

Healthbeat



JAYVON MUHAMMAD:
SEEING YOURSELF IN THE WORK



Christopher Lloyd, Senior Director of Branding and Communications
 Cheryl Berry, Marketing Multimedia Artist
 Ben Rose, Multimedia Content Producer
 Brandi Caplinger, Digital Marketing Coordinator
 Alyssa Seifert, Marketing Intern

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Way to Go!

Mary Sharpe, Project Associate

PHOTOGRAPHY / ILLUSTRATION

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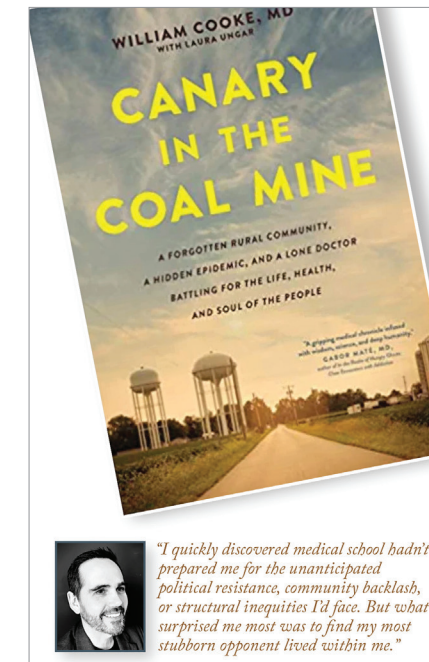
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Fight Night

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JayVon Muhammad: Seeing yourself in the work

by Christopher Lloyd



photo by Ben Rose

JayVon Muhammad knows she is not the sort of person who could take any sort of job. She has to be able to understand the impact she can have within that organization, and especially the potential to help other people improve their health and happiness.

"I have to see myself in the work," says Muhammad, who last month joined Aspire Indiana Health as its new Vice President of FQHC Services.

In this role, she will oversee all of the nonprofit's primary care operations and psychiatric services in four Central Indiana counties: Boone, Hamilton,

"I want to bring wellness wherever we go," she says. "Aspire is all about helping people live their best life."

Madison and Marion. Muhammad is a veteran healthcare executive with a passion for championing underserved populations, including as CEO with a behavioral health provider in the San Francisco Bay area and an FQHC in Lake Charles, La.

In these roles she exhibited bold leadership in pressing to expand or create services the community needed, whether or not they had previously been part of her organization's core function.

When Louisiana was hit by twin hurricanes, Laura and Delta, in 2020, Muhammad turned their clinic building in north Lake Charles into an ad hoc relief center. Truckloads of supplies, including food, generators and medicine, were brought in to keep the community going.

Fraternities, Sororities, community based organizations, and the LSU basketball team came to pitch in.

Even when Hurricane Laura damaged the clinic's roof – and Muhammad's own home was heavily damaged – she kept the clinic doors open, slept at the clinic and kept patient services uninterrupted. For this she received the Bob and Leila Macauley Humanitarian Spirit Award from Americares.

After splitting time for more than two years between her hometown of San Francisco and Louisiana, where she met and married her husband, Muhammad was ready for another big change. It meant

both of them giving up their respective hometowns and starting a new life somewhere else. Although Indiana wasn't initially on their minds, one big incentive was Muhammad's daughter moving to Indianapolis to take a job with the Indiana School for the Deaf.

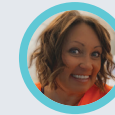
In Aspire she saw opportunities to bring a continuity of services to people that was not possible in her previous roles: family medicine, mental health therapy, recovery services, housing and employment assistance, and more.

"I want to bring wellness wherever we go," she says. "Aspire is all about helping people live their best life."

Muhammad wants to expand these comprehensive services to where they're needed most, including challenged urban populations and rural healthcare deserts. As someone who wants to be in the community she's serving, she and her husband bought a house on the Indianapolis Eastside. She plans to bring her passion for urban farming to the neighborhood, has already bought 30 juvenile chickens and talks about setting up a petting zoo for local children.

"We have to be flexible and embrace what it's like to struggle," Muhammad says. ■

Social Media Hits

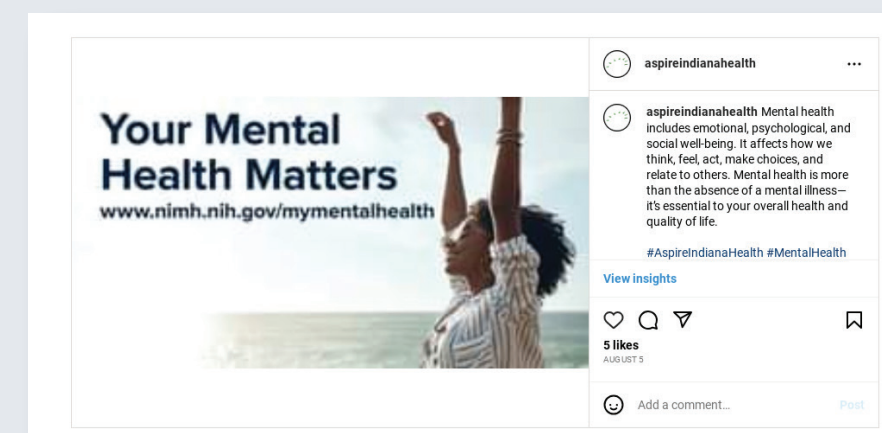
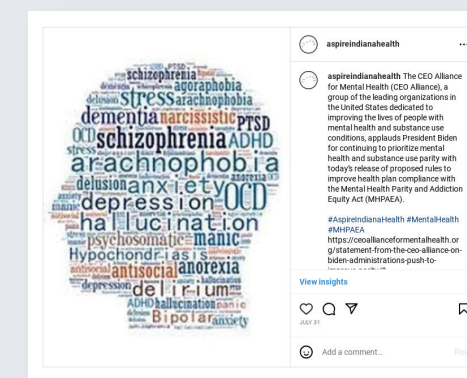


by Brandi Caplinger



Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now.

— Roy T. Bennett





Employee Spotlight

by Alyssa Seifert



Emad Abdelmeish,
Client Care Coordinator
8 years with Aspire

photo by Ben Rose

Meet Emad Abdelmesih! Emad is a Client Care Coordinator on the ACT (Assertive Community Treatment) team at Aspire. He has been with the company for nearly 8 years, starting in 2015. Emad looks forward to his everyday work at Aspire and the people that he interacts with.

"I love what I do. Here's the thing that has driven me: If I have the chance to save someone's life, that is my highest achievement," Abdelmish says. "I feel like I am living in a book, in a story. Every day is interesting with a new client. You see the change and it's worthwhile."

He began his educational career as an accounting major stocking shelves in the early 1990s and

finished at NJSC (New Jersey Science Convention) studying marketing. Emad is very people-oriented and wants to understand them more, which led to him taking many psychology courses during his time at NJSC, eventually earning his bachelor's degree in Psychology.

Even on rough days, Emad reminds himself of the clients he has had over the years to help motivate him. He often recalls a client who has always stuck with him.

"She was very disorganized and it was very hard to work with her at first. She was transferred into one of our group homes for better care for her needs. On one of the last few days I worked with

her, I took her to lunch. You get attached to clients, and you can't separate yourself from them. What means something to them, may not mean a lot to you. But you cherish it all anyway."

When asked what he does to get his mind off of work or to recenter himself, Emad says he tries to spend time out in nature "staying away from technology to help get away from the crazy screens. The fresh air helps to improve my focus and my interaction with clients."

People like Emad are what makes Aspire the wonderful place that it is and shows his clients how special they are individually. ■

Aspire Events



by Rudy Lyon



FIGHT NIGHT - FIGHT FOR RECOVERY

Mark your calendars to join Progress House on Thursday November 9th at Primo Banquet Hall for **Fight Night**, an evening of 10 sparring matches between 20 experienced Indiana Golden Gloves boxers in support of the cause for recovery in our community!

If you or someone you know would like to get involved as an event sponsor, please reach out to or pass others that may be interested along to Kevin Sheward at kevin.sheward@aspireindiana.org.



**PROGRESS HOUSE
DEBUTS NEW X
(TWITTER) HANDLE**

Please give us a follow at @PH6202!

Follow us on
Facebook too!



Larry Davenport
Sarah McWhorter
Taylor Nikolov
Desiree Rayford
Christy Talbot
Elaina Youngberg

Recognition

We're proud of the people who work for Aspire. That's why we'd like to take a moment now and again to give recognition to them for their achievements — both inside and outside of the work they do with us serving Hoosiers.




 Administrative Assistant **Mary Wilham** has done a great job taking over many of the administrative functions of the marketing group, including Recognition! We're so happy to have her on our team!

 **Leesa McClelland**, Licensed Eligible Therapist with Aspire's Deaf Services team, is recognized for working with a client on their independent living

skills. "Leesa's sessions have helped this client succeed in building self confidence with independent living skills and driving, especially with barriers of mental health and transitioning out of group home after a long time. They now live independently and have obtained their learner's permit! Way to go Leesa!!"


 **Alex Coffey**, Supervisor with the Home & Community Based Services team, is praised by her colleagues for "her consistently positive support of team members, helping to present solutions for performance improvement, and recognizing the needs of team members both personally and professionally."


 Director of Youth & Family Home & Community Based Services **Amanda Votaw** is recognized for her leadership and guidance in helping her team develop and increase their

knowledge/skills within the organization. "She offers her team positive reinforcement, encouragement, and opportunities to achieve!"

 **Leslie Kartholl** has recently been promoted to Residential Addictions Counselor at Mockingbird Hill Recovery Center, impressing colleagues with her knowledge and skill. "Leslie works hard to teach residents about their recovery. She puts together plans for them and makes their schedules. She works diligently and with integrity, wearing many hats."


 Patient Access Specialist **Tia Hernandez** recently joined the team at the Hoak health center in Anderson, bringing a lot of front office experience. "She always comes with a positive attitude and a big smile. And Tea is a wonderful gardener and brings fresh vegetables to share!"

 Psychologist **Eboni Starks**, who works primarily with the Carmel health center team, is recognized for constantly reaching out to the crisis team on behalf of her clients. "She is a strong advocate for the people in her care. She is simply excellent!"




 **Jill Skehan**, Manager of Community Work Incentives programs, continually amazes those who work alongside her. "Ir always makes me excited to collaborate with her when a client of mine needs support or resources."

 **Michael Lyons**, Support Associate at Progress House, is praised by his coworkers as being "the best. He is always quick to respond and address issues. I appreciate all of his hard work and dedication to our clients!"

 **Rachael Derrick**, Manager of Residential Addiction Services, inspires her colleagues to follow her anywhere. "She takes time to ensure her team is always supported, has space to grow, and is allowed to express any concerns without judgment. She has helped me to challenge myself and see more opportunities in my professional development. I would not be where I am without her!"


 Maintenance Technicians **James Liebrecht** and **Mike Holman** often have to deal with very challenging situations. "It can be even more challenging when you have a communication hurdle, like being non-hearing. These two men handle all of this with ease. They are both willing and eager to jump in and tackle whatever is asked of them. Suppose it is something that they have never done before: they are anxious to learn how to handle it. It is a pleasure to work with both of these guys!"


 **Katie Wilson**, Manager with the Madison County Home & Community Based Services team, has been very instrumental in the growth of the Chase building team. "She is extremely knowledgeable and passionate about our consumers and the staff. We appreciate everything she does!"

   Congrats to three members of the Aspire staff for completing their FEMA and Psychological First Aid Training to become part of the Resilience and Emotional Support Team (REST): **Leah Fisher**, Supervisor of Home & Community Based Services; **Michael Parks**, Manager of Youth

& Family Home & Community Based Services; and **Bradley Thomas**, License Eligible Crisis Therapist. "As part of this team, they will lead debriefs and provide psychological first aid to individuals who have experienced traumatic events in our community. They invested many hours of their own time in this training and will continue to volunteer their time to support Aspire employees and the community that we serve. Great work !"

 Patient Access Specialists **Adrianna Johnson** and **Jeanette Whitehead** are recognized for their work as part of the front desk staff at Aspire's Indianapolis health center. "They are a big asset to our team by keeping a can-do attitude, and are always willing to go the extra mile for our patients and clinical staff!"

 **Amanda Stokes**, Supervisor of Supervised Group Living at Hartung House is praised for her awesome teamwork, sticking around on a recent Friday afternoon to help a coworker get through a stressful situation. "She is the bomb!"

 **Ciara Brown**, Certified Medical Assistant, and Victoria Sanders, Team



Aspire News

THIBIDEAU NAMED TO ASPIRE BOARD OF DIRECTORS



Mike Thibideau has joined the Aspire Indiana Health Board of Directors. Thibideau is President & CEO of the Hamilton County Economic Development Corporation, also known as Invest Hamilton County, which manages workforce development, talent attraction and quality of life initiatives in Hamilton.

Thibideau is a longtime public health advocate. He previously served as Director of the Indiana Workforce Recovery initiative, a partnership between the Indiana Chamber of Commerce and the administration of Gov. Eric Holcomb, to help employers retain talent struggling with substance misuse and/or mental health concerns. He also serves as board member of the Region 5 Workforce Board, the Indiana Commission for Vocational Rehabilitation and the Recovery Café of Hamilton County.

He lives in Carmel with his wife, Elizabeth, daughters, Hazel and Cecelia, and two cats. Welcome Mike!



INSHAPE GETS HITCHFIT FOR MOBILE WORKOUTS

Aspire's InSHAPE program has purchased a [HitchFit portable outdoor exercise system](#) for its clients. This will allow trainers to bring workouts straight to their clients and help keep them motivated! InSHAPE pairs patients


with serious mental illness up with personal trainers who provide them with the tools, motivation and support to succeed in their personal health goals. Thanks to everyone who participated in our spring 5k fundraiser that helped make this possible!

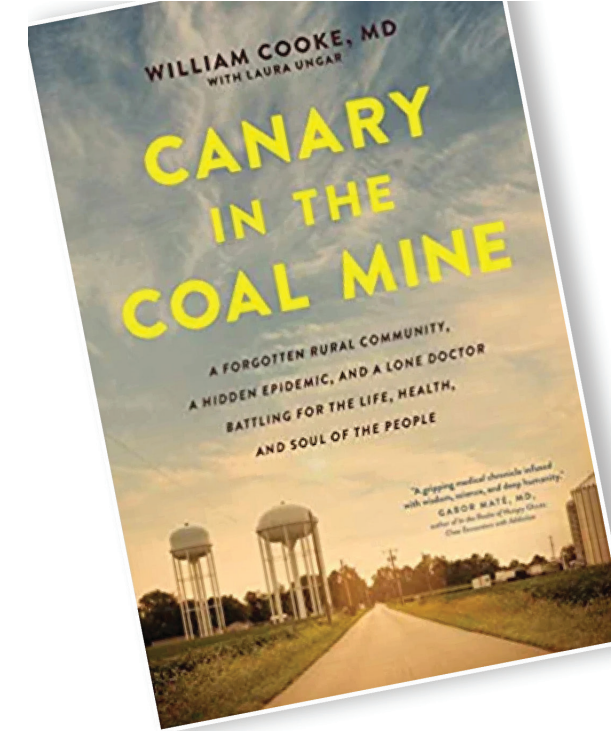
SHEWARD NAMED DISTINGUISHED YOUNG AU ALUM



Kevin Sheward, Director of Grants, Resource & Fund Development, has been named Anderson University's [2023 Distinguished Young Alumni](#). Sheward, who obtained both his bachelor's degree and MBA from AU, began his professional career with the Madison County Community Foundation, guiding the foundation's grants and scholarships programs. Joining Aspire in 2016, he and his team have raised more than \$70 million through grants, fundraising, congrats and other revenue streams to date. Congrats, Kevin!

Lead CMA, are recognized for their hard work at Progress House. "They have been instrumental in getting the Progress House clinic organized and patients scheduled in the last month. Both worked a Saturday to help get patients seen. We appreciate their hard work and dedication to our residents at Progress House!"

 **Kaylee Jones** is amazing in her role as the DCS Intake Coordinator/PAS! She is quick to respond, always pleasant and kind, helps whenever she can, offers to do more when she can, and is just all around fabulous. We appreciate her very much and don't know how we lived without this role before she stepped into it! Thanks, Kaylee! ■



"I quickly discovered medical school hadn't prepared me for the unanticipated political resistance, community backlash, or structural inequities I'd face. But what surprised me most was to find my most stubborn opponent lived within me."

Save the Date!



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.

September 29, 2023

Freedom Church
2061 Indianapolis Avenue, Lebanon, IN 46052

6:30 PM to 8:30 PM

Dr. William Cooke

FREE MENTAL HEALTH AWARENESS TRAINING AVAILABLE



Maggie Owens has recently joined Aspire as Community Training Liaison, and part of her duties is facilitating Mental Health Awareness Training (MHAT). These **free** training sessions are available to community groups and organizations to educate their teams about various mental health issues they may encounter or experience themselves. This includes suicide prevention,

mental health awareness, Psychological First Aid (PFA) — and more!

To schedule a free MHAT training, call (317) 979-0360 or email maggie.owens@aspireindiana.org.

MARION YOUTH & FAMILY TEAM SHOWS THEIR GREEN THUMBS

Aspire's Marion County Youth and Family team, Elaina Youngberg (middle) helped revitalize the community garden at one of our partner schools, Matchbook Learning.

She works with her clients to help maintain and monitor the plants and vegetables. Jazmyne Tidwell (left) and Elizabeth Kaufman



(right) are also pictured at the Back to School event held by Matchbook. ■

Welcome New Employees!

Andre Allen

Life Skills Coach
Questend

Ashton Auler

Infectious Disease Case Manager
Muncie

Linda Best

Residential Recovery Technician
Mockingbird Hill

Elizabeth Coulson

Nurse Practitioner - Primary Care
Hoak

Elizabeth Cuadrado

Training Specialist
Administration

Fred Durham

BHA Master's Level Clinical Intern
Elwood

Surafel Fry

Non-Clinical Internship
Hoak

Chandler Lawson

Assessment Clinician
Carmel

Andrea Mariani

Doctoral Level Clinical Intern
Lebanon

Eleazar Marin Batana

IT Support Technician
Administration

Rebecca Morris

Licensed Clinical Therapist
Elwood

JayVon Muhammad

Vice President FQHC Medical
Services}
Administration

Gabriela Rodas**Marquez**

Infectious Disease Case Manager
Hoak

Meredith Nekolite

BHA Master's Level Clinical Intern
Carmel

Tricia Pinatiello

Recovery Coach OP
DeHaven

Riley Russell

Bachelor's Level
Clinical Intern
Willowbrook

Debora Scott

Master's Level
Therapist - Home & Community
Based Services
Willowbrook

Amy Severson

Care Coordinator/Life Skills
Instructor Youth & Family
Noblesville

Ryan Stadnik

License Eligible
Psychologist
Willowbrook

Cassidy Uhl

Crisis Peer Specialist
Carmel

Nancy Walters

Harm Reduction Specialist
Hoak

Julie White

HR Generalist I
Administration

Cynthia Wilson

Nurse Practitioner - Psychiatric
Carmel

Dawn Wimberly

Care Coordinator/Life Skills
Instructor - Adult
Willowbrook

Top 5 Hottest Jobs



1. [Life Skills Coach](#)
2. [CC/LSI - Adult HCBS](#)
3. [Addictions Therapist](#)
4. [Peer Specialist](#)
5. [Certified Medical Assistant](#)

ALL.

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