

ASPIRE INDIANA HEALTH OCTOBER 2022 | ISSUE 138

# Healthbeat



THE RIGHT PATH TO RECOVERY





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## ARTICLES

### Feature Article, Staff Spotlight

Christopher Lloyd, Director of Branding and Communications

## IN EVERY ISSUE

### Top 5 Hottest Jobs & Welcome New Employees

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

### Way to Go!

Mary Sharpe, Project Associate

## PHOTOGRAPHY / ILLUSTRATION

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## FIGHT NIGHT ON FOR NOVEMBER!

After a two-year hiatus due to COVID, Fight Night is on again for Nov. 10 at Primo Banquet Hall in Indianapolis!

The event includes Indiana Golden Gloves Boxing featuring local boxing talent, a 50/50 raffle, food, drinks and more. Proceeds from Fight Night benefit Progress House to support the programs and services that help make recovery and wellbeing a reality.

## LET'S DELIVER A KNOCKOUT TO ADDICTION!

[Click here for tickets and info.](#)

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# The Right Path to Recovery

## Substance Use Disorder treatment center versus residential recovery



For some, the disease of addiction may have not progressed far enough to fundamentally disrupt their daily lives. They may still be able to function in their job and personal relationships, so outpatient treatment through an Aspire health center may be the best option.

Many individuals with SUD, though, need more intense treatment and a removal from the regular environment and associations that may contribute to them abusing substances. Aspire offers different options that together form what we call the Whole Health Recovery Continuum: residential treatment, a residential recovery house and independent living.

No matter what point they are in their recovery journey, the continuum offers direct access to comprehensive healthcare services, including primary medical care, behavioral health therapy, peer support groups, Medication Assisted Treatment and more.

**Mockingbird Hill Recovery Center** is an SUD treatment center for men that opened in Anderson, Ind., about 18 months ago. **Progress House** has been

around for more than 60 years and is Indiana's oldest and largest recovery residence. **Next Step** consists of apartments and rental homes available for Progress House graduates who want to remain connected to services.

This innovative approach to addressing addiction, which has been called "a model for Indiana and the nation" by the office of the White House drug czar, came about as a joint effort of Progress House and Aspire Indiana Health, which led to the two non-profits consolidating in 2019.

Already, there are clients who started their recovery at Mockingbird Hill, moved on to Progress House and then to Next Step. Others may have started or completed their treatment at the most appropriate level for their disease.

What Aspire has found is that applicants to Progress House often would be better served at Mockingbird Hill. While both are residential recovery facilities, their operations and services are quite different. Understanding that difference is important to people receiving the best treatment possible.

At Mockingbird Hill, residents receive high-intensity programming

seven days a week. They often arrive after only recently ceasing active substance use, and can still be physically ill for up to 10 days after admission. Their neural pathways are clogged and jumbled, which can take a minimum of 30 days to resolve; they're feeling foggy and not always clear in their thinking.

At a residential treatment center like Mockingbird Hill, staff are available 24 hours a day, from



onsite clinical providers (medical and behavioral health) to support staff who help patients get the attention and guidance they deserve with basics like getting out of bed and following their daily schedule, attending events and group sessions, and helping them process or regulate their emotions.

At Mockingbird Hill, residents receive high-intensity programming

Residents at Mockingbird Hill often have medical issues in addition to their SUD, which may or may not have been previously diagnosed. This can include mental illness, infectious disease like Hepatitis C, diabetes and other common challenges.

Stays at a residential treatment center like Mockingbird Hill typically run 27 to 45 days, with the goal of getting the patient stabilized in their cessation of substance use and teaching them the practical and emotional tools they will need for long-term recovery. It is only at this point that someone is ready to move on to a residential recovery residence like Progress House.

Although Progress House, located near Downtown Indianapolis, boasts the same 24/7 staff and comprehensive healthcare services, residents are allowed a great deal more independence. They are expected to hold a job or be in training to get one.

At this stage in their recovery journey, residents are finished with feeling ill from drug use and withdrawal. Their thinking is clearer and their neural pathways are beginning to heal. Their emotions are better regulated



The first, hardest step in getting help for substance use disorder (SUD) is admitting to yourself and others that you have a problem. There is still a great deal of stigma surrounding addiction, though Aspire Indiana Health and other providers teach that asking for help is an act of courage.

The next step, though, can also be difficult: where do I go to get the help I need?

The reality is the answer isn't the same for everyone. Just as no two people with the same disease or mental health diagnosis receive the exact same treatment plan, the path to recovery is different for everyone.



and any concurrent medical issues are being addressed. They are also expanding their self-awareness and seeing themselves as part of a larger community.

In short, while Progress House residents still have access to medical care, therapy, peer support and case management, they are transitioning to more community support and less reliant on staff support as they continue moving toward self-sufficiency.

Stays at a residential recovery home can last anywhere from a few months to a couple of years. At some point residents may choose to move on to Next Step or other transitional housing options while still remaining a



part of Progress House, attending meetings and receiving healthcare services.

As you can see, the difference between residential treatment vs. a recovery residence is quite profound – analogous to the distinction between a nursing home (24/7 care) vs. an assisted living facility (semi-independent living).

Wherever they begin their recovery journey, what’s most vital after someone recognizes that they need help is determining where they need to go to receive it. The Whole Health Recovery Continuum is designed to provide comprehensive, clinically based services at whatever entry point they begin their trek toward stable, long-term sobriety. ■

While the Aspire/Progress House recovery continuum currently only serves men, plans are progressing to establish similar facilities for women. There is also discussion about how to best accommodate gender-nonconforming individuals.

PROGRESS HOUSE WINS NATIONAL INNOVATION AWARD

*Please watch this video to hear from our leaders, clients and community partners to learn more about how we continue to innovate new thinking about fighting addiction and saving Hoosier lives.*



Progress House has been named a winner of the first-ever Behavioral Health Recovery Innovation Challenge by the federal Substance Abuse and Mental Health Services Administration (SAMHSA), one of just 10 across the nation out of 350 nominees and the only innovator recognized in Indiana.



STAND UP FOR KIDS!

It was another great year for Stand Up for Kids! We raised a lot of laughs – and generous donations – for Kids Talk Child Advocacy Center.

Thank you to everyone who attended or supported the event, and see you next year.



Comedian Joe Deuce



Paramount Theatre ballroom in Anderson, IN



Kids Talk staff members left to right: Jailynn Figueroa, Becky Oldham, Amy Bounds, Julie Coon and Denise Valdez



# Employee Spotlight

Staci Johnson knows first-hand the heartbreak of addiction, and the stigma felt by both those who abuse substances and their loved ones.



She lost her father, brother, cousin and several other loved ones to overdose deaths. That’s a big part of why a career spent in various parts of the social services field – including as a job coach, para-educator and working in a juvenile treatment facility – led her to becoming a Recovery Coach with Aspire Indiana Health, working largely with outpatient populations in Madison County.

“My heart and soul is about raising awareness to destigmatize all that comes with death by addiction. We need to always



Staci Johnson, Recovery Coach  
3 years with Aspire

remind others this disease is not biased or discriminatory, and that those who have lost their lives to it were people who were loved and cherished,” Johnson says.

“Overdose is rising dramatically in our state and more awareness needs to be brought to help stop this terrible trend.”

So when a need arose for someone to oversee the Madison Overdose Awareness Day events, Johnson jumped at the chance. The event, held Aug. 31, helped educate the community about the prevalence of drug

overdoses and resources to get treatment, whether on an outpatient basis or at a dedicated facility like Anderson’s Mockingbird Hill Recovery Center.

Johnson said organizing the event from the ground up was a big challenge, but the positive response was worth it. “I really wanted this year to center around love. Love is such a healing force and I think the more broken one is, the more love is needed to bring about motivation to change.”

She received her bachelor’s degree in criminal justice, with a focus on psychology. Johnson has been certified by the Co-Active Training Institute and also is credentialed to work with patients with traumatic brain injuries (TBI) and on those with Autism Spectrum/ Sensory Processing Disorder.

Johnson cherishes the success stories she sees and participates in every day. In particular she recalls a client who came out of prison after a lengthy sentence for blowing up a meth lab. He felt broken

## Annual Madison County Overdose Awareness Event

Courage Strength  
Love  
Faith Hope  
Forgiveness  
Mercy

**August 31st (National Overdose Awareness Day)**  
**5:30pm - 7:30pm**  
**Anderson First Church of Nazarene Community Center**  
**(2324 Jackson St., Anderson, IN)**

an aspire company

Indiana Health

Recovery Center

of Anderson

2830 N. Broadway, Anderson, IN

The balloons that will be released are biodegradable.

**“I really wanted this year to center around love. Love is such a healing force and I think the more broken one is, the more love is needed to bring about motivation to change.”**

— Staci Johnson

substance use disorder each and every day.

“I look forward to helping plant the seeds of hope and love into others who desire to heal and change their lives.” ■

and lacked hope, but after working with Johnson and the Aspire team he now has more than three years of sobriety.

He mentors others now with the encouragement of his parole officer, regained custody of his children and even volunteers with children disabled by deadly accidents like the one that sent him to prison.

“It’s such a fulfilling full circle story that proves people can truly change!” she says.

In her non-work life, Johnson enjoys spending time with her children, watching them grow in their hobbies and interests. She is active in her church and in the local recovery community.

Having faced so much personal loss and seen it experienced by others, Johnson is committed to fighting



# Indianapolis health center celebrates

On Sept. 21 Aspire Indiana Health celebrated the “official” dedication of its refurbished Indianapolis health center.



left to right: Rep. Greg Porter, Aspire President & CEO Barbara Scott, Lt. Gov. Suzanne Crouch, Hon. La Keisha Jackson



Indiana Lt. Gov. Suzanne Crouch and many other state and local dignitaries helped recognize the occasion with a ribbon cutting and open house.

The \$2.5 million project included the purchase of the building at 2506 Willowbrook Parkway and complete renovation of the first floor and addition of a pharmacy. The second and third floors will eventually undergo upgrades as well with the potential for additional services. ■





# Welcome New Employees!

**Regina Casey**  
Staff Nurse, Community Based  
ACT  
Carmel

**Jasmine Clark**  
Wraparound Facilitator  
Carmel

**Emily Emery**  
Master’s Level Staff Therapist  
Indianapolis

**Madelyn Feltz**  
Care Coordinator/Life Skills  
Instructor—Youth & Family  
Noblesville

**Jailynn Figueroa**  
Victim Advocate  
Kids Talk

**Brian Fischer**  
Residential Recovery Technician  
Mockingbird Hill

**Carol Franklin**  
Manager, Residential Recovery  
Services  
Mockingbird Hill

**Mechelle Gilliland**  
Patient Access  
Specialist  
Indianapolis

**Sara Grady**  
Employment Specialist  
Carmel

**Marianna Guerrieri**  
License Eligible School Based  
Therapist  
DeHaven

**Mark Harrison**  
Masters Level Staff Therapist  
Indianapolis

**Krystel Hesse**  
Residential Recovery Technician  
Mockingbird Hill

**Shad Hill**  
Care Coordinator/Life Skills  
Instructor  
Carmel

**Baileigh Hofer**  
Life Skills Coach—SGL  
Hartung

**Joiceann Janes**  
Care Coordinator/Life Skills  
Instructor—School Based  
DeHaven

**Terricka Johnson**  
Certified Medical  
Assistant  
Lebanon

**Adrianna Johnson**  
Patient Access  
Specialist  
Indianapolis

**Marcos Navarro Garcia**  
Manager, EE  
Engagement &  
Experience  
Administration

**Bradrick Peak**  
Residential Recovery Technician  
Mockingbird Hill

**Joseph Persinger**  
Care Coordinator/Life Skills  
Instructor—Youth & Family  
Noblesville

**Kaitlyn Redd**  
Care Coordinator/Life Skills  
Instructor  
Elwood

**Ashley Risch**  
Certified Medical  
Assistant  
Hoak

**Staphany Santana**  
Community  
Engagement  
Coordinator  
Indianapolis

**Michelle Smith**  
Patient Access  
Specialist  
Madison-Grant Schools

**Meredith Soper**  
Master’s Level Clinical Intern  
Noblesville

**Bradley Thomas**  
License Eligible Crisis Therapist  
Carmel

**Katrina Tinsley**  
Bachelor’s Level  
Clinical Intern  
Noblesville

**Robert Wamser**  
Employment Specialist  
Carmel

**Aniyah Williams**  
Life Skills Coach—SGL  
Hartung

# The Top 5 Hottest Jobs



- 1 [CMA Carmel](#)
- 2 [Patient Access Specialist](#)
- 3 [Recruiting Specialist](#)
- 4 [Direct Care Staff Indianapolis](#)
- 5 [Direct Care Staff Hartung](#)



|                  |               |
|------------------|---------------|
| Valerie Anderson | James Janes   |
| Janet Bazzell,   | Staci Johnson |
| Lisa Birden      | Debbie Klein  |
| Kara Bogue       | Linda Morris  |
| Felica Hester,   | Michael Parks |
| Shad Hill        | Katie Wilson  |
| All of Intake    |               |