



Creating Traditions of Philanthropy

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“Every service, every story, and every person represented, embodies Aspire’s commitment to delivering care that is not only high in quality, but deeply human.”

Antony Sheehan
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Illustration by CéAira Waymon



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Creating Traditions of Philanthropy

SECOND ANNUAL COMPASSION GALLERY

Aspire Indiana Health's second annual Compassion Gallery will be held on Wednesday, Dec. 10 at The Children's Museum of Indianapolis.



"The Compassion Gallery is a fun and unique way to highlight the mission of Aspire and learn about what we and our partners have accomplished during the year along with what we are working on to further our mission by serving our communities," says Aspire Vice President of Community Partnerships dianna Huddleston.



Huddleston

By bringing people together, sharing Aspire's mission and developing relationships, Compassion Gallery is a time when Aspire colleagues and friends can reflect on the good work done throughout the year while simultaneously cultivating excitement for the year ahead.

A PHILANTHROPIC CULTURE

"Aspire is developing a culture of philanthropy, and we want individuals to be deeply engaged with our work," says Aspire Director of Philanthropy Kasey Davis. "There are people in our communities who care about improving access or providing compassionate care to vulnerable populations, but they don't necessarily know about Aspire yet."



Davis



Reflecting on the work Aspire has done while also anticipating the future with supporters is what Compassion Gallery is all about. "We hope guests walk away from this event feeling inspired and having learned some key pieces about our work," Davis adds.

Compassion remains a central theme for Aspire – a link between programs offered across the organization.

"This event will grow and change, and we want it to continue to be unique each year," Davis says.

"Having an event like Compassion Gallery gives us a chance to showcase all the work we're so dedicated to and so proud of."

While some programs within Aspire are sustained through external funding, there are other programs that rely completely on the philanthropic support of grants and individual donations. These programs provide critical services but would not be available to clients without the generosity of others.

That's why developing relationships is crucial to building a base of champions who will support Aspire's programs for years to come



A PLACE FOR FRIENDS

Making its debut in 2024, the inaugural Compassion Gallery invited the public to explore all the programs Aspire touches – including Progress House and addictions services, Kids Talk, InSHAPE, Team HOPE, mental and behavioral health, primary medical care and social drivers of health. One important goal was to make the event approachable to anyone interested.

Being approachable is still a core feature of the Compassion Gallery event.

“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.

To keep the event fresh and exciting, returning guests will notice a few key differences this year, including a sit-down meal with assigned seating and tables to kick off the evening. Additionally, more members of Aspire leadership will be presenting and interacting with guests, though there will still be plenty of time for mingling and creating connections for collaborating.

“This gathering brings together the people who make Aspire what it is – our dedicated staff, our partners and donors, and the communities we serve,” says Aspire President & CEO Antony Sheehan. “It’s an evening to celebrate progress, connection and hope, and to look ahead to a future of growing services that remain grounded in our simple promise: to meet people where they are, with compassion and care.”



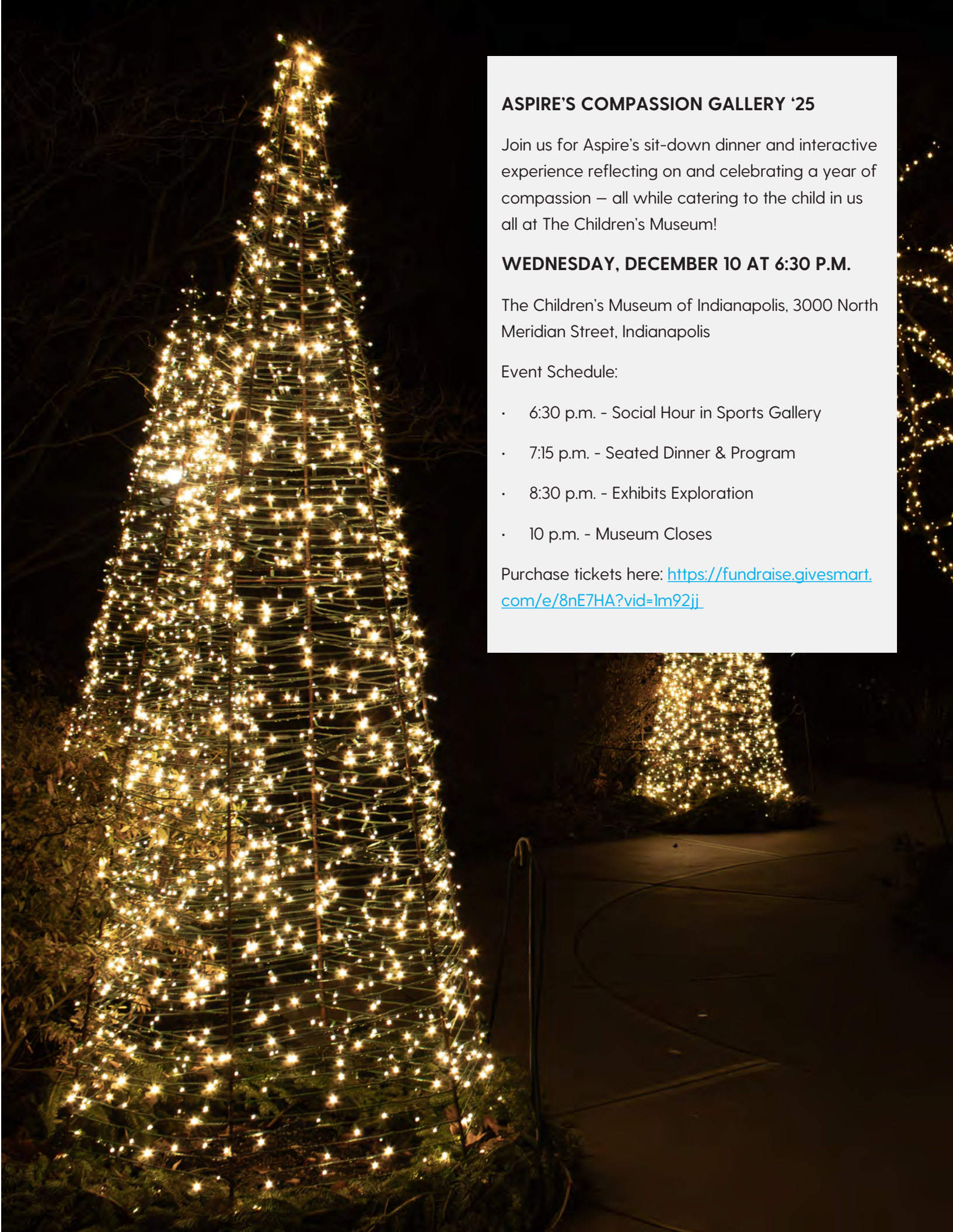
Sheehan

For the future of Aspire – the growing and expanding of services – there will be needs that aren’t funded through standard sources. And that’s where philanthropy comes in.

“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,” Davis says.

Compassion Gallery is more than a celebration – it’s a reflection of who Aspire is.

“Every service, every story, and every person represented, embodies Aspire’s commitment to delivering care that is not only high in quality, but deeply human,” Sheehan says. “And holding this event at The Children’s Museum, a place of learning, wonder and imagination, feels fitting as we celebrate the creativity and compassion that drive our mission.”



ASPIRE’S COMPASSION GALLERY ‘25

Join us for Aspire’s sit-down dinner and interactive experience reflecting on and celebrating a year of compassion – all while catering to the child in us all at The Children’s Museum!

WEDNESDAY, DECEMBER 10 AT 6:30 P.M.

The Children’s Museum of Indianapolis, 3000 North Meridian Street, Indianapolis

Event Schedule:

- 6:30 p.m. - Social Hour in Sports Gallery
- 7:15 p.m. - Seated Dinner & Program
- 8:30 p.m. - Exhibits Exploration
- 10 p.m. - Museum Closes

Purchase tickets here: <https://fundraise.givesmart.com/e/8nE7HA?vid=1m92jj>



Specialty Services: New Pathways of Care



When Aspire set out to bring its pharmacy services in-house and take a more hands-on approach to patient care, a unique partner emerged to help make that vision a reality and provide access to quality, fully integrated “whole health” care — [AndHealth](#).

“AndHealth was an incredibly appealing partner to us because not only could they provide expertise

around retail and specialty pharmacy with a history of working with federally qualified health centers and community based centers in the Midwest, but another part of their offerings was specialty services,” says Aspire Chief Medical Officer/Chief Clinical Officer Dr. Holly Oh.



Dr. Oh

Bringing together retail and specialty pharmacy services along with expanded specialty care created an unexpected and innovative model. Aspire’s leadership saw this as a powerful way to enhance care options and deliver greater value to the patients and communities it serves.

“We know specialty access can be really challenging for everyone, but especially for patient populations like the ones we serve,” Dr. Oh says. “So, to be able to offer that here, on site with our providers and all our accepted insurance, gives Aspire the opportunity to expand access to our patients.”

QUICK AND CONVENIENT ACCESS TO SPECIALTY CARE SERVICES



Trebley

“AndHealth’s mission is to improve access for patients who wouldn’t have had these services available to them previously based on factors like location, transportation or cost,” says Aspire Specialty Care Site Leader Mary Trebley.

The average specialty patient may have to wait up to six to 18 months to see a specialist and receive care. As a result of the strategic AndHealth partnership, Aspire’s referral process is much easier, and patients can be seen within a much quicker timeframe — **just two weeks**.

“Being able to be seen in two weeks is truly extraordinary,” Dr. Oh says. Just two weeks, and patients receive high-quality, affordable, in-house specialty care. Aspire’s care team, which includes the added AndHealth staff, can diagnose and help patients manage specific illnesses and conditions in three specialty areas: dermatology, rheumatology and headache neurology.

If a specialty care provider identifies the need for additional services to support a patient during their appointment, they can refer and connect the patient to Aspire’s full medical and social healthcare suite of services including primary care, behavioral health therapy, transportation, and housing or employment resources.

“We can integrate services and coordinate care better because it’s all within our walls,” Dr. Oh says. “We’re all working in the same electronic health record (EHR), so we can communicate that much better. This reinforces the model of integration that Aspire is continuing to try to cultivate.”

Specialty services are currently available at Aspire’s Hoak Health Center with Noblesville Health Center specialty services coming later this year. Patients across the state also have the flexible and convenient option to schedule virtual appointments. These services are open to all patients, staff and the community.

“We bridge the geographic gaps for the benefit of being able to keep those patients within our system for care coordination and just better integrated care overall,” Dr. Oh says.

COMPREHENSIVE DISEASE MANAGEMENT (CDM)

In addition to pharmacy, specialty pharmacy and onsite specialty care services, Aspire now offers comprehensive disease management (CDM) services that focus on combining medication and lifestyle support for chronic illnesses.

“We take a whole body centered approach because we know patients have better health outcomes when they’re treated with medication, lifestyle and environmental support to address their condition,”

Trebley says. “We want to help patients focus on their sleep and nutrition through a health coach who can come alongside a provider and support patients to lead a healthier lifestyle.”

The CDM program provides medication and personalized support for patients with moderate-to-severe:

- Rheumatoid Arthritis
- Psoriatic Arthritis
- Psoriasis
- Ankylosing Spondylitis
- Migraine

Uncovering the root cause of a condition and addressing it through a highly personalized treatment plan can include medication, nutrition, and environment and lifestyle care.

CDM specialty services may include:

- Virtual appointments to conveniently fit your schedule.
- Continual communication, through real-time messaging.
- A personalized treatment plan to help you address the triggers and root causes of your condition.
- Affordable medication access.
- One-on-one health coaching.
- Medically tailored meal delivery and supplements.
- An Oura ring or alternative wearable health device for data-informed health decisions.
- Nutrition and lifestyle support.

All insurances are accepted, including Medicaid. And all services are included at no additional cost to the patient.

“I am thankful and proud to be part of the Aspire organization and that my team gets to be a part of it as we help serve Aspire’s overall mission to improve access and provide quality healthcare for all people, regardless of any status,” Trebley says.

“It has been delightful to see and feel so much mission alignment with the AndHealth team,” Dr. Oh says. “As we continue to expand access to healthcare services, it is wonderful to have partners who believe in our focus which is all about bringing high-quality, coordinated, integrated, compassionate care to our patients.”

New specialty team members

Board-certified Dr. Gregory Bell – rheumatology

Nurse Practitioner Jackie Hawkins – rheumatology and neurology

Nurse Practitioner Beth Decker – dermatology

Toni Jordan-Larkins, Jersey Bello and Chandler Scott – care navigators

For more information about Aspire’s pharmacy services, visit <https://www.aspireindiana.org/medical-care/pharmacy>. For more information about Aspire’s specialty services, visit <https://www.aspireindiana.org/specialty-services>. Learn more and schedule an appointment today!



How Often Should You Be Tested?

Normal result: Every 3 years

Prediabetes: Every year

Diabetes diagnosis: 2–4 times per year,
or as recommended by your provider

To schedule, visit the front desk or online at

<https://www.aspireindiana.org/>



Rely Center Offers Behavioral Health Support for People in Crisis

Rely Center is OPEN! Aspire Indiana Health is proud to announce the official opening of our crisis stabilization unit, Rely Center, now open at our Noblesville Health Center located at 17840 Cumberland Road.

A state-of-the-art psychiatric urgent care and stabilization center in Hamilton County, Rely Center is a safe place for help where anyone age 5 and up may enter for care and support during a mental health and/or substance use crisis, whether they come on their own or are brought by family or first responders.

Rely Center offers rapid triage, assessment, stabilization and observation services, connecting patients to longer-term treatment and community support. No appointment or referral is required.



Pataky

“We are proud of what we have created because it not only represents the needs of those we serve here at Aspire, but the needs of the entire community,” says Aspire Vice President of Service Access Vanessa Pataky. “Rely Center might be located at Aspire, but it represents a community coming together and recognizing that not

just one area can address or support times of crisis – but a community standing together and wrapping around those in need of crisis services.”



The crisis center is the result of a strategic partnership between Aspire Indiana Health, Riverview Health, the Hamilton County Health Department, the Hamilton County Council on Alcohol & Other Drugs, and MindWell Solutions.



Sheehan

“We’re proud to be at the heart of this transformative initiative,” says Aspire President & CEO Antony Sheehan. “This is about meeting people where they are – in crisis – and giving them the compassionate care and connections they need to recover. We believe this center will have a profound and lasting impact on the wellbeing of our community.”

Rely Center can be reached at (855) 765-7359 and is open Monday through Friday, 12-8 p.m. For more information, visit www.relycenter.org.





Employee Spotlight: Jennifer Suttles

PATIENT ACCESS SPECIALIST



Jennifer Suttles has been serving as a patient access specialist with Aspire for a little over a year now. Her tenure with Aspire – while short – has already had a great impact on her life and the lives of those around her, including patients and colleagues. “Jen is a wonderful person,” says Aspire Certified Medical Assistant Team Lead Jessica Burkett. “She always shows up to work ready to go and is so pleasant to the patients.”

Jennifer’s passion for patient care shines through. When asked about her favorite part of her job, she says, “Working with the patients, because I get to interact with them and see their progress in life.”

After having a rich background working across a variety of fields, in 2024 Jennifer found herself looking for something different. When she came across a job posting for a patient access specialist at Aspire, she jumped at the opportunity.

“I like that Aspire helps those with addiction and mental health issues,” Suttles explains.

“I love that Aspire is a nonprofit focused on helping people who need it but may not have the financial means to do so.”

Her day-to-day schedule consists of greeting patients, helping them connect with the services they need, and completing intakes.

“A lot of patients are stressed out and anxious when they come in, so I try to interact with them in the most positive way I can to keep them calm.”



Getting to know patients over time and developing relationships with them is one of the best parts of Jennifer’s job. “I keep a little candy jar on my desk, so some of the patients come straight to me because they want a piece of candy and to talk to a person who cares.”

When she’s not working, Jennifer spends time with her family, husband, kids and their family dogs. She also enjoys reading, mostly romance and mystery books.



Aspire News

RIBBON CUTTING FOR HOAK PHARMACY

The ribbon has been cut and the doors are open for our new Aspire pharmacy in Anderson! Located in our Hoak Health Center at 2009 Brown Street in Anderson, the pharmacy is open to everyone – Aspire patients and community members alike – and accepts most insurance, including Medicaid and Medicare.

We have remodeled and improved our pharmacy operations to better meet the needs of the community. By operating its own pharmacies, Aspire can offer expanded services to at-risk Hoosiers, including specialty services, while offering significant discounts. For Aspire patients, sliding-scale fees are available for people lacking insurance, plus free courier delivery of medication to their home or work. [Visit our pharmacy page to learn more.](#)

Call (877) 430-0707 to speak with one of our trained pharmacy staff members! Our Anderson pharmacy is open Monday through Friday from 8 a.m.-5 p.m.



WINTER CONTINGENCY SHELTER IN INDIANAPOLIS



For the second year, Aspire is partnering with the City of Indianapolis and other local area partners on the 2025-2026 [Winter Contingency Shelter](#), providing shelter for individuals and families experiencing homelessness during the coldest months of the year. This year, the proposed shelter is located at 2406 N. Tibbs Avenue.

The Winter Contingency Shelter will be a family overflow shelter with room for up to 160 people from Dec. 1 to March 31. [Aspire will be on site at the shelter](#), ensuring families “remain safe, fed, have access to shower facilities, hygiene facilities and then hopefully get them housed into permanent housing,” says Office of Public Health and Safety Director Andrew Merkley.

Aspire is also partnering with the City of Indianapolis on [Streets to Home Indy](#), aiming to house 300-350 unsheltered individuals by the summer of 2026, as well as the [Housing Hub](#), a projected \$32 million low-barrier shelter with 150 beds on the southeast side by 2027, the first taxpayer-funded year-round shelter in Indianapolis.



SAYING GOODBYE TO DEBORAH CAIRNS

After nearly eight years of dedication to serving the Aspire mission, we are sad to say goodbye to Aspire Executive Coordinator Deborah Cairns. Her last day was Friday, October 24.



Cairns

Deborah began her work both as an office manager in the finance industry and a real estate broker before starting at Aspire in 2018. While at Aspire, Deborah has enjoyed working with and supporting the executive leadership and management and appreciated the culture that helps make employees feel valued and supported.

“It’s been amazing to see Aspire continue to grow and expand throughout the years – in our residential treatment programs, pharmacy services, women’s health and so much more,” Cairns says. “And the ‘One Aspire’ focus has really resonated with me – everyone at Aspire having the same goal to provide compassionate, patient-centered care to better serve our communities.”

“We celebrate the retirement of Deborah Cairns, whose dedication, skill and steady presence have been at the very heart of leadership at Aspire,” says Aspire President & CEO Antony Sheehan. “Deborah



Sheehan

has supported me in my role as CEO, and the Board, with extraordinary professionalism, judgment and care, the kind of quiet excellence that holds an organization together.”

“On a personal note, I want to express my deep gratitude for all that Deborah has done,” he continues. “She has been a trusted colleague, a wise counselor, and someone whose diligence and integrity have set the highest standard. I have relied on her insight and admired her calm, steady approach, no matter the circumstances. Deborah leaves behind not only a legacy of outstanding work, but also the respect and affection of everyone who has had the privilege to work alongside her. We will miss her greatly and wish her every happiness as she begins this well-earned new chapter.”
Congratulations, Deborah! We will miss you!

MARKETING TEAM RECEIVES RECOGNITION

Congratulations to Aspire’s Marketing Team, who is proud to be recognized as a finalist in the [2025 PR Daily Awards](#)! These awards recognize the work of agencies, brands, teams and practitioners who have elevated the art and impact of public relations over the past year.



Aspire is a finalist in the Branding Campaign category for our refreshed “One Aspire” brand and identity as well as a finalist in the Video: Single Video category for the video “A Day in the Life at Mockingbird Hill,” which [you can view here](#).

Thanks to all those who played a role in these projects – we are so grateful for this honor!



iStock image posed by model.



Diabetes Initiative:
Empowering Health. Preventing Complications.

WHAT YOU CAN DO

- Stay active: Aim for at least 150 minutes of moderate activity per week
- Eat balanced meals: Focus on vegetables, lean proteins, and whole grains
- Maintain a healthy weight: Small changes can make a big difference
- Follow up regularly: Keep in touch with your Aspire Indiana Health provider to track your progress and update your care plan

by **Tiffany Whisner**, Marketing Content Manager



Social Media Hits

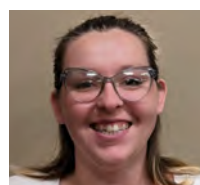
A LOOK BACK AT OUR TOP SOCIAL MEDIA HITS IN OCTOBER!





Great Job!

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



Cortnie Hayes, Patient Access Specialist, consistently delivers top-notch customer service. She goes above and beyond to ensure

every customer feels heard and understood, effectively resolving their queries and concerns with a professional and compassionate approach. Her dedication to providing outstanding support makes her an invaluable asset to the team.



Jessica Hesch, License Eligible Staff Therapist, has shown remarkable growth in her role as a license eligible therapist. Her

pleasant demeanor makes her a joy to work with. Jessica goes above and beyond, exhibiting commitment to ensuring every patient receives the care they need in a timely and efficient manner.



Justin Blevins, Residential Recovery Associate, has assisted in making sure all clients receive their medications in a timely manner.

He informs those that need to know if medications have not arrived.



Kyle Raque, Community Engagement Coordinator, came to help at a provider fair event with Marion Co. Adult Probation at the

last minute! They don't usually include this in the annual meeting, but they did this year, and Kyle stopped what he was doing, came to the probation office, and had all of the brochures and swag to share with the POs as they walked around. He was a life saver!



Tabatha Allender, Medication Technician, treats all residents with the same respect and makes them feel very welcome. She takes the

time to have a conversation with them and doesn't rush them. She is very personable, and I appreciate that. Thanks for all you do and for caring so much!



Lavon Ashley, Patient Access Specialist, makes it super easy to see each contact attempt made on my ARV requests. This is really

helpful to me when following up with my clients and my caseload.



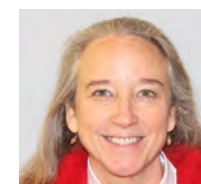
Katie Beagle, Certified Medical Assistant, consistently demonstrates growth as a medical assistant. She proactively asks questions and

maintains an excellent working relationship with her provider. Katie also excels in patient interactions and is always ready to offer assistance.



Jody Hortsman, Chief Operations Officer of Integrated Services, has been pivotal to our CHN transition team with her graceful leadership.

As PM, I've watched her guide us with thoughtful questions rather than directions, always centering on patient care. She empowers the team to tackle obstacles confidently while being an example of what supportive leadership looks like. Truly appreciate her leadership.



Randi Selke, Director of Clinical Applications, exemplified innovation and impact through her thorough analysis during our recent

project workflow assessments. She uncovered critical system issues, proposed automation solutions, and led complex discussions that shaped our recommendations. Her collaborative approach and attention to detail directly improved outcomes for our communication processes.



Shannon Adams, Clinical Supervisor-Assessment Services, was quick on her feet and so helpful to an intake therapist when needing

to hospitalize a client so he can get the care he needs. She was thoughtful in her responses and had great problem-solving strategies to make the transition smooth for both client and therapist. Great job!



Jalisa Derexson, CC/LSI School Based, works with our school based team, partners at Elwood Schools and the young people, and the

work we see is exemplary. She sees the needs of our clients in the school setting and creatively finds solutions. Jalisa is always willing to help our team by providing resources and connections. She makes the hard days meaningful and brings joy to our team.



Molly Kashman, License Eligible Staff Therapist, has been beyond helpful with our new staff and interns with the OP Addictions Team! She

has made herself available whenever she could to allow them to shadow and show them how to do some of the tasks they will be responsible for. Everyone has said she has been amazing to work with!



ACCENT ON COMPASSION

In [last month's Accent on Compassion feature](#) by Aspire Indiana Health President and CEO **Antony Sheehan**, talked about meeting the moment through shared effort in a new crisis center and specialty services.