

Healthbeat



THE DMHA SURVEY RESULTS ARE IN



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

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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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DMHA Survey Results

by Christopher Lloyd



Aspire Indiana Health recently received the results of its annual survey of patients by the Indiana Division of Mental Health and Addiction (DMHA), a key oversight agency. It showed significant upticks across the board in respondents.



"We saw improvement in every category this year, which is just amazing!" says **Beth Eiler**, Vice President, Behavioral Health Services. Results from adult patients improved more than minors, though the latter is a much smaller sample size.

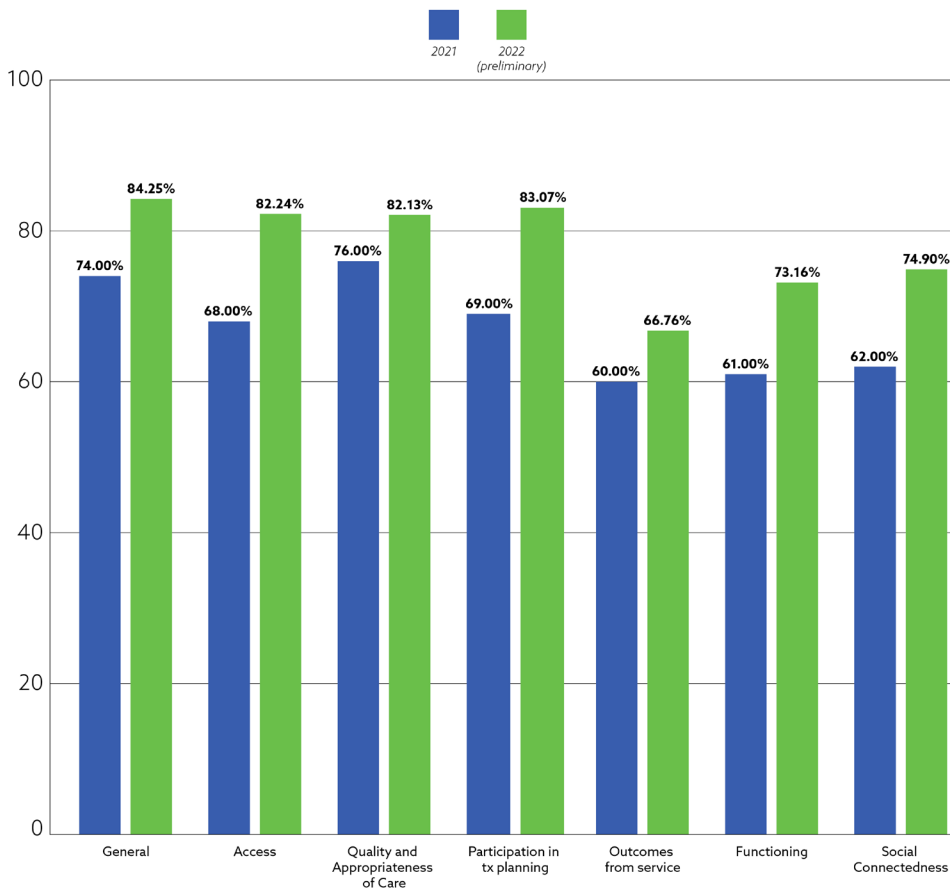
The survey was conducted in September for all chartered Community Mental Health Centers (CMHCs) in Indiana, including Aspire, and asks patients to rate various aspects of the services they've received. Overall, more than 84% "agreed" or "strongly agreed" that their experience was positive, an increase of more than 10% over the previous year.

Aspire saw a downturn in their DMHA results during the COVID pandemic. We are still waiting on comparative results with other CMHCs, but leadership is hopeful they will result in Aspire moving up in rankings.



Jim Skeel, Information Officer, said that addressing patient satisfaction has been a major focus over the last couple of years.

"We refocused on patient experience last spring and summer with concentrated efforts by the specialty behavioral health clinical teams, and created dedicated activity through our 2023 fiscal year annual plan," Skeel says. "These results provide objective feedback that our efforts are working and are resulting in a more satisfactory experience for the people we serve." ■



Employee Spotlight

by Christopher Lloyd



Brian Fischer, Residential Recovery Technician, Mockingbird Hill Recovery Center



Brian Fischer is easy to spot in any room – a big guy with a beard and glasses, lots of tattoos, usually with a huge smile playing across his face.

Though cultural attitudes are changing, there can still be a stigma against people with tattoos. For Brian, it wasn't just a lifestyle but a vocation.

He apprenticed as a tattoo artist in 2002, worked his way up in the craft and opened his own studio in Anderson 13 years ago. It was and continues to be a successful business.

But he found the life was contributing to his substance use disorder. Brian had struggled with alcohol for more than 20

years. His family had encouraged him to get sober, and he made several attempts at treatment. But the tattoo shop was always bringing in money, and the easy access to liquor was tempting.

After a fourth stint at a treatment center, Brian has been sober now for some time. He made the difficult decision to retire from tattooing, keeping his studio but turning over the day-to-day business operation to employees. He wanted to remove himself from the environment where his substance abuse was being enabled, which was a good thing. But it also led to a lack of purpose, struggling with depression and needing a direction in life.

At the suggestion of his sponsor, Aspire Peer Specialist Mark Ake, Brian applied for and was hired as a Residential Recovery Technician at Mockingbird Hill Recovery Center last fall. It's been a life-changing event for the positive.

"It has been the best decision I've ever made in my life," Brian says. "Not only has it given me purpose, but it's giving me a new

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passion to help others in a place where I struggled so much.

“Since I started in September, my life has changed dramatically. My fiancé and I have since closed on our new home, and my life has completely done a 180. I couldn’t be more grateful for the opportunity that Aspire has given me and the new lease on life I have received.”

Brian has three children ranging in age from 6 to 21, and also has a 22-year-old stepson. Justin Furstenfeld, the lead singer for

his favorite band, Blue October, has long been an inspiration with his transparency about his own addiction and depression journey. In his spare time, Brian still loves to create art, and is also passionate about the outdoors, boxing and mixed martial arts sports.

Having arrived at a place where he is accepting of his failures and his faults — and striving to build something positive out of them — Brian is mapping out the rest of his career in the recovery community. In March, he will

begin studies at Indiana Wesleyan University to obtain a Life Coach certification. After that, he plans to complete a bachelor’s degree in addiction counseling.

“I hope to retire with Aspire and change as many lives as I can in the process,” Brian says. “One of the things I am working on is giving myself credit when I’m doing good, and right now I am more proud of myself than I’ve been in my entire life!” ■

The Top 5 Hottest Jobs



- 1 [Direct Care Staff](#)
- 2 [Life Skills Coach/Direct Care Professional](#)
- 3 [FQHC Therapist](#)
- 4 [HR Generalist 1](#)
- 5 [Manager People Operations](#)

ALL.

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

Aspire Events

by Maggie Spitznogle



Who doesn’t love a great day on the golf course?

Lucky for you, Progress House’s annual golf outing is just 5 months away!

Gather a group of your best golf buddies and come enjoy a great day of golf, and support Progress House’s amazing mission and accomplishments. So many lives have been changed for the better with the help of Progress House’s recovery tools and your support. Save a spot on your calendars for the morning of

Thursday, May 18th, 2023 at Plum Creek Golf Club in Carmel. Exact times have yet to be determined. We are excited to see you there! ■



We are excited to announce...

our first ever 5K & 1 mile run/walk in support of InSHAPE, our fitness and nutrition program designed for individuals experiencing serious mental illness!

Come join us for this family friendly, SUPERHERO themed event at Conner Prairie, Saturday April 22nd! Fun activities for kids, refreshments for all, group stretching and warm up activities await participants in the timed 5k run/walk and those enjoying a 1 mile walk through Conner Prairie’s historic grounds. Grab your super suits and capes and come get your fitness on! ■

Welcome New Employees!

Sarah Bales Medical Assistant Hoak	Brandy Greene Supervisor Home & Community Based Services Carmel	Mariah Ramer License Eligible School Based Therapist Elwood
April Bell Accounts Receivable Representative Administration	Lydia Hillebrand Non-Clinical Internship Hoak	Jennifer Rodriguez Certified Medical Assistant Hoak
Jacqui Cook Master's Level Clinical Intern Progress House	Michelle Johnson Life Skills Instructor Adult Home & Community Based Services	Andrew Saunders License Eligible Addictions Therapist Mockingbird Hill
Sandy Corbin Manager, Insurance Credentialing Administration	Carol Krueger-Brophy Master's Level Clinical Intern Noblesville	Estelita Seaton Bachelor's Level Clinical Intern Noblesville
Amber Dale Master's Level Clinical Intern DeHaven	Taliah Lax Bachelor's Level Clinical Intern Indianapolis	Jan Showalter Infectious Disease Prevention Case Manager Muncie
Kelsey Dunn Care Coordinator/Life Skills Instructor May House	Felicia Lee Certified Medical Assistant Lebanon	Margaret Simpson Master's Level Clinical Intern Noblesville
Robert Durbin Support Services for Veterans & Families Case Manager Carmel	Peggy McCoy-Gray Life Skills Instructor Adult Home & Community Based Services, Marion County Willowbrook	Leah Stark Master's Level Clinical Intern Noblesville
Corinne Edgerton Patient Access Specialist DeHaven	Yvette Moran Medical Assistant Indianapolis	Shea Temperly Crisis Care Coordinator Carmel
Emma Engel Psychiatric Nurse Practitioner Indianapolis	Trenton Nobbe Bachelor's Level Clinical Intern DeHaven	Keana Thompson Master's Level Clinical Intern Noblesville
Christian Gaspard Maintenance Technician Facilities	Jessica Priebe Care Coordinator Life Skills Instructor Youth and Family Noblesville	Jeanette Whitehead Patient Access Specialist Indianapolis

Aspire News

DR. WILLIAM COOKE
TO SPEAK FEB. 10

PARAMOUNT THEATRE
ANDERSON, IN

PRESENTS: Dr. William Cooke

In 2015 in Scott County Indiana, Dr. William Cooke found himself in the front lines of the HIV/HepC Opioid epidemic — the worst outbreak in the history of rural America.

Join us for this **free event** to hear his story about facing the health crisis and how the battle for a small community turned to hope and increased healthcare access regardless of social status.

February 10, 2023
Paramount Theatre, upstairs ballroom, Anderson IN
5:30 PM to 6:15 PM
Networking, Resource Fair and light refreshments
6:15 PM to 7:15 PM
Dr. William Cooke presentation
7:30 PM to 8:00 PM
Raffle drawing, doors close

TWO NEW DEAF SERVICES ADS TO RUN ONLINE

Do you need therapy?
We can help.
(877) 574-1254

We're here for you.

(877) 574-1254

www.AspireIndiana.org



HARP RENEWED FOR TWO YEARS

Thank you to Madison County Commissioners for extending the Harm Reduction Program (HARP) for two years! The vote was unanimous and there were no objections from the community.

This program is a key support for some of the most vulnerable Hoosiers who are actively using substances and are at risk for HIV and hepatitis C. Many enter treatment as a result of HARP.

[LEARN MORE](#)



- Isiah Campbell
- LaSheena Dysart
- Melina Griffin
- Amber Gordon
- Kristy Hadfield
- Michael Lyons
- Logan McDaniel
- Stephanie Rayl
- Ryan Robertson
- Michael Smith
- Michelle Smith
- Evan Ware
- Marlena Washington
- Clay Waterman
- Katie Wilson



ASPIRE NAMED BEST-IN-CLASS EMPLOYER

Aspire Indiana Health has earned a best-in-class employer citation from Gallagher for its strategic investment in benefits, compensation, retirement, and employee communication. Gallagher is one of the top benchmarking surveys for benefits strategy

A BIG thank you to the following people that led this effort:



Tracey Jones, Manager of Compensation and Benefits



Christopher Lloyd, Senior Director Marketing & Communications



Personnel Committee & Finance Committees – Board of Directors



Tim Crockett, Financial Officer



Barbara Scott, Executive Officer