



OVERVIEW OF ASPIRE INDIANA HEALTH SERVICES



Aspire Indiana Health is a nonprofit, fully integrated “whole health” provider with wide-ranging services including primary medical care, behavioral health, substance use disorder and programs addressing social determinants of health such as housing and employment. Aspire has clinics in Boone, Hamilton, Madison, Marion and Grant counties, but our outreach programs such as infectious disease testing extend across much of Indiana.

Primary care and behavioral health services are provided in an Aspire health center, in a home, school or community-based setting as well as through Video in Person appointments over a computer or mobile device. Aspire is certified as a Federally Qualified Health Center

(FQHC) as well as an Indiana Community Mental Health Center (CMHC). We also operate group homes for adults with mental or behavioral disorders and certified recovery residences such as Progress House.

Primary care includes all the common aspects of family medicine including well checks, lab tests, prescriptions, pediatrics, elder care and more.

We also treat children and adults of all ages whose behavior and functioning has been impaired by a variety of symptoms associated with depression, anxiety, substance use, thought disorder, adjustment to trauma and loss, as well as a host of other issues.



WHAT INTEGRATED “WHOLE HEALTH” CARE MEANS

Mental health impacts our physical health and vice-versa. Because health is integrated, your provider should be, too.

Integrated Care is an approach characterized by a high degree of collaboration and communication among health professionals in both the medical and behavioral disciplines. What makes integrated healthcare unique is the sharing of information among team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient.



The integrated healthcare team includes a diverse group of members (e.g., physicians, nurses, psychologists and other health

professionals) tailored to the needs of the individual.

At Aspire, we believe that effective treatment begins with a comprehensive assessment. Your first behavioral health visit will include a scheduled assessment with a clinician specially trained to assess the problem and your first primary care visit will include a detailed review of your medical history, family history, etc. These evaluations will help to develop a personalized plan for making change to improve the identified needs.

The Aspire treatment approach to care involves a variety of clinical disciplines in order to provide a well-rounded perspective of care in which there is “no wrong door” in which to enter to receive comprehensive services. You may encounter healthcare experts including Licensed Clinical Social Workers, Licensed Mental Health Counselors, Psychiatrists, Medical Practitioners, Psychologists, Care Coordinators, Advanced Practice Nurses and others. Treatment may include services such as; Individual Therapy, Group Therapy, Family Therapy, Medication Evaluations, Care Coordination and Life Skills Instruction.

HOW TO GET HELP

Aspire Indiana Health accepts Medicaid, Medicare and most commercial insurance. We also offer a sliding-fee scale for clients who are uninsured and have health navigators to assist people in obtaining coverage.

- Appointments.. (877) 574-1254
- 24/7 Crisis..... (800) 560-4038
- Website www.AspireIndiana.org

WE HAVE HEALTH CENTERS IN THE FOLLOWING CENTRAL INDIANA LOCATIONS:

- Anderson
- Carmel
- Elwood
- Indianapolis
- Lebanon
- Noblesville