



Aspire
Indiana Health

HEALTHBEAT

Magazine

Promises Kept, Progress Made: A Look Back at 2025



01
2026

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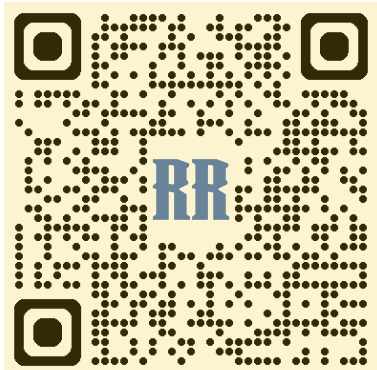


STAY IN THE KNOW
ABOUT ALL THINGS RECOVERY!

Sign up for our Recovery Rising newsletter where we cover Aspire staff and client stories, job openings, recovery events and the latest news.

Use the QR code below to sign up or go to www.aspireindiana.org/Signup-recovery-rising

You can unsubscribe at any time.



Promises Kept, Progress Made: A Look Back at 2025



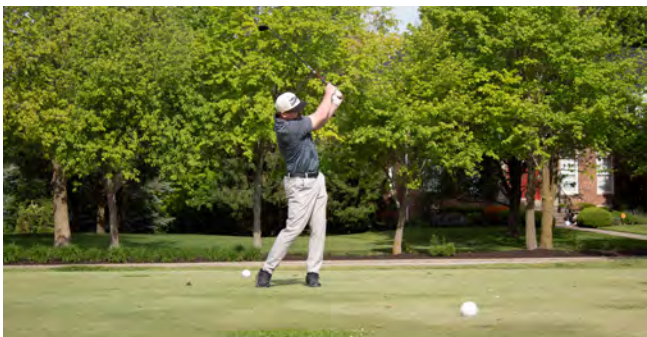
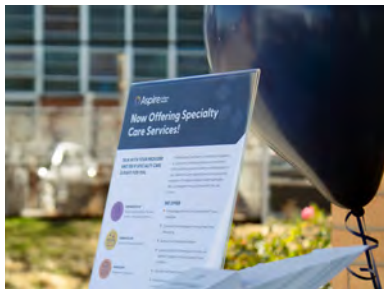
2025 was a year full of promises made and fulfilled, centered on the belief that every person deserves access to quality care, dignity and the chance to thrive.

From expanding our services to Hancock and Shelby counties, to the opening of Rely Center – a psychiatric urgent care and stabilization center for people experiencing a mental health and/or substance use crisis – and opening remodeled and re-envisioned pharmacies, Aspire Indiana Health has

aimed to serve with compassion, humility and respect.

As we've listened to our partners and those we serve, these conversations have sparked new collaborations, new services and new hope. And as the momentum of 2025 carries forward into 2026, our promise remains unchanged: to lead with compassion, serve with humility, and keep faith with those who depend on us, now and always.

Let's take a look back at 2025!





Employee Spotlight: Alex Coffey

SUPERVISOR, YOUTH & FAMILY SERVICES



Alex Coffey, Supervisor of Youth and Family Home and Community Based Programming for Hamilton County, began her career with Aspire shortly after graduating from Anderson University. Nearly 10 years ago, she started as a Care Coordinator/Life Skills Instructor before being promoted.

“The day-to-day is my favorite thing about this job because it always varies,” Coffey says.

“There is always something different going on – collaborating with schools to work with kids, working with youth and their families, and being inside homes.”



Those who work with Alex are grateful for her leadership and willingness to take on new roles and challenges.

“Alex is often the glue that holds our team together,” says Clinical Manager of Hamilton County Youth & Family Intensive Behavioral Health Services Melanie Obremski. “I routinely get unsolicited positive comments about how supportive she is as a supervisor from those she directly supervises and trains. It’s clear Alex has a passion for youth and family work, and her wealth of understanding of the myriad of things that both impact and support our client care helps us all to better serve the families we touch.”

Alex’s passion for youth and family work echoes through as she chats about the best parts of her job, including “seeing an impact in the family we’re working with as a whole, like when the child is doing better, and the parents are also reporting we’ve been able to help them with strategies to better manage intense behaviors or trauma responses. It’s exciting when we hear the full family is functioning so much better,” she says.

Outside of work, Alex enjoys reading, watching the Pacers and Fever games with her family, and spending time at her family’s Mexican restaurant in Middletown, Ind.



Patient Success Story: Lauren Edenburn



“**H**aving lost my dad at nine years old and experiencing that trauma at a young age, drugs and alcohol took that pain away. Life for me was completely consumed by my addiction. One of the hardest challenges I faced was just asking for help that first time.”

Lauren Edenburn started treatment with Aspire in 2024 – using peer and recovery coach services, individual behavioral health therapy and primary medical care with medication-assisted treatment. She is also a

participant in Boone County Drug Court. Since 2024, she has stayed sober, gained full-time employment and healed relationships.

“I could not be more grateful for the recovery community, for Aspire, for Drug Court and my support team that has really believed in me and gotten me to this place.”

Hear more from Lauren about her recovery journey in this video.



Social Media Hits

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















Aspire News

SCOTT NAMED NEW ASPIRE BOARD CHAIR



Scott

Trent Scott has been named the new Chair of the Board of Directors for Aspire Indiana Health. He takes over from previous Chair Michael Collette.

Scott will serve a four-year term. He is Chief Operating

Officer of Pathway International, a social services organization headquartered in Indianapolis. He earned a bachelor's degree in English and psychology from Wabash College and a master's degree in adult and community education from Ball State University.

"I feel deeply honored to step into the role of Chair of the Board of Directors at Aspire Indiana Health as we prepare to celebrate our 60th year of operation. What excites me most is the opportunity to work hand-in-hand with our passionate board members, incredible leadership team, and dedicated staff," Scott says. "Together, we'll continue building meaningful change and creating a healthier, brighter future for the communities we serve."

WELCOME NEW PRIMARY CARE PROVIDERS

Please join us in welcoming three new healthcare providers – Nakeeta Stansberry, Nitin Mahajan and Prisca Obega-Gomis!



Stansberry

Nakeeta is a family nurse practitioner specializing in primary care. She has been in the nursing field since 1999, and has both her bachelor's and master's degrees in nursing from Indiana Wesleyan University. She joins the Aspire team at our Noblesville Health Center.

Nitin is a family nurse practitioner with degrees from Indiana University Kokomo, Carson-Newman University in Tennessee, and Indiana Wesleyan University. Her specialties are primary care, hormone management and addiction medicine. She joins the Aspire team at our Hoak Health Center in Anderson.



Mahajan



Obega-Gomis

Prisca is a family nurse practitioner with a strong background in critical care, oncology, transplant, psychiatry and primary care. She completed her master's degree in nursing at Walsh University, with diverse clinical experience caring for women's health, pediatrics, adult/geriatrics and patients with chronic conditions. She joins the Aspire team at our Lebanon Health Center.



HUDDLESTON WINS ACHIEVEMENT AWARD

Congratulations to Aspire Vice President of Community Partnerships dianna Huddleston, the recipient of the 2025 Community Corrections Advisory Board Member of the Year Award!



Awarded by the Indiana Association of Community Corrections Act Counties (IACCAC), Huddleston was nominated by Hamilton County Community Corrections Executive Director Kevin Mulroony, who said, "dianna has been instrumental in building bridges between Community Corrections and local medical and mental health providers, fostering collaborations that have led to improved care and more holistic support for justice-involved individuals. What truly sets dianna apart, however, is her deep compassion for others. She leads not for recognition or reward, but because she cares – deeply – about people and about creating systems that are fair, restorative and effective. Her ability to combine strategic thinking with heartfelt service makes her a rare and invaluable asset to any team."

ASPIRE RECEIVES ONEZONE HONORS

Aspire Indiana Health is proud to have been recognized as a

[2026 Honors](#)

[Award recipient from the OneZone Chamber!](#)



According to OneZone, recipients of this award are an exceptional group of long-standing members being recognized for their continued commitment to advancing the OneZone mission and strengthening our business community. The Honors program celebrates organizations that exemplify distinguished service, partnership, and support of OneZone Chamber's work to help businesses and communities thrive.

SKATE FOR MENTAL HEALTH



Aspire joined more than 100 mental health professionals, caregivers and families at Skate for Mental Health, an event at the Christkindlmarkt in Hamilton County to raise awareness and connect residents with mental health resources.

Benefiting National Alliance on Mental Illness (NAMI), Skate for Mental Health featured participation from local hospitals and advocacy groups. Aspire President & CEO Antony Sheehan says it's important to focus on mental health and get the conversations going so people know they're not alone.

"The more we can speak to issues that are often discussed quietly in homes across Indiana, the better," he says. "This event encourages people not to be alone with their concerns and to talk about them."

[Check out the story from WRTV here.](#)



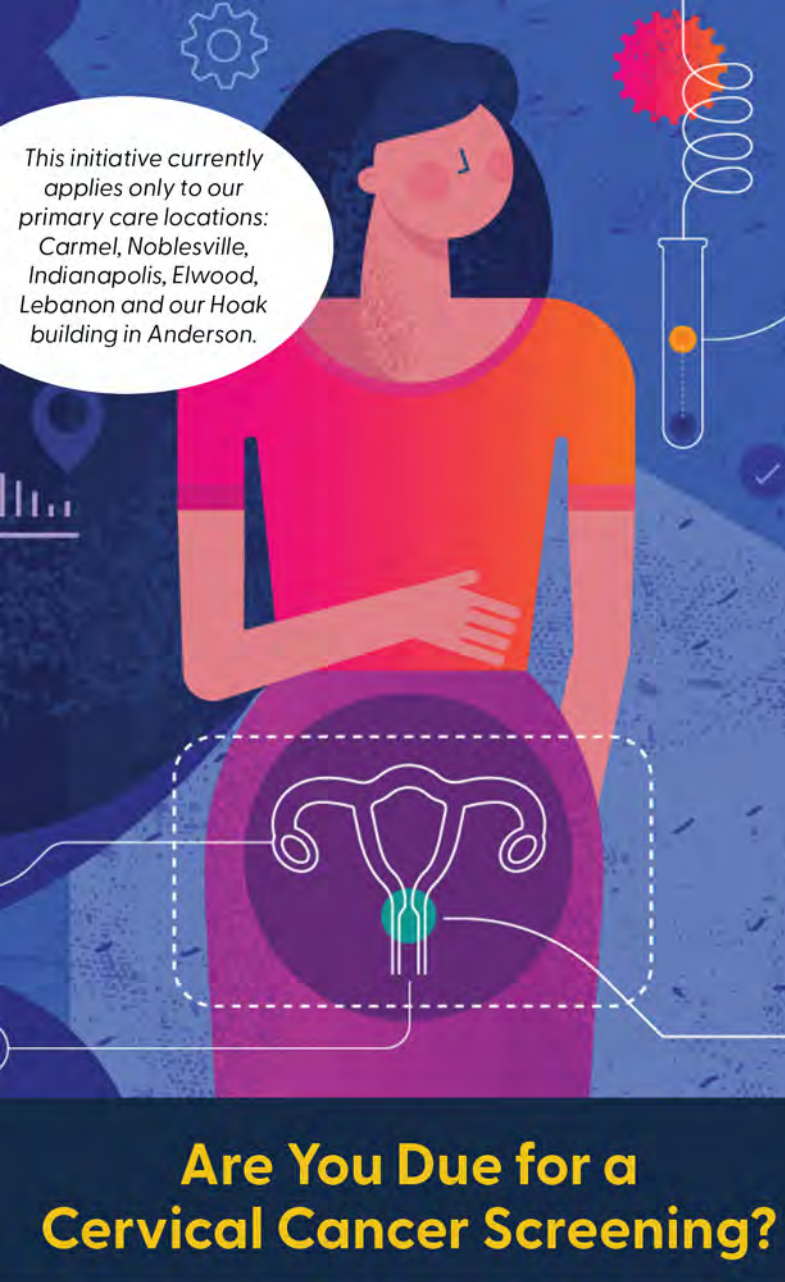
SAVE THE DATE FOR STAND UP FOR KIDS!



Mark your calendars for [Stand Up for Kids 2026](#), taking place on **Friday, February 27 at The Crystal Coop in Anderson**, located at 3400 W. 53rd Street in Anderson.

[Stand Up for Kids](#) is Aspire's annual fundraiser to help support [Kids Talk](#), a program that assists children and adults in Madison County who have experienced or witnessed abuse and neglect. Kids Talk is funded through grants and donations, and [Stand Up for Kids](#) is a vital part of generating revenue. It's also a special event to share some laughs while supporting a great cause!

This initiative currently applies only to our primary care locations: Carmel, Noblesville, Indianapolis, Elwood, Lebanon and our Hoak building in Anderson.



Each year in the United States, approximately 13,000 new cases of cervical cancer are diagnosed.

If you're a women from the ages of 21-65, be sure to stay up to date with one of the following:

Ages 21-29: Pap test within the last 3 years

Ages 30-65: Pap + HPV test within the last 5 years; or a Pap test within the last 3 years

Not sure or need to schedule?

Visit the front desk or schedule online at

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



Great Job!

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



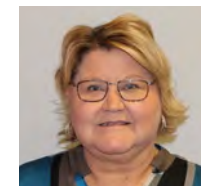
Joseph Dixon, Supervisor, Residential Recovery-Mockingbird Hill, has a huge smile every single day he comes to work. He treats

everyone the same and takes the time to talk to residents and coworkers alike. He is genuinely concerned for everyone's wellbeing. Joseph is exactly what I expect to see as an Aspire role model, and I am grateful for his inspiration.



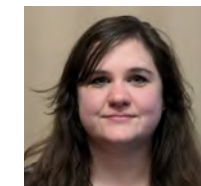
Rachel Wootton, Patient Access Specialist, is wonderful at assisting clients when they come into the office. She sat with a client and

listened to his concerns, making him feel safe and secure while he was experiencing suicidal ideation and complications from alcohol use. Rachel played a big part in helping this client until the mobile crisis team could take over the situation.



Tammie Shively, Patient Access Specialist, helped a client in crisis at the office feel safe, welcome and secure as she helped navigate him

toward stabilization. Tammie was instrumental in making sure the mobile crisis team could reach the client and give the care he needed. She works very well with our people, and we are grateful she is a part of our team.



Kelsey Martin, License Eligible Psychologist, has a patient who called in to sing her praises, saying "Kelsey has done more for me in

two months than any other therapist. I feel more validated and seen, and feel that Kelsey is just awesome. I never do stuff like this but felt like someone needed to know how awesome she is."



Laura Cagle, Team Lead-Peer Recovery Specialist, has taken on a new role as Team Lead. She has done an amazing job at taking on

new tasks while still seeing clients who are in need of peer services. Laura was able to help calm her client down yesterday, take her to get some much needed food, and assist her with getting somewhere safe for the night. Laura is a huge asset to our team!



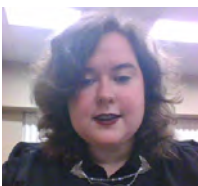
Candace Wheeler, Team Lead-Certified Medical Assistant, goes above and beyond to do what is best for the patients and be an

excellent team player. She makes sure every task assigned to her team is not only completed but executed with a high degree of precision and quality. She serves as a vital anchor, setting a high standard for efficiency and thoroughness for everyone working alongside her.



Laura Kreegar, Staff Nurse-Mockingbird Hill, is ALWAYS going above and beyond to help clients and also her coworkers; she is an

amazing addition to Mockingbird Hill, and we are so glad to have her here!



Abigail Benzenbauer, Patient Access Specialist, has a work ethic that is truly commendable. Beyond her impressive hard work, Abi

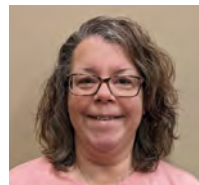
possesses a remarkable aptitude for patient care. She interacts with patients with empathy and professionalism, ensuring they feel comfortable and respected. Her positive attitude and hard work make her an asset to Aspire.



Debbie Shelley, Nurse Practitioner-Primary Care, is an amazing NP.

She is exceptionally easy to communicate with, fostering a

comfortable and open dialogue during appointments. Deb possesses a profound sense of compassion and genuinely cares about the well-being of every patient she sees. Her warm, patient-centered demeanor makes her a highly trusted and valued healthcare provider.



Jennifer Mix, Patient Access Specialist, is always making sure that when it comes to a special

event with another employee – like retirement, birthdays, anniversary or baby showers

– that she extends her helping hand and makes sure the event is taken care of in our building.

Accent on Compassion



In [last month's Accent on Compassion feature](#) by Aspire Indiana Health President and CEO **Antony Sheehan**, he talked about how the vitality of our state is linked to the wellbeing of every Hoosier, and that improving rural health is a critical investment in Indiana's future workforce and economy.