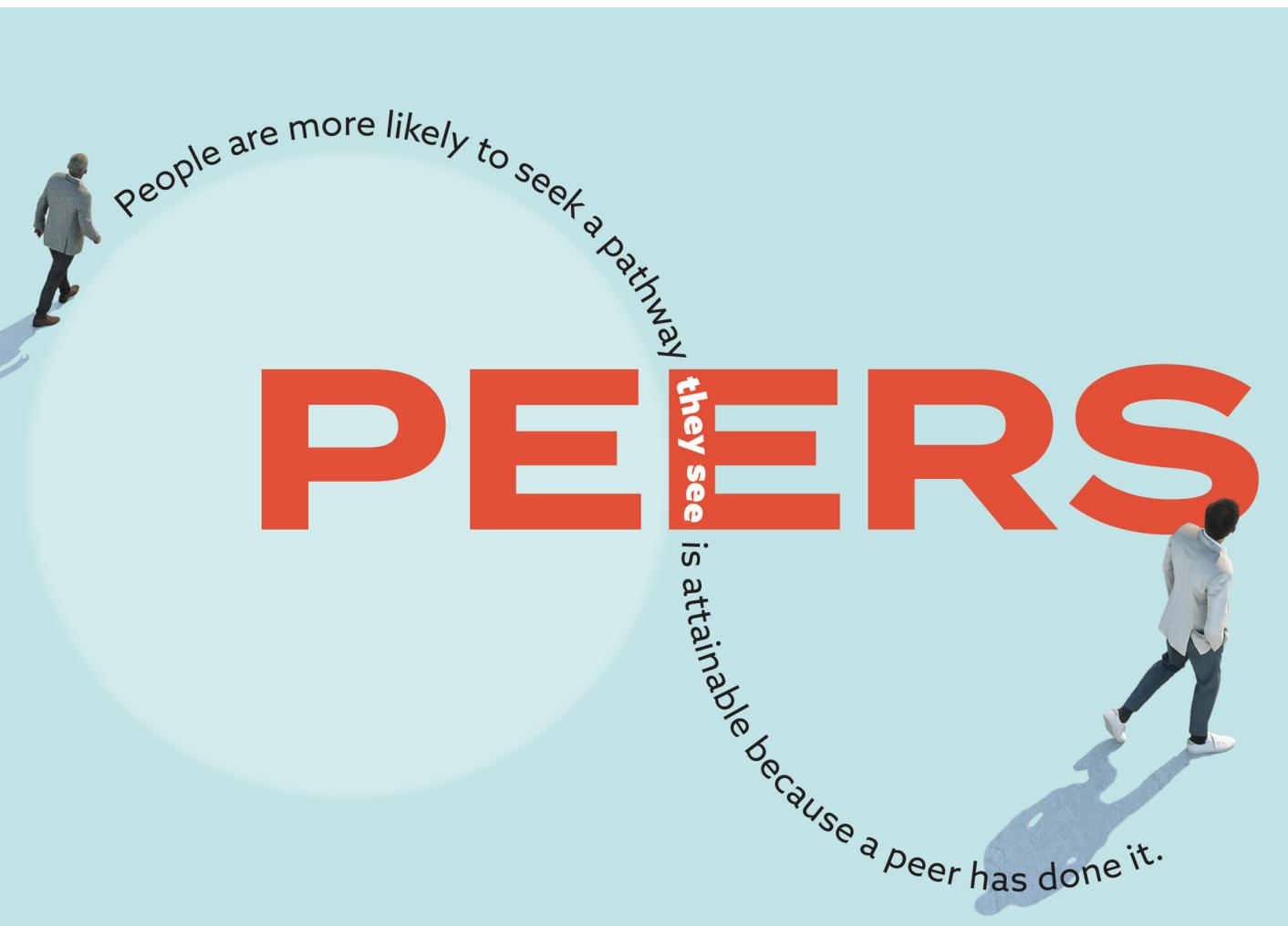


Healthbeat



A NEW HORIZON FOR SUBSTANCE USE TREATMENT



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

Feature Article, Inside Aspire

Christopher Lloyd, Senior Director of Branding and Communications
Cover design: Cheryl Berry, Marketing Multimedia Artist
Video and Photo – Inside Aspire: Ben Rose, Multimedia Content Producer

IN EVERY ISSUE

Aspire Events

Maggie Spitznogle, Special Events Associate
Photos: Ben Rose, Multimedia Content Producer

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Christopher Lloyd, Senior Director of Branding and Communications

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

iStock by Getty Images: cover, pages: 5, 6, 9, 16. All stock photography posed by models.

Ben Rose, Multimedia Content Producer: pages 8 - 13.
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A new horizon for substance use treatment

By Christopher Lloyd

For decades, the treatment of substance use disorder (SUD) was viewed like other healthcare services, focusing on the short-term clinical aspects of addiction but not encompassing the long-term importance of social factors and peer support.

Much has changed over the intervening years, and a new horizon is arriving in which doctors, therapists and other clinicians are incorporating social recovery into the codification of their treatment criteria.

The American Society of Addiction Medicine (ASAM) was founded in 1954 and today represents more than 7,000 physicians, clinicians and credentialed professionals in addiction. Their [criteria for levels of care](#), first published in 1991, has become the gold standard for the industry. The current scale ranges from 0.5 for prevention and early education up to 4.0 for intensive inpatient treatment, usually hospitalization after an overdose or other crisis event.

Later this year, a new ASAM scale will be adopted that is more holistic and incorporates recovery support services. Letters will be used instead of

numbers for simplicity and clarity — S for supervised and M for monitored care, for example. For the first time, it will also include peer coaches and recovery specialists in the treatment planning. These are non-clinicians who have deep experience in the recovery field and often have struggled with SUD themselves.

Indiana Health, was involved in drafting the new ASAM criteria. He also serves as President of the National Alliance for Recovery Residences (NARR), a nonprofit association of 4,500 recovery houses where more than 35,000 people in recovery live across the U.S.A.

Studies have shown that people with SUD receiving medical and/

“Medical professionals now see the benefit of utilizing people with lived experience to increase the patients’ recovery capital, which in turn has increased success rates,”

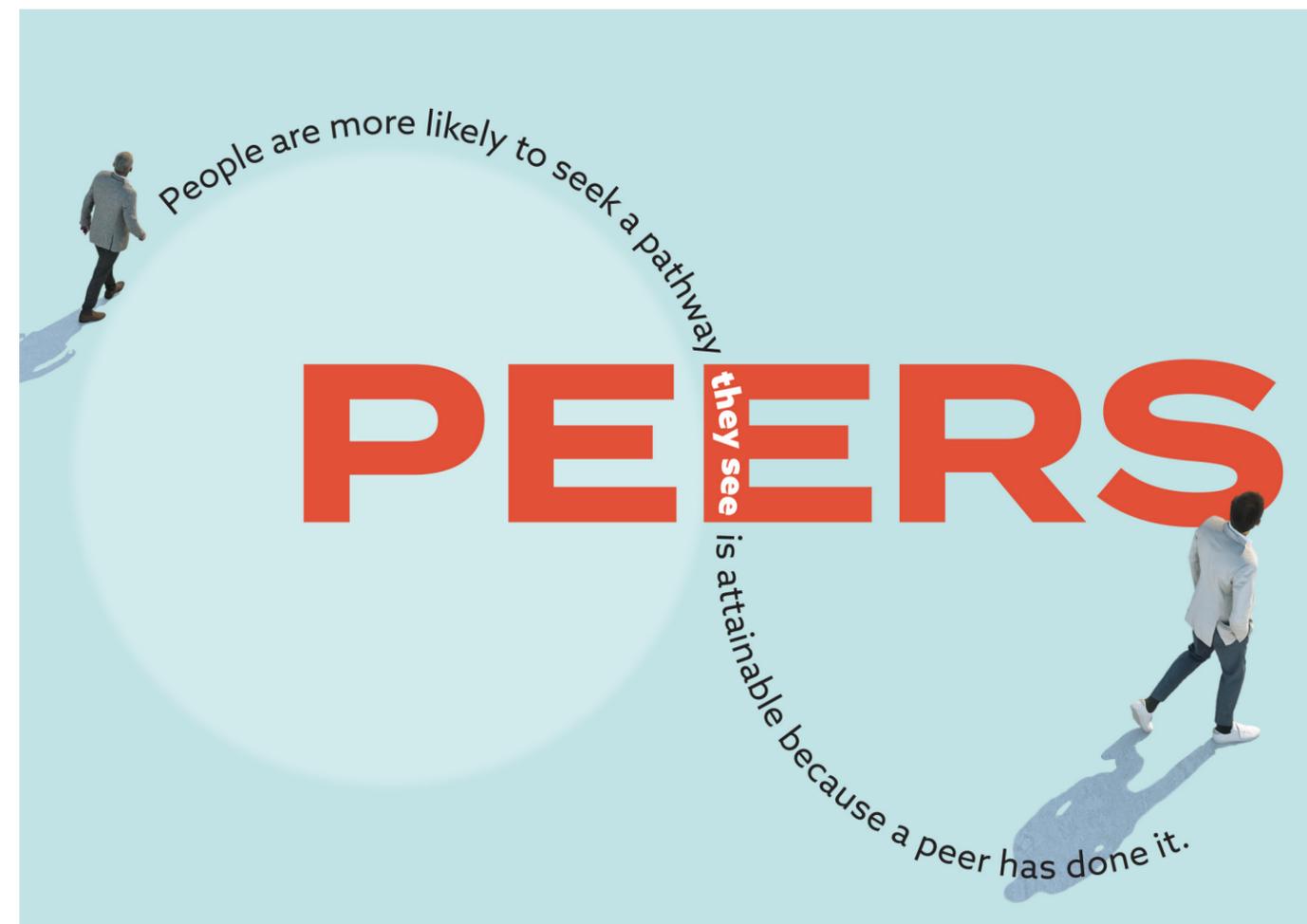
— **Darrell Mitchell**

Vice President of Recovery Communities for Aspire Indiana Health



Darrell Mitchell, Vice President of Recovery Communities for Aspire

or mental health services alone weren’t doing well, Mitchell says. Success rates for completion of programs was low and relapse was high. But the data shows they do much better when



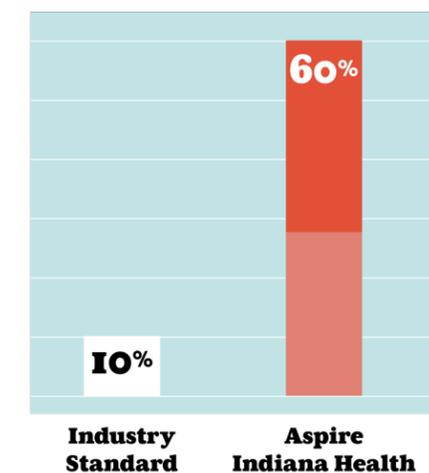
surrounded by others who have walked down the same addiction path they did.

“Medical professionals now see the benefit of utilizing people with lived experience to increase the patients’ recovery capital, which in turn has increased success rates,” he says. “About three years ago, ASAM and NARR began talking about bundling services to include recovery residents into treatment planning.”

Industry standards generally indicate less than 10 percent success rate for long-term recovery upon initial treatment,

Mitchell says. Aspire recovery facilities, which incorporate social recovery and peer support at every level, have increased from 28% success rate — already

Success Rate



well above the national standard — to 60 percent, which are extremely encouraging results.

Aspire uses a model it calls the Whole Health Recovery Continuum, incorporating a broad array of healthcare and social support services including onsite medical and behavioral professionals. The continuum includes the Mockingbird Hill Recovery Center, Progress House recovery residence and Next Step transitional apartments. Residents at all these facilities engage in extensive peer-to-peer interactions, from support groups and mutual aid meetings to individual sponsorship.

“Peer-based services have been widely studied and show highly effective, positive outcomes,” says Beth Fisher Sanders, Founder and CEO of Hope Recovery Services and a 35-year expert in the recovery field. “Peers are relatable helpers with the same experience for which individuals seek help. They provide hope and a pathway to healing through their lived experience, rather than authoritative directives.

“People are much more likely to seek a pathway they can see is attainable because a peer has done it rather than simply adhere to a prescribed pathway based on clinical advice of what ‘should’ be done.”

The new ASAM criteria has already been through final review and will be published in the second half of 2023. Mitchell will be recognized as one of the authors.

“For me this has been extremely gratifying and humbling because I’m able to contribute to criteria that shapes how recovery support services are delivered and reimbursed across the country,” Mitchell says.

Sanders says the new criteria defines what recovery support services look like — peer services, recovery residences,

recovery community organizations — and confirms their importance in a comprehensive continuum of care to facilitate recovery. Their inclusion should help open a previously restricted spigot of reimbursement for these services through traditional and government-backed insurance.

The new ASAM rules are just part of the ongoing sea change in how the U.S. responds to the specter of addiction.

To address the spike in overdose deaths that began during the COVID pandemic, Congress passed the Excellence in Recovery Housing Act in late 2021, which promotes the availability of high-quality recovery housing through the federal Substance Abuse and Mental Health Services Administration (SAMHSA), working in conjunction with state agencies to establish standards and best practices.

“For the first time, we have recovery housing language on the federal books,” says Mitchell, who also had a hand in drafting the legislation.

Another important development is [I-STARR](#), a national recovery housing and support research advisory board that was funded by the National Institute of Mental

Health. Their project team of leading recovery and housing experts, researchers and biostatisticians is working with NARR and other groups to develop training webinars for non-clinical recovery staff and help identify funding and research needs for the recovery field. Mitchell serves on the I-STARR advisory board.

For too long, recovery leaders like Mitchell and Sanders say the treatment of addiction has been siloed in the healthcare industry, regarded as a condition requiring ‘acute’ care — intensive, short-term treatment — rather than a ‘chronic,’ persistent disease necessitating an ongoing continuum of care. Acute treatment for SUD was funded, whereas chronic services were not.

Now, a new day has arrived in which clinicians are embracing the proven track record of a continuum of care that incorporates a holistic approach to treatment encompassing a range of healthcare disciplines and social support structures. Aspire is proud of the role the organization, through Mitchell’s efforts, is playing in this innovative recovery work.

“It is a long time coming, and I am so glad to see a shift from a long-standing acute model to chronic care — reflecting the chronic nature of the disease and the time needed to treat and heal it,” Sanders says. ■

Barbara Scott receives the Sagamore of the Wabash award



By Christopher Lloyd



At the recent conference of the Indiana Council of Community Mental Health Centers, Aspire President & Executive Officer Barbara Scott was presented with the Sagamore of the Wabash award – the highest civilian honor bestowed by the state of Indiana. Lt. Gov. Suzanne Crouch and other dignitaries were on hand to present the award, which recognizes her many years as a public health leader and advocate.

Scott was also given a camping chair – a joking nod to her coming retirement this summer. Congrats, Barb!



Inside Aspire

By Christopher Lloyd

Jacinta Dallas, Life Skills Coach
17 years with Aspire



One of the less-publicized parts of Aspire Indiana Health's mission is operating a number of group homes for Hoosiers with serious mental illness (SMI). To protect their privacy, the nonprofit healthcare provider does not disclose their location or identify residents.

The people who work at the group homes experience the highest levels of personal rewards in helping some of

the most vulnerable clients, but also tension and burnout. As a result, employee turnover tends to be high.

Jacinta Dallas is a standout exception. Though she herself took a 2-year hiatus from the group homes, she has been employed there for a total of 17 years. She currently works as a Life Skills Instructor at Hudson House in Anderson, Ind.

"There is no more joy than to see our clients reach their goals and see the gratification on their faces when they do so," Dallas says. "Through my years here I can say I have seen some success stories for our clients who have thrived after being in a group home.

"And when or if they lapse, we are here to help them find their way again. That is what keeps me coming back. I love to help



"There is no more joy than to see our clients reach their goals and see the gratification on their faces when they do."

— Jacinta Dallas

them. And in helping them, I learn something new every day."

Dallas holds a bachelor's degree in business administration/management from Ball State University. Prior to coming to Aspire, she worked for The Herald-Bulletin, Anderson's hometown newspaper, for two decades in a variety of roles including staff accountant, dispatcher and circulation supervisor.

A day in the life of an LSI can include both the mundane and the inspirational. Sometimes residents have to be encouraged to get out of bed, take their medication and meals, or

interact with the staff or other residents. They play games, work together to cook meals and clean the house, read, watch television and live almost as a family unit.

Dallas some of her favorite days are excursions into the community with the residents.

"We enjoy taking them to shops, parks, eating fast food and even reservation restaurants from time to time. During these outings we find opportunities to coach our clients on life skills they will need to be able to live out on their own if that is one of their goals," she says.

For some residents, the group homes are a transitional place where they learn skills to live independently or as part of a family unit or collaborative. Others might live there for years as they receive comprehensive healthcare services including primary care, behavioral health therapy and support services. These are complex individuals capable of happy, fulfilling lives who might otherwise have been consigned to long-term institutionalization in the past.

Outside of work, Dallas stays busy with her husband of 20 years, Melvin. They have five children and six grandchildren, and are a big sports family

both as watchers and athletes, especially football and track and field. "I was a runner in high school and college, and track taught me how to push myself and persevere."

She is also busy with her church, serving as board member and secretary, member of the usher board, volunteering with the food pantry and singing on the praise team. ■



- Paul Braeger
- Jessy Brown
- Donna Carrico
- Bob Coykendall
- Larry Davenport
- Kerri Firestone
- Yvette Howes
- James Janes
- Carol Krueger-Brophy
- Hannah Kummer
- Ashley Mahmoud
- Monique McMurren
- Sandy Mundy
- Kaitlyn Redd
- Zac Schenetzke
- Debbie Shelley
- Kathy Stewart
- Shea Temperly



Aspire Events

by Maggie Spitznogle | photos by Ben Rose

Up, up and away with 1st InSHAPE 5k!

Thanks to everyone who participated in last month's first-ever InSHAPE 5k Fun & Run fundraiser event! Turnout was even better than expected and everyday superheroes showed their colors to support fitness programs for Hoosiers with mental health illness. Looking forward to next year!





Reserve a spot in your calendars for a fun Friday night out at the polo field this summer! Progress House is hosting their annual Polo at Sunset event again on Friday, August 4th, 2023 at Hickory Hall Polo Club. This year we have been paired with Indiana Rugby to create the best experience possible for all of our guests. Come enjoy a great polo match, games, raffle, silent auction, and more! This event is great for kids and people of all ages! More information and pre-admission will be available at a later date. We hope to see you there!



Come join us for a laugh at this year's Stand Up For Kids event in support of one of Aspire's beloved programs, Kids Talk. Kids Talk is a child-focused program that allows children to report abuse in a safe and comforting environment. This year's annual stand-up comedy event is going to be held on September 9th. Mark your calendars for this fantastic night filled with great comedy, delicious food, and support. More details to come! ■





Aspire News

By Christopher Lloyd

MARKETING GROWTH



The Aspire marketing team is pleased to be growing! Joining us in just the last few weeks are **Ben Rose**,



Multimedia Content Producer; **Brandi Caplinger**,



Digital Marketing Coordinator; and **Alyssa Seifert**,

Marketing Intern. Welcome all!

PIVOTAL LEADERS

The 2023 class of Indy's Most Pivotal Leaders has been announced, and Aspire Indiana Health is proud to have two employees included!



Congrats to **Kaitlyn Ervin**, Director of Service Entry, and



Marlena Washington, Director of HUD/Rental Assets.

Those selected as Most Pivotal Leaders enjoy an exclusive workshop hosted by Open Pivot that inspires, connects, and refuels emerging and established leaders.



RECYCLING EVENT PROMOTES ENVIRONMENTAL WELLBEING

This spring, Aspire Indiana Health held its 2023 Tech Recycling Event at the administration building in Noblesville, coordinated by the Wellbeing team as part of their efforts to promote environmental sustainability.

More than 2,000 pounds of materials were collected – more than three times what we did in 2022! 100% of the tech collected will be recycled.

Thanks to everyone who participated or volunteered!

Welcome New Employees!

Shanae Alexander

Scheduler - Patient Access
Carmel

Tanya Baker

Senior Director, Quality
Administration

DaMarcus Ballance

Front Desk Associate
Progress House

Sara Barton

Crisis Peer
Specialist-Crisis
Carmel

David Baylor

Grant Compliance Technician
Administration

Sydney Bebar

Master's Level School Based
Therapist
Noblesville

Dr. Debra Buck

Psychologist
DeHaven

Mark Bush

Housing Outreach Coordinator
Carmel

Brandi Caplinger

Digital Marketing Coordinator
Administration

Jovany Catalan

Master's Level Clinical Intern
Willowbrook

Hannah Davis

Residential Recovery
Technician Administration

Matthew Faux

Master's Level Clinical Intern
Noblesville

Kiara Gibson

Master's Level Clinical Intern
Willowbrook

Hannah Gundlach

Master's Level Clinical Intern
Noblesville

Tanisha Hernandez

Patient Access
Specialist
Hoak

Sophie Hruskocy

Non-Clinical Intern
Hoak

Candice Jackson

NP Preceptee
Hoak

James Lamb

NP Preceptee
Hoak

Derek Lawson

Residential Recovery Technician
Mockingbird Hill

Jeana McKain

Life Skills Coach-SGL
Hartung

Monique McMurren

Accounts Receivable
Representative
Administration

Patricia McNeil

Licensed Clinical Therapist
Noblesville

Anthony Meineke

Front Desk Associate
Progress House

Courtney Moore

Nurse Practitioner - Psychiatric
Willowbrook

Daja Palmer

License Eligible School Based
Therapist
Willowbrook

Lillith Piguet

Recovery Coach
Noblesville

Megan Roller

Recovery Coach
Willowbrook

Robert Russell

Recovery Coach
Willowbrook

Alyssa Seifert

Marketing Intern
Administration

Megan Sheets

Patient Access Specialist
DeHaven

Rachel Snyder

CCBHC Project Coordinator
Administration

Rodriques Swain

Life Skills Coach-SGL
Hartung

Keana Thompson

Assessment Clinician
Carmel



Business or business casual. Up to you.

At Aspire Indiana Health, we believe great people create a great organization, and a great organization strengthens our clients' quality of life.

We offer a variety of rewarding career opportunities, from direct service to clinical and administrative support positions, with competitive pay and a strong benefits package.

- 1 Infectious Disease Prevention Case Manager**
- 2 Community Engagement Coordinator**
- 3 Patient Access Specialist - Deaf Services**
- 4 Supportive Services for Veterans**
- 5 Staff Therapist - Deaf Services**

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

Aspire
Indiana Health™