



BEHAVIORAL



PRIMARY

BRIDGING the GAP

Aspire Indiana Health 2018 Annual Report

Message to the Community



Duane Hoak
Board Chair, Ed.D.
Anderson University (Retired)

Our vision since inception has been to be a distinguished leader in the transformation of healthcare, an employer of choice, and to be an active partner in helping those in our communities make health and well-being a reality. Fiscal Year 2018 represents a milestone year in our work towards bridging the gap between our current reality and our lofty goals.

In Fiscal Year 2018, Aspire Indiana Health (AIH) received Federally Qualified Health Center Look-Alike status in September of 2017. This designation is a testimony to the quality of care Aspire provides and paved the way for the next major milestone: financial sustainability. This was achieved even as we added new locations in Noblesville and Lebanon, expanded infectious disease services, and saw rapid growth throughout the agency. Our hard work was recognized along the way through new grant awards and special recognitions; affirmation that we are on the right track.



Jerry Landers
Chief Executive Officer
Aspire Indiana Health, Inc.

As you continue reading through this report, you will learn more about our efforts to integrate primary care with behavioral health, and the social determinants of health such as employment and housing. We have added new clinical leadership, expanded partnerships, and are poised for a remarkable fiscal year 2019. What we don't want to get lost in the excitement and activity of growth and expansion is this: why?

With new locations, expanded service hours and additional providers, Aspire Indiana Health was able to have over 10,000 impactful interactions with those we served this year, an increase of more than 50% from the year before. Through integration of services, we have been able to successfully identify symptoms of major health concerns—symptoms that are easily masked by behavioral health conditions—and advocate for proper care for these individuals. The lives of our patients have been saved in situations where they might have been lost in a conventional healthcare setting.

Lives saved and lives made better through integrated care. That is our “Why?” It would not be possible without the passion and dedication of our Aspire team. It required the leadership and vision of our board, and the partnership of agencies across our communities to turn the vision into reality. Last, but not least, it took the willingness of those we serve to be partners in their health and well-being. Thank you for the part you played, and together with you we look forward to the year ahead.

AIH Staff | Safety Pin Grant



This year Aspire Indiana Health welcomed Donna Stealy, RN, as our Director of Nursing. Donna is a graduate of the Lewis University School of Nursing and comes to Aspire after years of experience in nursing and healthcare administration. This role keeps Donna busy overseeing Aspire's nursing staff and traveling to all seven Clinic sites, promoting team-based care and the continued development of our culture of integrated care. In this position, Donna collaborates with depart-

ments across our agency in support of Aspire's mission to provide truly integrated care and provides direction and leadership to her staff so they may incorporate this vision into all patient encounters. She is passionate about developing and leading innovative healthcare efforts and enjoys the opportunity provided by Aspire's model to work with both behavioral and primary health care needs. Welcome, Donna!



Syd Ehmke
Vice President
Primary Health Care/COO
Aspire Indiana Health, Inc.

Funding secured through the Safety PIN (Protecting Indiana's Newborns) grant has been money well spent to improve the lives of the clients that we serve. Our strategy to help decrease the infant death rate in Madison County starts with a healthy mommy and Aspire Indiana Health has increased efforts to improve the overall health of the clients including those in child bearing years. In the last year, assessment for diabetes has occurred for anyone with a BMI of > 30, on anti-psychotic medications or who is over the age of 45. Behavioral Health screens that evaluate for depression, anxiety, alcohol and substance abuse have been initiated in primary care, with special

attention given to treating the disorders the screens reveal. We have expanded the type of birth control options that are offered to give females more choices when making the decision about family planning. Aspire Indiana Health has partnered with the Department of Mental Health and Addiction to offer stipend money for rent and utilities to promote safe housing and emphasize safe sleep by providing a new Pack 'N Play crib for new mommies or other relatives who are caring for the new infant. And lastly, a registered nurse is making home visits to new or expecting mommies, offering community assistance when needed or requested. These are just a few of the initiatives Aspire Indiana Health has developed to continue to meet the needs of those in the communities we serve.

BOARD CHAIR:

Duane Hoak, Ed.D
Anderson University (Retired)

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CEO, Yireh Project

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Adoption/Foster Care Case Management, The Villages

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Anderson University

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Daniel Stevens
Pastor, Grace Baptist Church

Norm Tate
Fishers Police Department

Patricia Thomas
Human Resource Generalist, Red Gold

John Turner
Outreach Pastor, Grace Baptist Church

Infectious Disease Services



Julie Foltz
Manager, HIV Services
Aspire Indiana Health, Inc.

The Infectious Disease Services team at Aspire Indiana Health provides HIV services and prevention, including non-medical case management, HIV and Hepatitis C testing, CLEAR, and PrEP in 32 of Indiana's 92 counties. These services are for individuals who know they are HIV+, those who need to be tested for HIV or Hepatitis C, and those who are at risk of contracting HIV and/or Hepatitis C and could benefit from educational programming and preventative treatments and interventions. These services are confidential and can be integrated with many other services provided by Aspire's continuum of care, including behavioral health and substance use counseling, housing and employment assistance, and primary care. In addition, our team can help clients obtain PrEP, or pre-exposure prophylaxis medication, if they are at high risk of contracting HIV. Consistent use of PrEP has been shown in multiple studies to reduce the risk of HIV infection by over 90%, thus proving invaluable for stopping the spread of HIV in our communities.

In Fiscal Year 2018, Aspire Indiana Health Infectious Disease Services provided the following:

- Addition of four prevention programs, which included four new FTEs
- Expanded services to include emergency housing, emergency financial assistance, and food/nutritional support for people living with HIV
- HIV tests: 1,999, identifying five new HIV+ individuals;
- HEP C tests: 1,325, identifying 328 HCV+ individuals;
- Direct client service hours: 8,165.75 hours of services to 381 people living with HIV, ensuring they were able to obtain or maintain their health insurance coverage, secure or maintain safe/stable housing, and achieve overall improved health outcomes
- EMERGENCY HOUSING Provided short-term emergency housing assistance, permanent housing placement, and/or tenant based rental assistance to 87 individuals and their households

Health Outcomes

Individuals with serious mental illnesses are at an increased risk of developing serious health conditions such as diabetes, hypertension, heart disease, and hyperlipidemia. Our goal is to increase the life expectancy of these individuals, who currently die about 25 years earlier than the general population. With support from SAMHSA's Primary and Behavioral Healthcare Integration or PBHCI grant, we have been able to positively impact the health status of those at-risk individuals this year.

Concluding the second year of the grant cycle, we have implemented evidence based practices such as InShape, Whole Health Action Management (WHAM), Learning About Healthy Living, and Million Hearts to target metabolic diseases. Together, these practices focus on empowering individuals by increasing their health literacy, encouraging regular check-ups, learning how to manage their current health conditions, and prevent new ones through nutrition and movement.

By looking at the number of individuals who have not only been able to improve their health indicators, but have also been able to move them from an unhealthy range into a healthy range, we can track the overall improvement in health status of those individuals at greatest risk of developing metabolic disease and possible early death. In this past year, we found the greatest area of improvement to be in HbA1c, an indicator of diabetes, with 26% of those moving from the unhealthy into the healthy range. This is followed by Total Cholesterol and HDL or "good cholesterol" with 19% of those moving from the unhealthy to healthy range.

HEALTH INDICATOR

Moved from Unhealthy to Healthy Range

Body Mass Index (BMI)	5%
HbA1c	26%
Total Cholesterol.....	19%
HDL (Good Cholesterol)	19%
LDL (Bad Cholesterol).....	11%

As we continue to hone our evidence based practices and make them more accessible to those we serve at all of our locations, we expect to see even greater outcomes in 2019!



Trusa Grosso
*Senior Director
Health Care Integration
Aspire Indiana Health, Inc.*

Financials



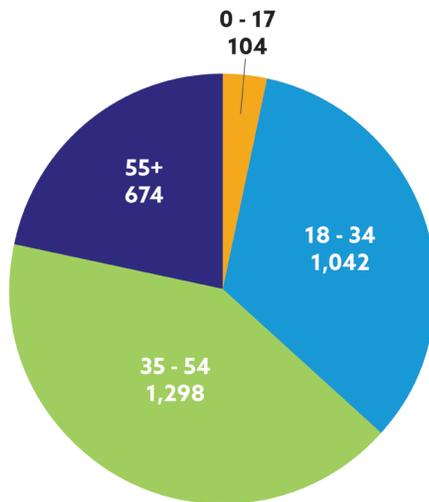
Melissa Stayton
 Director
 Revenue Management
 Aspire Indiana Health, Inc.

REVENUE

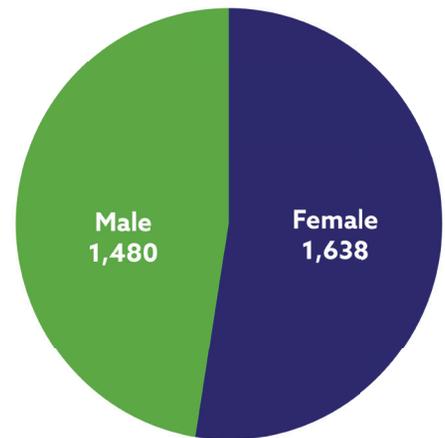
Net Client Revenue	\$1,395,668
Contributions	\$139,590
Grant Revenue	\$1,470,539
Other Rev	\$1,023,150
Total Net Revenue	\$4,028,947

EXPENSES

Comp/Benefits	\$2,105,659
Homeless Outreach	\$43,904
Contracted	\$63,283
Occupancy	\$136,991
Medical Supplies	\$450,216
In-Kind	\$128,764
Other Expenses	\$118,494
Total Expenses	\$3,047,311
Charity Care & Allow	\$693,548



AGES SERVED



GENDERS SERVED



OUR VISION

To be a recognized leader in healthcare transformation and an employer of choice: redefining excellence and innovation in our communities.

For appointments call 1-877-574-1254

OUR LOCATIONS

ANDERSON

215 W 19th Street
Anderson, IN 46016

ELWOOD

10731 SR 13
Elwood, IN 46036

INDIANAPOLIS

2506 Willowbrook Parkway
Suite 300
Indianapolis, IN 46205

CARMEL

697 Pro-Med Lane
Carmel, IN 46032

NOBLESVILLE

17840 Cumberland Road
Noblesville, IN 46060

LEBANON

1600 West Main Street
Lebanon, IN 46052