

Healthbeat



Our newsletter
is now a magazine
with a new look
and a new name!

NOW, OUR CRISIS SERVICES IN HAMILTON COUNTY
ARE EXPANDING THANKS TO A FEDERAL GRANT,
WHICH WILL ALSO INCLUDE VIDEO IN PERSON (VIP).





Christopher Lloyd, Director of Branding and Communications
Cheryl Berry, Marketing Multimedia Designer

ARTICLES

Feature Article

Christopher Lloyd, Director of Branding and Communications

Staff Spotlight

Jasmine Hunter, Manager, Marion County Youth & Family
Home & Community Based program
Christopher Lloyd, Director of Branding and Communications

IN EVERY ISSUE

Top 5 Hottest Jobs & New Employees

Hilary Davis-Reed, Team Lead, Talent Strategy
Brooke Elf, Recruiting Specialist

Way to Go!

Mary Sharpe, Project Associate

PHOTOGRAPHY

All stock photography posed by models:
iStock by Getty Images - cover; pages 3 (Top 5 Hottest Jobs), 4 & 10
Storyblocks - page 5

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Employee Spotlight:
Jasmine Hunter

To read more, see page 6.



Top 5 Hottest Jobs

See page 10.



Tobacco Free!

See page 8.



The following staff were
recognized for going
above and beyond in
their work:

- Janis Ashburn
- Jessica Corn
- Christine Dragoo
- Cathy Hardwick
- Kelly Hawkins
- Erika Meeks
- Linda Morris
- Kaylei Neal

- Patricia Nikolov
- Meagan Quarles
- Marta Ritz
- Ryan Robertson
- Don Sommer
- Linda Thomas
- Joanna Will

Aspire expanding crisis services

A \$4 million grant from SAMHSA will pay for expanded services and equipment in Hamilton County.



For many years, Aspire Indiana Health has operated a 24/7 Crisis Line aimed at helping Hoosiers facing an imminent event such as suicidal ideation, mental health crises, substance abuse, etc. Countless people have gotten the help they need, and even many lives saved, by dialing (800) 560-4038 any day or time.

Now, our crisis services in Hamilton County are expanding thanks to a federal grant that will incorporate Video in Person (ViP), where people in crisis can have a face-to-face engagement with an experienced mental health clinician.

The \$4 million grant from the Substance Abuse and Mental Health Services Administration comes via the Certified Community Behavioral Health Center (CCBHC) program and pays for expanded services and equipment, including iPads given to Hamilton County first responders who can use them to connect with a clinician for a live assessment when encountering an individual with mental health needs.

Callers to the 800 number will also be given the option to turn it into a video call on their computer

or mobile device. Recent data and experience show that people are more comfortable with seeking mental health services remotely with a ViP or similar video call rather than just a voice phone call.

The two-year grant is awarded by SAMHSA to expand services in Hamilton County, but sets the stage for future expansion to the rest of Aspire’s service area by creating the needed infrastructure.

The ViP crisis line will be staffed by masters-level therapists, according to Trusa Grosso, Senior

Director of Healthcare Integration. The grant program also includes new emphasis on assertive community treatment (ACT), which is intensive services aimed at individuals with serious mental illness. Those patients receive high-frequency contact with Aspire clinicians, with treatment teams that meet daily to coordinate their care.

One of the grant goals is to reduce psychiatric hospitalization in Hamilton County by 10% by August 2023 through the ViP engagements, partnering with first responders and ACT.

“This grant allows us to provide on-demand access to a master’s-level clinician to provide clinical assessment to assist with crises,” Grosso says. “Through the caring contacts, we will be following up with those who have accessed the mobile crisis team, and will continue to reach out to and monitor them until they get well connected to longer-term services.

“We’re also focusing on people coming out of the hospital to get them connected with services so they won’t experience hospitalization.” ■

“This grant allows us to provide on-demand access to a master’s-level clinician to provide clinical assessment to assist with crises,” Trusa Grosso says.



ASPIRE CRISIS CAN HELP MANY DIFFERENT WAYS:

- Phone triage, risk assessments, and safety planning
- Suicide awareness, intervention, and prevention
- Education and information about mental illness and substance abuse, and treatment options
- Assistance in navigating the mental health system
- Referrals to treatment, including inpatient treatment when needed
- Referrals to community resources
- Crisis Intervention Team training to law enforcement

<https://www.aspireindiana.org/behavioral-health/crisis-services>



Employee Spotlight



JASMINE HUNTER Manager, Marion County Youth & Family Home & Community Based program, 3 years at Aspire

Jasmine Hunter is not someone to choose the easy path.

As an undergraduate at Purdue University, she worked as a victim's advocate at a domestic violence women and children's shelter. Upon graduating with a major in Psychological Science with minors in Forensic Science and Sociology,

she chose to focus on sex offender treatment. While working on her masters degree in Clinical Forensic Psychology, she served as a rape crisis advocate, responding to sexual assault ER calls and providing victim support/advocacy.

Prior to coming to aspire, Hunter provided treatment for youth with sexual maladaptive behaviors and families impacted by trauma in probation, correctional and residential settings.

"Throughout my career I received extensive training and certification in the Family Centered Treatment model (FCT) and as a Credentialed Sexual Abuse Youth Clinician (CSAYC)," Hunter says.

The work that most sustains her is working with youth in prison and residential settings with sexual maladaptive behaviors. Hunter focuses not on the offenses that may have brought a person into her care, but on the needs, loss of support and abuse that contributed to unhealthy and harmful choices.

"Although public, family and victim safety are always at the forefront of the intervention and prevention work that I do, working with this population always brings a sense of hopefulness. When you treat kids like kids and not 'juvenile offenders,' you get to witness their growth," she says.

"Fancy certifications and workbooks don't bring upon change, but treating a client as a whole person, separate from their behavior, can. Helping them to believe in themselves and look forward to a future is everything because they need hope, just like anyone else."

Hunter's leadership qualities were quickly recognized at Aspire, and she strives to be someone who not only supervises

and trains others but also teaches and mentors. She was accepted into The Executive Journey Fellowship, which accepts 30 individuals per year who serve as leaders in youth services across Indiana. In 2022 she will attend four retreats focused on rejuvenation, self exploration and grounding, building a professional community and continuing to be inspired to make a difference in her field.

Hunter has been one of Aspire's strongest voices on diversity, equity and inclusion issues, even before George Floyd's murder brought renewed nationwide attention to racial disparities and systemic racism.

"Moving from Illinois to Indiana was a culture shock, to say the least, and unfortunately along the way I learned there are often consequences for speaking up on issues related to race and culture. So I focused on working my hardest and denying a part of myself; setting aside my blackness each time I arrived at work," she says.

"However, in the last couple of years, I've focused on showing up as my most authentic self, Black and Beautiful. So throughout this process I've found my voice and used it to have tough conversations with colleagues at Aspire."

She serves as a member of the Aspire Marketing Editorial Board and Cultural Conversation Strategy

Committee, as well as the Indiana Council Racial Equity and Leadership Committee.

"Honestly, this is not a switch that can be turned on and off, it's unlearning years of pressure to assimilate and be silenced while also unpacking racial trauma. However, I'm hopeful that I can continue to do this work and travel along this journey at Aspire," Hunter says.

Hunter is married with four children including the youngest, ages 6 and 3, and lives in Fishers. Both she and her husband hail

from Illinois and travel to Chicago regularly to see family and friends. She is a horror fanatic – movies, TV, podcasts and true crime – and tries (and fails) to convert her friends. For self-care she enjoys daily walks, adventures with her little ones and sand volleyball.

"My kids are very adventurous so every week you'll find me involved with youth sports, exploring new places to play, as well as attending (and volunteering) at church to show thanks and grow in my relationship with God," she says. ■

In 2021, Jasmine lead the way and initiated Aspire's first video about Juneteenth – the history and celebration of this true American holiday. [Click here](#) or on the image below to watch.



Kick Tobacco and Nicotine!

Did you know that using tobacco and nicotine affects every organ in your body? And that when someone with a dependency on drugs or alcohol also smokes, their rate of relapse is higher?

Aspire Indiana Health Centers has Behavioral Health services and medical services to aid in nicotine cessation. [Click here](#) to learn more!

Aspire

Indiana Health

Tobacco/Nicotine

Cessation Information

Indiana Tobacco Quit Line

Speak with a Quit Coach for free!

1-800-QUIT-NOW (1-800-784-8669)

<https://www.QuitNowIndiana.com>

It has information on the following:

Reasons to Quit

Quit Coach videos and Web Coach

Text2Quit

Quitting Aids (must qualify)

Quit Guide

Genoa pharmacists can now dispense medication for tobacco cessation at our Carmel, Anderson and Indianapolis locations.

Ask your Aspire Provider about quitting.

myStrength

www.myStrength.com

Custom online tools to help you overcome the challenges you face.

sмоkefree.gov

<https://smokefree.gov/>

A website that offers free information, education, resources, etc. for anyone interested in quitting tobacco/nicotine. There are resources aimed specifically at:

Veterans

Adolescents

Women

Individuals age 60+

Individuals who speak Spanish

American Lung Association

<https://www.lung.org/stop-smoking/>

This website offers information, education, resources, etc. about lung health and is for anyone interested in quitting tobacco/nicotine.

American Cancer Society

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

This website offers information about cancer(s) and free information, resources, and interactive tools aimed at helping individuals quit tobacco/nicotine.

Aspire

Indiana Health

Revised February 2022

Physical Health Concerns Associated with Smoking

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

Pneumonia

Hardening of the arteries

Chronic lung disease & asthma

Reduced fertility

Hip fracture

Welcome New Employees!

Robert Patrick Barnes

Master’s Level Clinical Intern
Progress House

Lindsey Bonfiglio

Bachelor’s Level Clinical Intern
DeHaven

Tricia Brown

Wraparound Facilitator
Carmel

Abigail Burnett

Master’s Level Clinical Intern
DeHaven

Merri Daniel

Payroll & Benefits Coordinator
Administration

Samantha Ellis

Support Associate
DeHaven

Emilee Fetters

Master’s Level Clinical Intern
DeHaven

Brandi Foley

Infectious Disease Intern
Hoak

Jon Gaskill

Life Skills Coach
May House

Evelyn Hampton

Residential Recovery Technician
Mockingbird Hill

Kyle Jackson

Housing Coordinator
Indianapolis

Emily Jones

Marketing Intern
Admin

Jacob Kern

Supervisor, Home & Community Based Services (ACT)
Carmel

Shelby Levy

Master’s Level Clinical Intern
Mockingbird Hill

Danielle Miller

Certified Medical Assistant
Hoak

Sarah Noel

Care Coordinator/Life Skills Instructor Youth & Family Home & Community Based Services
DeHaven

Allan Nolasco

Recovery Coach
Noblesville

Marta Ritz

Care Coordinator/Life Skills Instructor Home & Community Based Services
Lebanon

Rachel Rohrabacher

Master’s Level Clinical Intern
Noblesville

Rebecca Sanders

Certified Medical Assistant
Hoak

Julia Sherman

Bachelor’s Level Clinical Intern
DeHaven

Aerial Simmons

Non-Clinical Internship
Admin

Briley Trusty

HR Help Desk Technician
Admin

Cody Turner

Food Service Worker
Progress House

Michael Vander Sande

Supervisor, Community Outreach
Admin

Bruce Van Dusen

Peer Specialist
Noblesville

Tabitha Warner

Office Coordinator
DeHaven

Trista Whitehead

Medical Assistant
Hoak

Nykasia Williams

Care Coordinator/Life Skills Instructor School Based
DeHaven

Johnnell Young

Residential Recovery Technician
Mockingbird Hill

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The Top 5 **Hottest** Jobs

Aspire is dedicated to supporting staff in their work and personal lives so that by taking care of themselves, they are better able to take care of others.



- 1 **Employee Health Coordinator**
- 2 **Medical Assistant or Certified Medical Assistant - Carmel**
- 3 **Medical Assistant or Certified Medical Assistant (CMA) - Anderson**
- 4 **Certified Medical Assistant (CMA)**
- 5 **DCS Recovery Coach**

ALL.
We serve all. We hire all. We accept all.

