Lead Psychologist, HSPP, has made outstanding contributions to Aspire in the short time she has been with us. Her innovative approach, exceptional leadership and dedication to improving our collaborative documentation process have not only strengthened our team but will also

Great Job!

have a lasting, positive impact on the people we employ and the patients we serve. Thank you for setting such a high standard and leading by example!



Jennifer Fisher, SDoH Support Associate, is someone I count on to guide clients when I send a referral. I referred a client for legal services and told him she would contact him. I was concerned about the stigma he always experiences, so I followed up with him about his experience talking with Jennifer. He told me she did not respond to him the way people usually do – she was non-judgemental and treated him with dignity. Thank you, Jennifer, for helping reduce my client’s distress. You are truly an unsung hero, so here’s your song!



Herbert Zinzombe, Nurse Practitioner – Psychiatric, demonstrated amazing composure in working with a difficult Deaf Services patient. Amidst the chaos, Herbert was steady, firm and confident in the services he provided. His unwavering control of the situation made me, as an auxiliary service provider, feel safe. Thanks for your hard work this past month!



Marlissa Oats, Patient Access Specialist, has been a joy to work with. She’s super welcoming to providers outside of Aspire, always has the biggest smile and is welcoming to everyone, inviting them to be involved in all that is offered to the team. She is spearheading a positive culture at the Indianapolis Health Center and stands under that “One Aspire” flag with pride. We appreciate you!



Jessica Rasmussen, Clinical Director - Integrated Behavioral Health, was instrumental throughout the collaborative documentation project, which recently came to a close after months of hard work. She was eager to be involved in the project from the beginning and did not hesitate to volunteer for tasks, even if they did not align with her typical job duties. She was enthusiastic about collaborative documentation and provided content that was essential to the project and will serve as valuable resources for staff.



Taylor Nikolov, Manager - Orientation & Learning Management, served as a representative for the training team on the collaborative documentation project. During her four months on the project, she went well beyond her role of advising and creating training materials. Throughout the project, she added to project content, which will serve as valuable resources for staff as they utilize collaborative documentation with clients. Despite an already busy schedule, she was hard-working, responsive and a pleasure to have as a project team member!



Melanie Obremski, Manager - Youth & Family Home & Community Based Services, was a core project team member for the collaborative documentation project. In this role, she helped connect members of the collaborative documentation project team to various areas throughout the organization to help make sure the needs of multiple roles and service areas were being addressed. Melanie was kind to her colleagues and willing to help out throughout the project, even if it was not directly related to her job duties.



Lesley Chodkowski, Clinical Manager - Outpatient Services, participated on the collaborative documentation project as a core project team member. Lesley was instrumental to the team in considering multiple perspectives and staff roles to make sure implementation recommendations made sense for staff in the work they are actually doing, not just the work we think they are doing. She also facilitated organizing training sessions and volunteered to facilitate additional support for staff even after the project had closed.



Luke Thompson, Manager - Information Technology, went above and beyond his role on the collaborative documentation project team by serving as an actor in demonstration videos. He not only brought knowledge that was essential for addressing technology-related barriers, but also brought a sense of humor, which facilitated cohesion within the team. Finally, he advocated for the project team to implement effective strategies to address technology-related barriers.



Shybrinn Williams, Project Manager, served as project manager for the collaborative documentation project, and her role was key to the project's success. She kept the project moving throughout the five-month endeavor, and helped the team develop and organize training and create 20+ resources staff can use for implementing collaborative documentation. She was diligent about including the right people at various points throughout the project to ensure various roles and voices were being represented.



Aspire Indiana Health

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Once every 12 months – even if you're not sick.

NEED TO SCHEDULE?

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SAVE THE DATE!

DISCOVER MOCKINGBIRD HILL!

4038 Ridgeview Drive, Anderson, IN 46013 | www.MockingbirdHill.org

SAVE THE DATE!



Join us for an afternoon of food, tours and a panel discussion featuring Aspire Medical Director of Addiction Services **Dr. James Meacham**, staff and others in recovery.

Friday, September 19, 2025 from 1-4 p.m.



Welcome New Employees

ANDERSON

Jaclyn Edgell
Peer Specialist
DeHaven

Montrale Hammonds
Manager, Nursing - Residential
Services
Mockingbird Hill

Tara McCarty
Nurse Practitioner - Primary Care
Hoak

Lilley Moore
Residential Recovery Tech
Mockingbird Hill

Nathaniel Northington
Care Coordinator/Life Skills
Instructor - Youth & Family HCBS
DeHaven

Jonathan Ziegler
Care Coordinator/Life Skills
Instructor - Home & Community
Based
Mayhouse

CARMEL

Jaydreanna Hoyt
Crisis Response Technician
Carmel

Elizabeth Mitchell-McCoy
Care Coordinator/Life Skills
Instructor
Carmel

Akilah Smith
Patient Access Specialist
Carmel

ELWOOD

Nicole Anderson
Care Coordinator/Life Skills
Instructor - Home & Community
Based
Elwood

INDIANAPOLIS

Christopher Garrett
Food Service Worker
Progress House

Nicole Johnson
Certified Medical Assistant
Indianapolis

Madison Nagel
Community Health Worker -
Employment
Indianapolis

Eko Seymour
Patient Access Specialist
Indianapolis

James Skaggs
Front Desk Associate
Progress House

Pamela Stoops
Assessment Technician
Indianapolis

LEBANON

Beth Bunnell
Recovery Coach - Outpatient
Lebanon

NOBLESVILLE

Patti Olesen
Patient Access Specialist
Noblesville

Samantha West
Certified Medical Assistant
Noblesville



5k

FUN RUN



**SCAN THE QR CODE TO
RESERVE YOUR TICKETS TODAY!**

JOIN US IN SEPTEMBER 2025!



**Join us for our 3rd annual Aspire Indiana Health 5k Fun Run! Be a hero for health
and well-being on September 27, 2025 at Conner Prairie in Noblesville, IN from 7-10 a.m.**

It's a great time for family and friends!