



Aspire Indiana Health Inc. 2017 Annual Report

# Building a New Future

*Together...*

*making health and well-being a reality!*





# Message to the Community

When we wrote to you last year, we spoke of an agency in its infancy. Aspire Indiana Health was still figuring out what it could do. Early results were demonstrating the remarkable impact Aspire Indiana Health could have, with significant progress in healthcare integration and engagement in hard to reach populations.

It is safe to say that in year two Aspire Indiana Health has started to find its legs, moving rapidly towards what we ultimately want to become: a recognized leader in healthcare transformation and an employer of choice, redefining excellence and innovation in our communities. Our work this year focused primarily on two key areas: demonstrating excellence and increasing engagement.

Aspire Indiana Health has spent the last year in the highly competitive Federally Qualified Health Center application process. This program is designed to identify organizations that demonstrate high quality clinical care and management capabilities, while providing affordable services to those most in need, and support them with additional resources to fulfill their missions. Applying for this program was highly ambitious and required a tremendous investment of time, talent, and financial resources. No stone was unturned, no policy left unscrutinized. Reviewers came looking for flaws, and left very impressed. Feedback from every stage of the process was overwhelmingly positive. It was repeated again and again that Aspire Indiana Health is providing excellent, transformative care while maintaining the highest levels of operational integrity. Aspire ended Fiscal Year 2017 with confirmation in late sum-

mer that we were awarded Federally Qualified Health Center Look-Alike status effective September 1, 2017.

Despite the focus on this strenuous review process, Aspire's clinical staff found time to engage even further with the community. Aspire provided over 6,600 service encounters and opened 1,423 new patient charts during the fiscal year, a substantial increase over the 1,000 patients served in year one. In addition to the numbers served, we expanded hours, received substantial grant awards, and strengthened collaboration with partners far and wide.

This success would not be possible without an incredible staff, board of directors, partners, collaborators, and community members who believe in our mission and come along beside us to see it to fruition. Thank you for your support as we have moved from crawling, to walking, and now running into our third year!



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



Jerry Landers  
Chief Executive Officer  
Aspire Indiana Health, Inc.



AIH Anderson, IN location



**Sydney Ehmke, COO**  
**Aspire Indiana Health, Inc.**

2017 was a year focused on expanding the integration of primary and behavioral healthcare at Aspire Indiana Health, resulting in improved access to services, continuity of care, and earlier detection and treatment of behavioral and physical health conditions.

Almost three quarters of the 2,700 individuals seen for primary care at Aspire Indiana Health in 2017 also received behavioral health or addiction treatment at Aspire Indiana, demonstrating the effectiveness of our integrated care model. This performance was recognized in May when the Indiana Division of Mental Health and Addictions (DMHA) granted Integrated Care Entity (ICE) status to our locations in Anderson and Elwood, making Aspire among the first five agencies in the state to receive ICE certification and the first to receive certification at multiple sites.

Other major developments in 2017 were the initiation of our Healthy Beginnings program for women of childbearing age, expectant mothers, and infants in Madison County, and the transition of our HIV Services program from Aspire Indiana to Aspire Indiana Health. The latter change reflects an improved focus on primary care in meeting the diverse needs of our HIV clients.



**Kevin Sheward**  
**Executive Coordinator**

Aspire Indiana Health also took on a very integral part in Aspire's Addiction Services by expanding medication assisted treatment (MAT) in our substance use programs.

Our partnerships with Aspire Indiana and other health and funding entities in the state allow us to bring our comprehensive services to everyone

in the communities that we serve. In these pages, learn more about the programs mentioned here and the many other ways that we are bringing whole person health to central Indiana!

## **BOARD OF DIRECTORS**

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

John Plumb, Vice Chair, CEO, Yireh Project

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Frank Pianki, Professor of Business Admin.,  
Anderson University

John Turner, Outreach Pastor, Grace Baptist Church

Kellie Kelley, Dean of Academic Affairs,  
Harrison College

Obadiah Smith, Wing Chaplain, United States Air Force  
Chaplain Corps

Patricia Thomas, Human Resource Generalist,  
Red Gold

Sarah Neal, Associate Professor of Nursing,  
Anderson University

Oz Morgan, Financial Planner/Insurance,  
The Langen Agency

## **AIH MEDICAL STAFF**

Lisa Bledsoe, MD, Collaborating Physician

Sydney Ehmke, FNP, COO, General Medical  
Nurse Practitioner

Patricia Fettig, FNP, Primary Care Nurse Practitioner

Karen Iseminger, PhD, FNP, General Medical  
Nurse Practitioner

John Meteer, PhD, Behavioral Health Consultant HSPP

Dr. Betsy Rosiek, MD, Psychiatrist, Medical Director

Ardrienne Thompson, FNP, Primary Care  
Nurse Practitioner



# Healthy Beginnings Program

New to Aspire Indiana Health in 2017 is our Healthy Beginnings program, aimed at reducing the infant mortality rate in Madison County. The program, made possible through a \$2 million “Safety Pin” grant awarded by the Indiana State Department of Health, provides comprehensive services for women in Madison County between the ages of 15 and 34 and their newborns. [More information about the Safety Pin grant can be found here.](#)

The foundation of our Healthy Beginnings program is the optimization of women’s health before, during, and after pregnancy. The program includes free pregnancy testing at Aspire Indiana Health locations in Anderson and Elwood, behavioral and primary health screenings, treatment for acute and chronic conditions, and referrals for OB/GYN care as necessary. Assessment of risk factors such as substance use, HIV and Hepatitis C exposure, domestic abuse, and homelessness are also conducted under the auspices of the program.

Unsafe sleeping practices are a leading cause of infant mortality, defined as the death of a child before his or her first birthday. Because of this prevalence, safe



sleeping demonstrations are now shared with Aspire Indiana Health consumers of all ages in Madison County because anyone may at some time be caring for an infant. In 2017, nearly 650 unduplicated clients were shown these safe baby sleeping demonstrations. In addition, Aspire Indiana Health is a proud partner with the state of Indiana as a distributor of Pack-N-Play cribs. These portable cribs provide safe sleeping and play spaces for infants.

Our Healthy Beginnings program continues to expand and add services and we are making a difference in the lives of women, children, and families in Madison County and beyond.



AIH Elwood, IN location





**Dr. Betsy Rosiek, M.D.**  
**Medical Director**

Aspire Indiana Health completed the first year of a SAMHSA grant for Primary and Behavioral Healthcare Integration or PBHCI. Individuals with serious mental illnesses are at an increased risk of developing serious health conditions such as diabetes, hypertension, heart disease, and hyperlipidemia. The PBHCI grant provides resources to

make on-site integrated primary care available to our at-risk population. Our goal is to increase the life expectancy of these individuals, who currently die 25 years, on average, earlier than the general population.

We made progress in developing systems that are designed to provide quality, person-centered care. We developed workflows to incorporate new assessment tools and trained our medical staff in trauma informed care, how to use motivational interviewing in communicating with patients, and the Recovery Model. Behavioral health providers received training on the relationship between diabetes and behavioral health and the importance of case management versus care management.

With this grant focused on collaboration, Aspire Indiana Health has also partnered with several agencies to ensure that the needs of the program and participants are met. Aspire staff have been able to provide comprehensive and timely measurements of our effectiveness in treatment and reimbursement. This has helped inform critical decisions during this important start up phase of our program.

The PBHCI grant was implemented at Aspire facilities in Anderson, Carmel, Noblesville, and Indianapolis. During the first year of the award, 262 individuals were enrolled, 65% of whom had Body Mass Indices (BMI) in the overweight and obese categories. This fueled Aspire's adoption of several evidence based practices such as InShape and Whole Health Action Management (WHAM). Both practices emphasize healthy eating, exercise, and health management, all vital components in the reduction of BMI.

In summary, Aspire had a successful first year of this project, and we look forward to making more positive change in the health and well-being of those we serve.

Aspire partnered with Anthem during 2017 to implement a program that brings the expertise of a behavioral health clinician (BHC) and a supporting psychiatrist into our primary care offices to improve the detection, diagnosis and treatment of behavioral health conditions. The BHC, a trained Health Psychologist, relieved the primary care providers of their roles as de facto mental health providers by targeting patients with physical complaints such as headaches, nausea, and unexplained pains, which are often unrecognized as symptoms of underlying behavioral health conditions.

Anthem also supported the implementation of behavioral health screens such as the PHQ-9 and the AUDIT-C that identify depression and problematic alcohol use, both issues that negatively affect health. An added component of the project included medical screening for all Anthem enrollees coming into Aspire for specialty behavioral health services and follow up by an Aspire Indiana Health nurse with the goal of identification of medical concerns and engaging Anthem members in primary care services. A total of 1,135 Anthem enrollees were screened in the course of this project.



# HIV Services

The HIV Services team at Aspire Indiana Health provides HIV care coordination, testing, and counseling 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. Many of the services are provided for free. Our HIV 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 HIV Care Coordinators 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.



Julie Foltz  
Program Manager, HIV Services

In Fiscal Year 2017, Aspire Indiana Health HIV Services provided the following:

## HIV TESTS

1,825, identifying 2 new HIV+ individuals (an 11% increase in HIV testing from 2016)

## HEP C TESTS

1,521, identifying 413 HCV+ individuals (a 19% increase in testing from the previous year, with a 23% increase in newly identified Hep C cases)

## SERVICE HOURS

5,543 hours of services to 353 people living with HIV, ensuring they were able to obtain or maintain their health insurance coverage, safe/stable housing, and overall improved health outcomes

## EMERGENCY HOUSING

Provided short-term emergency housing assistance to 55 individuals and their households

## RENTAL SUBSIDIES

Provided long-term rental subsidies to 17 individuals and their households



AIH Carmel, IN location



## Revenue

Net Client Revenue .....	\$ 613,017
Contributions .....	\$ 930,810
Total Net Revenue .....	\$ 1,543,827

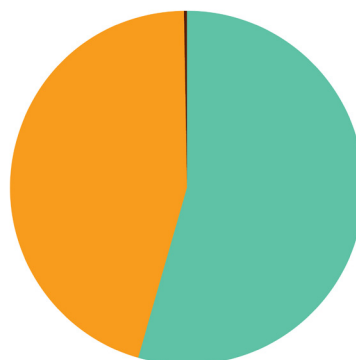
## Expenses

Compensation & Benefits .....	\$ 1,584,264
Homeless Outreach .....	\$ 45,727
Contracted .....	\$ 366,092
Occupancy .....	\$ 121,710
Medical Supplies .....	\$ 34,888
Other Expenses .....	\$ 18,430
Total Expenses .....	\$ 2,171,111
Charity Care & Allowances ....	\$ 312,698

*Data collection report subject to methodology*

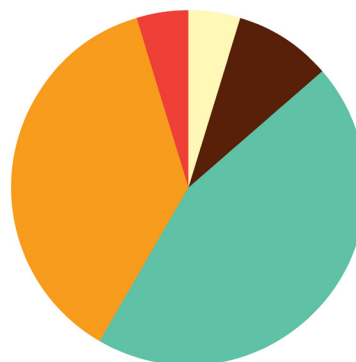


**Melissa Stayton**  
Controller



### GENDERS SERVED

1100	Female
916	Male
4	Unspecified

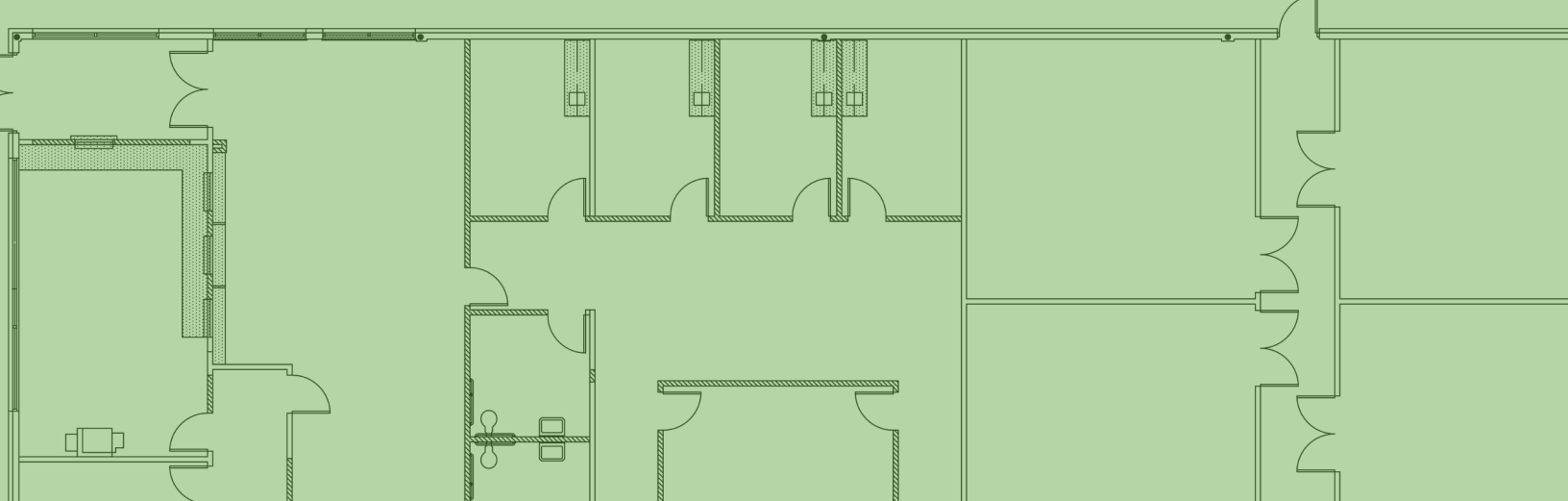


### AGES SERVED

98	0-17
180	18-24
901	25-44
748	45-64
93	65+



AIH Indianapolis, IN location



## 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

### 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