

Healthbeat



A PARTNER IN SCHOOLS



**INDY
PRIDE**
FESTIVAL '22

Get ready for Indy Pride Parade June 11!
Aspire Indiana Health will have a team and
a table — stay tuned!



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

ARTICLES

Feature Article

Emily Jones, Marketing Intern

Staff Spotlight

Christopher Lloyd, Director of Branding and Communications

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

Way to Go!

Mary Sharpe, Project Associate

PHOTOGRAPHY / ILLUSTRATION

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Top 5 Hottest Jobs

See page 10 to apply!

Bringing Mental Health Support to the Classroom

by Emily Jones, Aspire Marketing Intern

Aspire Indiana Health has many different teams working together to make our holistic health care model have a positive impact on Hoosiers.



One of them is the school-based teams. This team is made up of licensed therapists, care coordinator/life skills instructors (CC-LSI), unlicensed therapists and supervisors. Each role plays an important part in the team and is the reason the school-based teams do an amazing job at what they do!



The manager for Aspire's school-based teams is Amanda Votaw. Amanda has been with Aspire for five years, starting as a supervisor and moving to manager. She is a licensed family and marriage therapist, and has been practicing since she graduated from college.

A large part of her job is to maintain partnerships with the schools Aspire partners with, plus program management and coordination. Amanda oversees the day-to-day plans, referrals and attends meetings with many of the schools Aspire has partnerships with. Each one of Aspire's school partners is unique in its own way. Therefore, not each school-based partnership looks the same.

Aspire currently partners with schools in Marion, Hamilton, and Madison counties. Within Marion County, Aspire has partnerships with several of the YMCA's developmental preschool programs, ACE prep academy,

Matchbook Learning, Indiana School for the Blind and Hope Academy.

In Hamilton County Aspire is partnered with Hamilton Heights School Corporation, Carmel/Clay, Noblesville and Westfield schools. Although Aspire may not be the sole provider for all of the schools listed, they provide services both in-person and virtually. Within Madison County Aspire is in Frankton, Elwood, Lapel, Madison-Grant, Anderson Preparatory Academy as well as Liberty Christian Schools.

Along with these schools, Aspire also partners with the Goodwill Excel Centers locations across the state.

Some of these partnerships allow Aspire to have teams located directly in the school system. Whereas in some schools Aspire staff spend time at the school but have no dedicated office space there. Along with these there are also virtual options for people to schedule appointments with individuals at Aspire through Video in Person (ViP).

Although these services are school-based, Aspire is not only serving the student, but also the family of the student too. School-based services can extend into home services as well. The main goal when working with the school-based clients is to engage with the family as well.

Since the school-based teams' role can be so complex, Vatow says that members of the school-based team should be "structured and flexible." Although many individuals can set their own schedule for the day, it can be completely changed in a matter of minutes.



The school-based team is made up of many wonderful individuals. One of those is Nykaisa Williams. Nykaisa has been with Aspire since August of 2021. She recently graduated from Ball State University in December of 2021 and took on a CC-LSI role in the school-based teams after completing her internship and degree.

"I definitely see all of us having the quality of being a leader and we're hardworking," Williams says. "I don't know if I've ever worked with a more determined and hardworking team. We're always willing to do the work and be flexible with meeting the needs of our clients and their families."



Aaron Benjamin has been with the school-based teams for four and a half years. Aaron received his bachelor's degree from Ball State University and has been a CC-LSI since he began at Aspire.

"The unique thing about our school-based team is we also have that option of going to the homes after school. When they have breaks in summer, spring and fall break, we continue working with them doing home-based work with them," he says.

"However, school-based is more about working with the kids in the school setting in order to address those behaviors that they're struggling with. The good thing about what we do is we

"I think it gives us a good opportunity. Not only to see those behaviors in real time in the school setting, but then also be able to take those back to the parents. So we kind of get the home and the school setting with the kids, which I think is great."



Emma Guy graduated from IUPUI in 2020 with a masters in social work, and now works as a school-based therapist at Hamilton Heights Elementary. Emma has been with Aspire for three and a half years. Emma's day-to-day schedule consists of seeing five to six students to work on different therapy techniques.

"My team has helped a lot, but I also would say I've learned and

"I don't know if I've ever worked with a more determined and hardworking team. We're always willing to do the work and be flexible with meeting the needs of our clients and their families."

— Nykaisa Williams

can be stationed right there in the school if the kid has an outburst and they need us, they can call for us and we can kind of go there as needed. So I think it's a unique opportunity that maybe a home-based service might not be able to offer.

grown so much through, just because I've worked at Aspire I always say it's my first big-girl job too, but I just feel like I've learned and grown a lot through all the roles that I've been in," Guy says.

"I felt very supported and kind of encouraged to do more and ➡

dream about even going to different avenues. If I want to try other things or take different trainings, I just feel very supported by everybody at Aspire."

Youth mental health is starting to be more of a priority in the political sphere. In a recent State of the Union address, President Biden mentioned the decline of the stigma on mental health for the youth and announced new funding to address that. It's welcome news to school-based providers.

Votaw says "we have been pushing youth mental health, we have been pushing to reduce the stigma. I think that COVID had a huge impact. Youth mental health is in crisis mode right now. When COVID first began it was the unknown of the medical impact that was scary. Now, I feel like we are in the unknown of the mental health impact.

"The hardest part is that we are going through it as we are working through it. However, we now see people not shying away and seeking help and services for their mental health."

Aspire's school-based teams are made up of many individuals who love what they do. They are so grateful for the hard work that each individual contributes to their overall mission. School-based teams are one way that Aspire is able to extend our services into the community

and make appointments and treatment more accessible.

Votaw: "The great part about school-based services is that it's an access to care point. We can break down those barriers for families who may not have had access to these services by connecting with them first in a school setting."therapist at Hamilton Heights Elementary. Emma has been with Aspire for three and a half years. Emma's day-to-day schedule consists of seeing five to six students to work on different therapy techniques.

"My team has helped a lot, but I also would say I've learned and grown so much through, just because I've worked at Aspire I always say it's my first big-girl job too, but I just feel like I've learned and grown a lot through all the roles that I've been in," Guy says.

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Way To Go!

Lacey Adams
Valerie Anderson
Donna Barker
Lisa Birden
Shelby Bostic
Jessy Brown
Samantha Brown
Alex Coffey
Katie Cutrell
Alison Davis
Katie Dalton
Amy Duncan
Jessica Gardner
Desire'e Greer
Holli Hanna
Gwenetta Hill
Jasmine Hunter
Austin Hauptstueck
Cindy Jeske
Biliana Marcheva
Destiny McDermott
Linda Morris
Kendall Mosburg
Nancy Nolan
Sean Oatis
Melanie Obremski
Sarah Pankow
Mike Parks
Katie Pullicino
Ryan Robertson
Angela Saunders
Don Sommer
Bren Turner
Rex White
Shybrinn Williams
Jodi Wilson
Katie Wilson
Alyssa Yano Wier
Cyera Young



Aspire News

SUCCESS STORY: JESSICA

Watch Jessica's amazing story of recovery and redemption. She went from losing literally everything she had while in jail to being reunited with her children, finding a new home, securing a job and getting promoted, to recently celebrating one year of sobriety!

Welcome New Employees!

Help us welcome our staff members to Aspire Indiana Health.

Tina Coffin
Healthcare Management
Software Specialist
Administration

Dawn Curington
Medical Assistant
Indianapolis

Jason Jones
Employment Specialist
Indianapolis

Laura Pope
Housing Coordinator
Carmel

Staff Spotlight

As part of Aspire Indiana Health’s clinical training team, Kayli Wildrige helps with onboarding new employees and making sure current staff are current.

Center in downtown Indianapolis and helped with their youth program. Most recently before coming to Aspire I was a Registered Behavior Technician working with children with autism. I have always had a passion for people and teaching,

a cohesive new hire onboarding experience sharing who Aspire is, and the clients and communities we serve.

“I look forward to being able to meet new staff every two weeks and hopefully inspire them in their new positions! It’s so rewarding to be there to support the heart and soul of Aspire. I also love being able to catch

“I always cherish the moments when staff from my current or past roles reach out and check in! Sometimes my interactions with people are brief and confined to a quick couple of days in orientation, so it’s heartwarming to know that in that little amount of time I was able to connect with others.”

“I also feel rewarded when I am able to teach someone something completely new and you can see the “aha” moment when everything clicks! I strive to be a good teacher and challenge myself to think from others perspectives. So I like when that shows in my day-to-day role.”

“Last September I got engaged to my boyfriend of four years, and we are excited to be planning our future! We have two adorable (and mischievous) cats who are about 2 years old. They definitely keep us on our toes.”

“In my free time I love to read, bake, and enjoy going out to dinner or events with friends. I have a love of pottery and the process of throwing on the wheel, glazing, and understanding the firing process, but that hobby is fewer and far between to be able to participate in. I also love to relax on the couch and watch movies.”

“I have always had a passion for people and teaching, so coming to Aspire was the easiest choice I’ve made.”

up with everyone after they have been in their roles for a few weeks; Helping to fill in any gaps or provide feedback on how to complete workflows is very rewarding in my day to day. I am also fortunate to have a really great team that is helpful, supportive, and always willing to help out where needed!”

“I have also been fortunate in having a great support system growing up that modeled how I want to be with anyone I meet. I hope to be able to share that privilege with others and invest in their wellbeing from the moment they walk through our doors.”

so coming to Aspire was the easiest choice I’ve made!”

Kayli provides training to new hires and existing staff covering clinical functions such as Child and Adolescent Needs and Strengths Assessments (CANS) and Adult Needs and Strengths Assessments (ANSA), treatment planning, notes writing, using patient treatment software including MIX and Athena, and working with the rest of the training department to provide

received minors in counseling and psychology.

Prior to Aspire, Kayli worked as a Skills provider at another Indiana CMHC working with children in the school setting.

“We focused on improving mental and behavioral health not only in school, but in the home and with caregivers as well. I also have worked with victims of domestic violence at the Julian

As part of Aspire Indiana Health’s clinical training team, Kayli Wildrige helps with onboarding new employees and making sure current staff are current with the knowledge and tools they need to serve Hoosiers from every walk of life.

She graduated from Indiana University with a bachelors in applied health science, focus in Human Development and Family Studies. She also



Kayli Wildrige
Clinical training Specialist
1.5 years at Aspire

ONBOARDING NEW STAFF



The Top 5 **Hottest** Jobs



- 1 [Infectious Disease Prevention Case Manager - Anderson](#)
- 2 [Non Medical Case Manager - Lafayette](#)
- 3 [Addictions Therapist - Noblesville](#)
- 4 [CC/LSI - Elwood](#)
- 5 [CMA/Carmel](#)

