

**The Help You Need,
Without the Wait**



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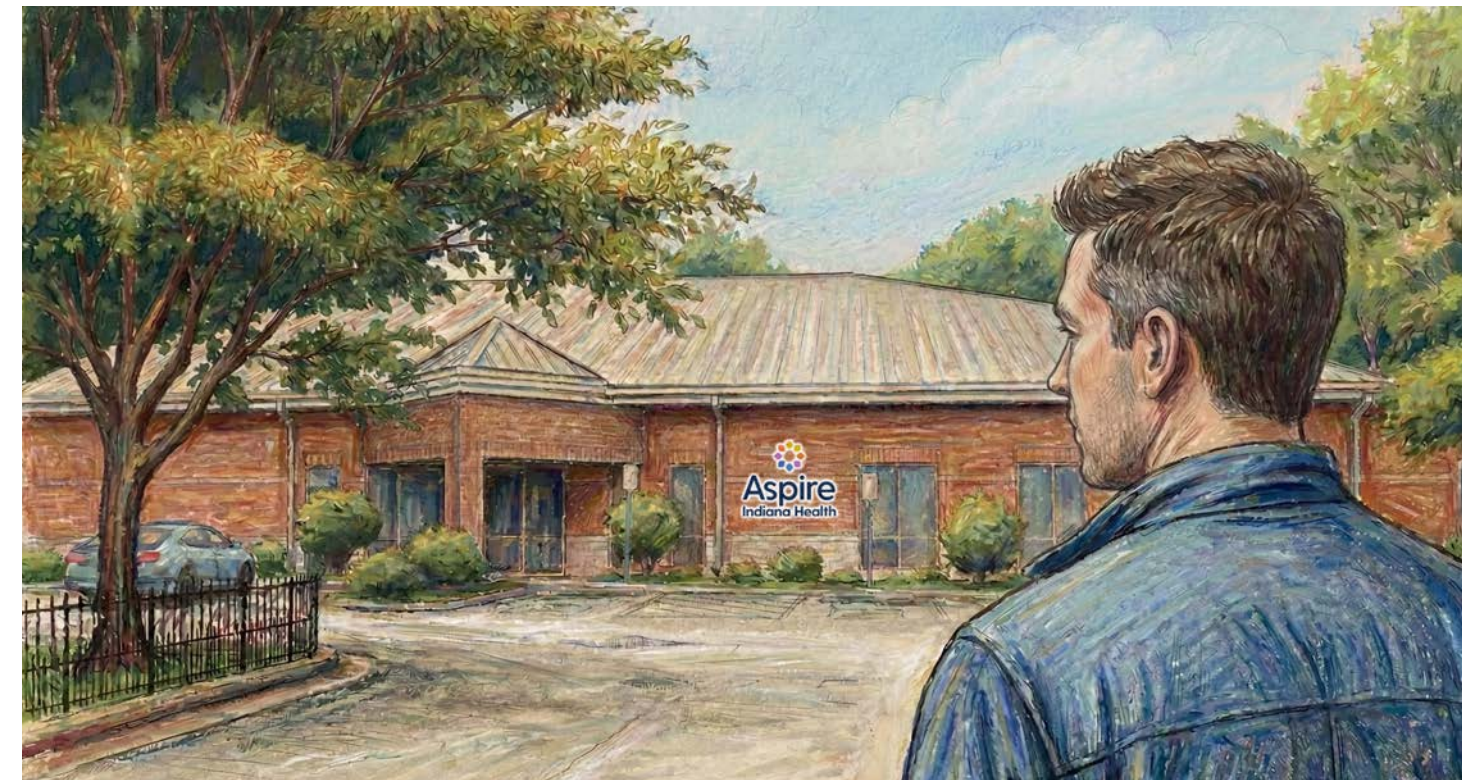
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The Help You Need, Without the Wait

A PATIENT'S LOOK AT SAME DAY ACCESS



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Aspire's Same Day Access (SDA) is exactly what it sounds like – access to behavioral healthcare for any new client who enters an Aspire clinic the same day they need it. So what do you have to do? Just walk in!

SDA is offered at all Aspire locations, including the newest health centers in Shelbyville and Greenfield. On average, 200 clients a week visit one of Aspire's

outpatient clinics looking to access care through SDA.

Brandt Conwell, a client who recently completed SDA intake says, "The process was super helpful and exactly what I needed."

The following testimonial is drawn from real-life patient experiences, though some names and identifying details have been changed to protect privacy.

A DAY IN THE LIFE OF AN SDA PATIENT

John Cody was having a difficult Tuesday. Having barely slept at all the night before due to his racing mind, John was having a particularly anxious day. The idea of having to go to the grocery store later made his skin crawl. He was debating how long he could put off the grocery trip when his doorbell rang.

He was expecting his parole officer, Jane Smith, to stop over for their afternoon appointment. John felt relieved to have someone to talk to. Officer Smith, after talking to John about his anxiety, mentioned Aspire Indiana Health's behavioral health services. Officer Smith explained that through Same Day Access, John could see someone to help him that same day.

Once he arrived at Aspire's Noblesville Health Center, John checked in and **completed the paperwork in under 20 minutes**. He then met with Cyera, an assessment technician. Cyera reviewed the initial paperwork, behavioral health screeners, and completed a risk screen and prevention and safety plan with John. They also completed a social needs screener to determine any additional resources or referrals he might need.

During the meeting, John shared he hadn't had a physical in a couple years. He also was struggling to find employment due to his legal history. Cyera offered to help John get scheduled with an Aspire primary care provider and refer him to employment services. She then set John up with the intake clinician for a comprehensive behavioral health assessment.

The intake clinician, Marissa, met with John to complete this assessment. Marissa learned John has struggled with anxiety since childhood. His mother was physically abusive, and he lived with his



AI assisted creative

grandmother until his teenage years. Once she passed away, he lost his main support and had to fend for himself. John started to get in trouble at school and eventually with the legal system. Marissa determined John met criteria for generalized anxiety disorder and recommended individual therapy. She scheduled him with a therapist who has experience helping others with anxiety.

Ninety minutes later, John left Aspire with follow-up appointments and connections to the resources he needed. But he also felt overwhelmed by the changes he was about to make. Cyera reached out to him a few days later to confirm he was doing ok and see if he had any additional questions. He told her he lost the paper where he wrote down his appointments. He also shared he is worried he may lose his housing. Cyera verified his appointments and offered to put in a referral for housing services. He thanked her for her help.

After John met with his new therapist the next week, Cyera checked in one last time to make sure he had everything he needed. He told her how much he likes his new therapist and that he feels good about the plan going forward.

HOW SAME DAY ACCESS WORKS

So what can a patient expect at their first appointment? After checking in, the client completes registration paperwork, including a health history and behavioral health screeners. Once the paperwork is complete, the client meets with an assessment technician.

The assessment technician reviews the paperwork and the screeners with the client to gather more insight into the client's most pressing problems, such as the following:

- **Are you experiencing depression?**
- **Are you experiencing housing insecurity?**
- **Do you have a health condition requiring medical treatment?**

The assessment technician works with each client to determine their level of risk and creates a prevention and safety plan as well as a plan for next steps in care. This may be linking the client with Aspire's housing assistance, primary care or behavioral health services. If the client's focus is behavioral health needs, they meet with an intake clinician, who is a Master's level therapist, to complete a comprehensive behavioral health assessment, provide an initial diagnosis, and develop an individualized treatment plan for care.

SDA is intentionally designed to be a simple and accessible way for anyone who needs behavioral

healthcare to receive help without the wait. It helps real clients every single day.

If you or someone you know is ready to take that next step, learn more about [Aspire's Same Day Access services here](#).

The Help You Need

Same Day Access (SDA) is now available for new behavioral health patients!

Just walk in to one of our health centers, no appointment necessary:

Elwood, Lebanon, Carmel, Indianapolis, DeHaven (Anderson), Noblesville, Greenfield and Shelbyville

New Extended SDA Hours on Mondays for DeHaven, Noblesville and Indianapolis locations!

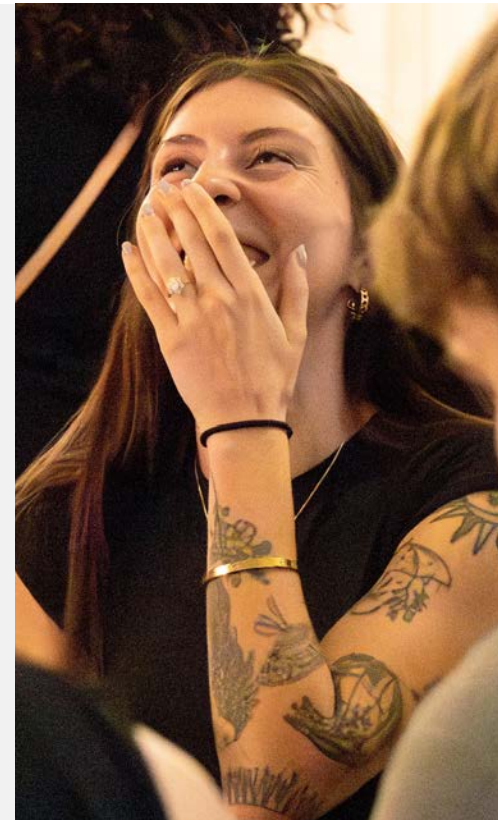
Monday: 8:15 a.m.-5 p.m.
Tuesday-Thursday: 8:15 a.m.-3 p.m.
Friday: 8:15 a.m.-1 p.m.

SDA hours for Elwood, Lebanon, Carmel, Greenfield and Shelbyville locations are:

Monday-Thursday: 8:15 a.m.-3 p.m.
Friday: 8:15 a.m.-1 p.m.



A Standing Ovation for Kids Talk



Stand Up for Kids 2026 was a SUCCESS! Stand Up for Kids is Kids Talk's yearly comedy event to help raise awareness and generate revenue, bringing people together from various professions and corners of the community to donate to Kids Talk.

On average, Kids Talk serves 700 children a year, providing a child-friendly, safe environment where children come to talk about something they have witnessed or experienced – sexual or physical abuse, neglect or their memory of a violent incident.

Since opening in 2014, Kids Talk has interviewed 6,300 children.

"Madison County is the 13th largest county in Indiana, and we have the highest percentage of convicted criminals sent to the Indiana Department of Correction, adjusted for population," says Madison County Chief Deputy Prosecutor Andrew Hanna. "Of all the advancements in technology and tools over the years, Kids Talk has had the greatest impact on the outcomes of cases – this program is vital.

We simply couldn't do what we do in Madison County without them."

Held at The Crystal Coop in Anderson, Ind., Stand Up for Kids was filled to capacity with 240 attendees, and more than \$30,000 was raised for Kids Talk, whose services are critical for the wellbeing of the children in the community.

"We are deeply grateful to the sponsors and donors whose generosity made the Stand Up for Kids event



Davis

a success," says Director of Philanthropy Kasey Davis.

"Their support plays a vital role in helping Kids Talk continue its important work serving children and families in Madison County."

During the event, Madison County Deputy Prosecutor of Sex Crimes Dan Kopp was presented the 2026 Spotlight Award.

"The staff at Kids Talk is truly outstanding," Kopp says. "There's no more noble and important cause than protecting children, the most vulnerable members of our society, from abuse and neglect."

"While this event was a meaningful success, Kids Talk continues to rely on philanthropic support to meet its ongoing financial needs," Davis says. "We encourage you to continue sharing the mission and impact of Kids Talk with others, helping to raise awareness and attract new supporters to this essential program."

Check out [Kids Talk's Amazon wishlist here](#), or [give a one-time or recurring gift here](#).





The Power of Monthly Giving

Your commitment to monthly giving is one of the most powerful and reliable ways to support Aspire's mission.

By becoming a recurring donor, you:

- Provide a consistent source of funding essential for long-term planning.
- Help support vital programs that make a big difference for many of our Indiana neighbors.
- Create a foundation for Aspire to expand our reach with confidence.
- Assist with barrier busters like housing, employment, and so much more!

The size of your gift doesn't matter. Whether you give \$10 or \$100 each month, your commitment ensures we can invest in sustainable solutions and expand our impact where it's needed most. And, you can designate your giving to the area of your choice.

Please join our growing community of monthly donors – **Compassion Advocates** – today, and witness firsthand the compounding good your ongoing support makes possible.





Child Abuse Prevention

A WATCHFUL EYE AND A HELPING HAND



AI assisted creative

April is Child Abuse Prevention (CAP) Month, a time for communities to come together and take action to support strong families, thriving children and healthier communities.

“Child Abuse Prevention Month reminds us that protecting children is a shared responsibility,” Valdez says. “When communities come together to educate, support families and speak up for children, we create safer futures for the next generation.”



Valdez

“It takes a village to raise a child, but it takes a community to protect one,” says Kids Talk Manager and Victim Advocate Becky Oldham. “Prevention starts with a watchful eye and a helping hand.”



Oldham

BODY SAFETY RULES

Parents and caregivers should talk openly with their children about their bodies and healthy boundaries. And those conversations should start early – as young as 2 or 3 years old.

Conversations should emphasize proper anatomical names for private parts as well as the basic concept of body boundaries, which includes the following:

1. No one is allowed to touch or look at my private body parts.
2. I will not touch or look at anyone else’s private body parts.
3. No one is allowed to take pictures of my private body parts.
4. I will not keep any secrets about my private body parts.
5. I will always tell a trusted adult if someone breaks one of these rules.

“We absolutely want parents to teach this to their kids, and it’s so important to start early,” Valdez says.

Most importantly, parents and caregivers should let children know they can tell you anything, and that you will believe them. Having that trusted adult, whether inside or outside the home, is critical. Kids need to feel comfortable talking to adults they trust – and keeping the conversation growing as they get older.

BEING SAFE IN A DIGITAL WORLD

“A lot of kids are online playing games that are seemingly innocent, but the reality is that any platform where they can communicate with someone means predators can reach out to them, and that’s where it starts,” Valdez says.

Gaming. Apps. Social media.

“If parents think it’s not possible for their kids, they’re wrong,” Valdez says. Oldham says it’s not just about educating the children – parents need to know what’s going on, too.

“There are some parents who have no idea how to check an app, set parental controls or adjust settings to make sure online content is restricted,” Oldham

says. Parents need to have direct access and supervision of their children’s devices and know the capabilities of what apps and games they are using.

Having conversations with your children about what they are doing on and offline is essential. Parents need to spend time with children talking about potential dangers and what appropriate and inappropriate conduct looks like, and give them the space to ask questions.

WHY PREVENTION IS IMPORTANT

“Prevention isn’t always a grand gesture,” Oldham says. “It’s the neighbor who offers a break to an overwhelmed parent, the friend who listens, and the village that refuses to look away.” Valdez says it begins with awareness, compassion and the courage to speak up.

“The most impactful thing everyone can do is create a home environment where children feel safe to talk about their experiences, questions and concerns,” she says.

Oldham adds that while awareness is the first step, action is the solution – supporting local programs that provide childcare, mental health resources and parent education.

“By strengthening the roots of our community, we ensure every child grows up in the sunshine of safety.”

CHILD ABUSE PREVENTION RESOURCES

- [Darkness to Light - Prevention Resources](#)
- [Pinwheels for Prevention](#)
- [Internet Crimes Against Children Task Force Program](#)
- [NetSmartz Tip Sheets](#)



“ Mallery is the most dedicated, caring, genuine, wonderful person -not just in her profession but all round.

I am grateful that she is an amazing individual who truly cares. ”

- Patient Google Review

Mallery Stapler, Family Nurse Practitioner



“ Debra Lane was incredible.

She navigated the epic saga of my health with total grace and kept us on track. It's rare to find a provider who listens that well while keeping the vibes so positive.

- Real Patient Review

Dr. Debra Lane, MD, Physician - Primary Care



“ Debbie Shelley is a top-notch professional who is excellent at her job. Her knowledge, diligence and dedication as well as genuine care for her patients are remarkable. I can say 100 percent that she saved my life!

- Patient Google Review

Debbie Shelley, FNP-BC



“ Hobie was very thorough and addressed all of my concerns.

He was thoughtful and helped me plan for my health in the future. I would highly recommend him.

- Real Patient Feedback

Hobie Holden, Physician Assistant



“ Absolutely loved Nitin! As someone who is very nervous about visiting the doctor, she made everything feel very relaxed.

- Patient Google Review

Nitin Mahajan, Nurse Practitioner - Primary Care



Employee Spotlight: Tori Swain

MULTI-SITE SUPERVISOR - ADDICTIONS SERVICES



Tori Swain has been with Aspire for more than six years. As a multi-site supervisor with addictions services, Swain daily oversees staff at Aspire's Elwood, DeHaven, Noblesville and Carmel locations – reviewing charts, assigning clients to peer and recovery coaches to support them through the programs and assisting staff with any questions or issues that may arise.

“It's a very rewarding job but also a very emotional experience,” Swain says.

“Some days you have clients who are doing really well, and other days you have clients who have relapsed and are struggling.

I assist my staff by trying to help them with whatever they need on a day-to-day basis.”

Prior to Aspire, Swain graduated from Ball State University with a bachelor's degree and Miami University Ohio with a master's degree in Criminal Justice Administration. She's spent time working with DCS and later as a domestic violence coordinator for the Muncie Police Department. Looking to continue developing her skillset from her graduate program,

Swain saw a posting online for a recovery coach with Aspire. Swain still sees one client from her time as a recovery coach.

"We've built a rapport, and I still want to be a support for her," Tori says. "I've been with her through a lot." This level of dedication and care shines through in much of Swain's work.

She also attends Madison County Problem Solving Court staffing on a weekly basis. It is separated into drug court, mental health court, and re-entry court.

"Truly one of the most inspiring things I've ever seen is our clients graduating from Problem Solving Court," she says. "It's a really great experience to see how proud they are of themselves."

If a client is accepted into the program, instead of serving their time in prison they can focus on engaging in treatment and rebuilding their lives. This is how some clients come to Aspire for addictions services or other behavioral health programs such as group therapy and recovery coaching.

When Tori isn't at work, she is spending time with her family. She and her husband have three children, ages 2, 14 and 17— so a lot of their free time is spent at various sporting events for the two oldest. She also loves the beach, a favorite being St. Pete Beach in Florida or spending time in the Dominican Republic, where she and her husband were married.



Sign up for the Recovery Rising Newsletter!

RECOVERY RISING

Please join us in celebrating the strengths and successes of individuals in recovery. We invite you to help us honor and witness their progress and resilience.

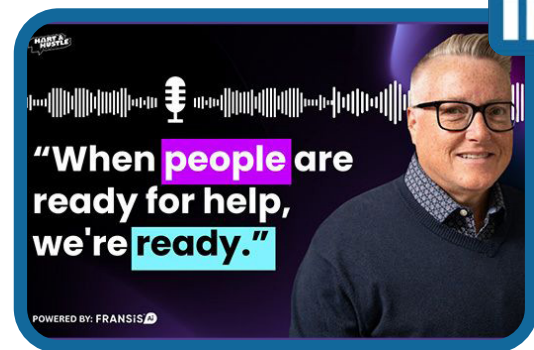
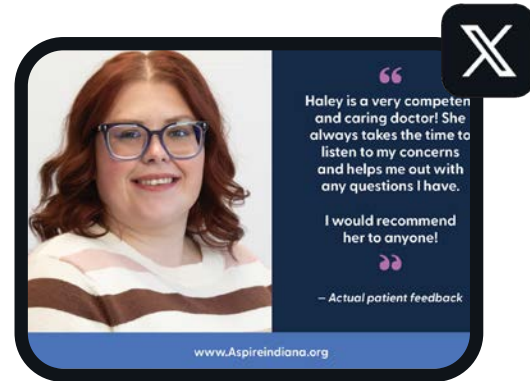
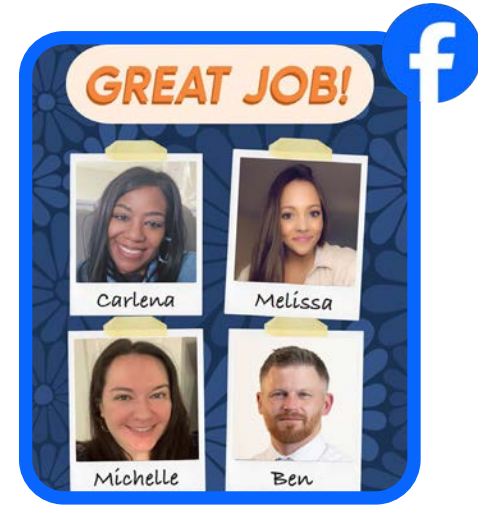


[CLICK HERE TO SIGN UP!](#)



Social Media Hits

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



Aspire
Indiana Health

Diabetes Initiative:
Empowering Health,
Preventing Complications.

iStock image posed by model.

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/>



Aspire News

ASPIRE LEADERSHIP DEVELOPMENT GRADUATES



“Real leadership is not about titles or authority. It’s about influence, accountability, and, most importantly, it’s about impact,” says Aspire Leadership Development Specialist Qiana Robinson.

Robinson led 22 Aspire Director-level staff members through weekly leadership sessions – 60 minutes each week – as part of the Aspire Excellence Institute’s Leadership Development Program.

From October through February, the group covered four different modules – Foundations of Leadership, Leading High-Performing Teams, Operational Excellence and Innovation, and Leadership Impact and Legacy. The directors engaged in meaningful conversations and made the commitment to being better leaders.

“Throughout the journey, our directors have explored what it means to lead with emotional intelligence, communicate with clarity and intention, build and develop high-performing teams, navigate change with resilience, and lead with equity and purpose.” Robinson says. “These are not just competencies. These are commitments.”

NOBLESVILLE SCHOOLS LOOK TO ASPIRE FOR MENTAL HEALTH SERVICES

Starting July 1, 2026, Aspire will be Noblesville Schools’ partner for school-based mental health services for the district. Community Health Network formerly provided the services and will conclude its partnership with the school system on June 30.

[Noblesville Schools Executive Director of Student Services Julie Thacker](#) said Aspire aligned closely with what they were seeking in a long-term partnership, highlighting the Rely Center, mobile crisis response and Aspire’s walk-in crisis care.



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Aspire will provide Noblesville Schools with therapeutic services and coordinated mental health support, helping to strengthen the district’s existing continuum of care and expanding access to high-quality mental health services for students within the school setting.

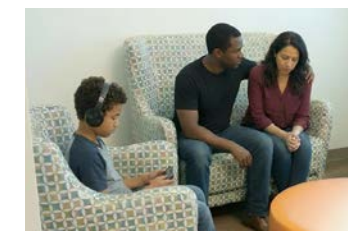


STRENGTHENING ASPIRE’S CRISIS RESPONSE



Since opening in October, the [Rely Center](#) at Aspire’s Noblesville Health Center has become a critical resource for people experiencing a mental health or substance use crisis. It was made possible by a \$3.5 million grant from Hamilton County Commissioners and Councilors.

In just over four months of operation, there have been over 300 visits to Rely Center, and more than 90 percent of those visits were resolved there without needing a higher level of care.



AI assisted creative

If you’re interested in supporting Rely Center and Aspire’s crisis services, please consider [donating to their Amazon wishlist](#).

DR. OH SERVES AS MEDICAL HONOREE FOR ARTHRITIS WALK

Aspire Chief Medical Officer Dr. Holly Oh will serve as the Medical Honoree for the [Arthritis Foundation Indiana’s 2026 Walk to Cure Arthritis!](#) This event is scheduled to take place on May 15, 2026, at Conner Prairie, located at 13400 Allisonville Road in Fishers, Ind.

The event starts at 6 p.m., with activities, food and a live performance from Kid Kazooey. The welcome and awards program begins at 7:15 p.m., followed by the walk at 7:45 p.m. The event ends at 8:45 p.m.

Walk to Cure Arthritis is the premier event of the arthritis community committed to conquering arthritis for the nearly 60 million Americans – including hundreds of thousands of children – who live with this debilitating disease. The event raises money to advance arthritis treatments and find a cure, develop resources, and take action to improve people’s lives.

[Join the Aspire team today!](#)

MEET ASPIRE INDIANA HEALTH

WALK to CURE ARTHRITIS
Arthritis Foundation
May 15, 2026
Conner Prairie

TEAM CAPTAIN

Dr. Holly Oh
Aspire Chief Medical Officer

Dr. Holly Oh is a pediatrician and seasoned community health advocate who is a preeminent figure in developing innovative models of healthcare delivery to the people who need them most.

As the chief architect of Aspire’s clinical strategy, she leads the development and expansion of Aspire’s primary care medical services, helping foster strategic partnerships with other health systems and guiding the professional growth of clinical providers at Aspire.

Dr. Oh earned her medical degree at the University of Michigan after obtaining an undergraduate degree in psychology from Brown University. She completed her residency at Children’s Hospital of Boston and Boston Medical Center. She has served in senior leadership and executive roles at healthcare organizations with a history of leading transformational healthcare system change for underserved populations.

Aspire
Indiana Health



Great Job!

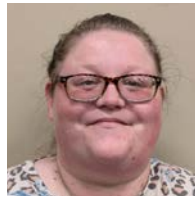
**GREAT JOB RECOGNITION FOCUSES ON OUR PEOPLE, PATIENTS & PARTNERS.
TO SEND IN YOUR NOMINATION, CLICK THE BUTTON BELOW.**



Adam Benjamin, Master's Level Therapist-Y&F Home & Community,

is doing such great work with a young man and his family.

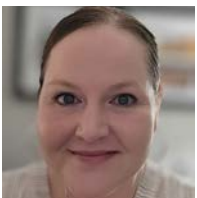
The mother shared that she is so thankful about the progress her son is making with Adam and has also begun to see positive changes within their family as well. Great job, Adam!



Kristi Morgan, Certified Medical Assistant Float Pool,

is a true asset to Aspire and the nursing team. She is our float medical assistant and is always available to travel to

wherever she is needed with a smile on her face. She is always willing to help out with anything that is asked of her.



Gabrielle Martinez, Patient Access Specialist,

is always a team member who steps in and helps wherever it's needed. Every time there is a call in or extra things going

on, she is the first staff member to ask what she can help with. Gabrielle has helped out and, at times, doubled her workload to make sure everything gets done in a given day. All her coworkers love being around her.



Amber Gordon, Manager-Social Impact,

is always professional, positive, and knowledgeable about community resources and services, yet she stays humble. In a recent

program meeting, she ensured all members were introduced and had a time to share. She highlighted successes, gave credit where due, and offered to assist in problem solving. I am proud to have her as a colleague!