

A GUIDE FOR NEW PATIENTS

Whole Health for Your Whole Family



Whole healthcare is about recognizing the connection between medical and behavioral health, as well as integrating programs that address social drivers of health such as housing or employment. Behavioral health care services are designed to assist you with life's challenges, develop your strengths and help you on the road to recovery.

Primary (medical) health care services address your physical health concerns, for both illness and preventative services. Together, utilizing primary and behavioral health care services, recovery is possible to achieve good health.

BEHAVIORAL SERVICES



OUTPATIENT COUNSELING

Outpatient counseling services are provided at each Aspire office. We 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, adjustment to trauma and loss as well as a host of other issues.

The Aspire treatment approach to care involves a variety of clinical disciplines in order to provide a well-rounded perspective of care and may include these services:



Individual Therapy:

Commonly used evidence-based practices include Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Teaching the Family Model, and Solution Focused Brief Therapy

Group Therapy:

Including but not limited to DBT, Mindfulness, Anxiety/Depression and Mood Management

Family Therapy

Psychiatric evaluation for medications

Psychological testing:

Full psychological assessments including intellectual assessment, personality assessment and assessment for differential diagnoses

RESIDENTIAL SERVICES

Aspire Indiana has group homes licensed by the State of Indiana as Supervised Group Living Facilities. These programs serve adults with serious mental illness teaching life skills to assist them toward independence and recovery. In addition, a HUD facility, which is

semi-independent with on-site staff from 7 a.m. until late in the evening, also works with adult clients to improve skills impacted by mental health symptoms. In addition to skills, individual and group therapy and case management are offered.

HOME AND COMMUNITY BASED SERVICES

Aspire Indiana Health has home and community-based services to help meet your behavioral health needs in the community. This is a blend of individual therapy, family therapy, skills based services for both individuals and families, and case management. Being able to work with the client and family in their home and community allows comprehensive treatment to address both emotional and behavioral health. If you are interested in

home and community-based services, please speak with your provider at Aspire Indiana Health.

SCHOOL BASED SERVICES

Aspire Indiana Health has school-based services in some Boone, Hamilton, Marion and Madison County Schools. School based services can provide

individual therapy, risk assessments, family therapy, skills based services and case management while children are at the school or on school breaks. School based services can help children with depression, anxiety, ADHD, adjustment to trauma, loss, substance use and many other things.

If you are interested in school based services, you can call the school based support associate at (317) 587-0568.

WRAP AROUND SERVICES

Indiana has several programs that allow families of youth with serious emotional challenges to receive extra help in the home while they

continue to live in the community. A trained Wrap Around Facilitator will work with the family to provide intensive care coordination, an individualized treatment plan and a Child and Family Team. Wrap Around can help combine formal and natural supports to assist with meeting the family needs. To find out if your youth qualifies for Wrap Around in Boone, Marion, Hamilton and Madison Counties call 2-1-1.



DEAF SERVICES

Aspire Indiana has a team of therapists, Care Coordinators and Life Skills Trainers along with interpreters who are fluent in American Sign Language. They are able to provide a variety of outpatient, substance use and home/ community based services to clients who are Deaf or hard of hearing.

ASPIRE CRISIS LINE

24/7 Crisis Line: (800) 560-4038

Aspire offers 24/7 crisis phone triage, risk assessment and referrals. Our crisis team coordinates inpatient admissions and discharges, emergency evaluations, wellness checks and caring contacts. We work closely with local first responders to train, support and coordinate with their Crisis Intervention Teams. Our crisis team is an integral part of the treatment team and is available should these types of needs arise.

PRIMARY CARE SERVICES



PRIMARY CARE

In combination with Behavioral Health services or alone, medical appointments may be made with one of our providers. The reasons may include:

- Sick or acute health needs
(e.g. bronchitis, sinusitis)
- Chronic health needs (e.g. diabetes, high blood pressure, asthma)
- Physical exams
- Well and sick child exams or physicals
- Labs/blood draws
- In-office quick testing (e.g. strep testing)
- Pap tests
- Substance abuse treatment and Medication Assisted Treatment
- Hepatitis C Treatment
- HIV care management and testing

PREP

Aspire also provides treatment to prevent HIV/AIDS which is called PrEP (pre-exposure prophylaxis).

GENOA PHARMACY SERVICES

Available on-site (some locations) or via mail.



RECOVERY SERVICES



SUBSTANCE USE

Aspire provides a wide range of treatment options designed to promote long-term recovery from substance use disorder. We recognize that substance use disorder is a chronic disease and have adopted a holistic approach proven to address the major factors associated with relapse. Aspire is able to provide a comprehensive continuum of care applying the American Society of Addiction Medicine's level of need criteria. Some of these services provided include: Individual, Group, Recovery Coaching, Peer Services and Family Therapy.

EXTENDED OUTPATIENT PROGRAM

This program provides regularly scheduled group treatment integrating evidence-based practices and provides more intensive support, promotes positive social skills and creates a recovery environment to sustain healthy lifestyle changes.

BASIC OUTPATIENT PROGRAM

This program is designed for individuals who need a lower-intensity program. Drawing on evidence-based practices, this group focuses on garnering an understanding of substance-use disorder and the recognition of factors contributing to increasingly problematic use.

WHOLE HEALTH RECOVERY CONTINUUM (Residential Treatment and Recovery Supports)

Aspire Indiana Health has created an innovative residential recovery model for the treatment of substance use disorder: **Whole Health Recovery Continuum.**

Aspire is able to address individuals requiring a higher intensity level of care in a variety of residential treatment and recovery settings. These programs provide 24-hour care for those individuals whose needs cannot be met in an outpatient setting. Our programming is highly structured and designed to help individuals reshape negative



thoughts as well as destructive patterns of behavior so they can return to productive independent lives. Our Recovery Centers bring together the tools proven to promote whole health recovery onto the doorstep of our individuals suffering from substance use disorder while providing a safe, sober, healing place to live.



MOCKINGBIRD HILL

Mockingbird Hill Recovery Center opened its doors in March 2021, with a capacity for 88 men. It is located on a lush 13-acre wooded property in Anderson, IN. The center is designed for men who have been actively using drugs or alcohol and are looking to start their recovery journey in an ASAM 3.5 or ASAM 3.1 program.



PROGRESS HOUSE

Progress House is the oldest and largest Recovery Residence in the state, with the capacity to serve 93 men. Progress House provides a structured residential program that includes a 12-Step foundation, Recovery Coaches, Behavioral Health Therapists, Primary Medical Care providers, and Dental services, all on-site.

NEXT STEP

This program provides semi-independent apartment living in a structured recovery community. These are two-person apartment units for men who have successfully completed Progress House programming and would like to move towards more independence but still, wish to live with the structure and accountability of our program.

MEDICATION ASSISTED TREATMENT (MAT)

This combines behavioral health treatment and medications to treat substance use disorders. Our medical staff will assess each individual and make recommendations for the use of FDA-approved medications to treat the “whole-patient.” Medications, used in conjunction with behavioral health treatment, can help some people sustain recovery.



SOCIAL DRIVERS OF HEALTH



EMPLOYMENT SERVICES

Employment Services provide people with the services and support they need to increase their ability to work successfully. Our support services help Aspire clients prepare for, find and/or maintain employment. Information and resources are provided to all callers. We also work with employers, at no cost, to help find workers who match their specific needs. We believe that Employment plays a powerful role in increasing people's overall health. Open to ANYONE to call!

HOUSING SERVICES

Aspire Indiana has various housing programs in Boone, Hamilton, Hendricks, Madison, Marion and Hancock counties. A number of programs are designed to assist households who are experiencing homelessness, while others are HUD subsidized apartments or facilities.

If you would like additional information, please contact Aspire's housing department at (877) 531-3236.

HOMELESS VETERANS' REINTEGRATION PROGRAM (HVRP)

Aspire Indiana Health is proud to partner with the U.S. Department of Labor on the Homeless Veterans' Reintegration Program (HVRP), the only federal grant focused exclusively on competitive employment for Veterans experiencing homelessness.

The objectives of HVRP are to provide services to assist in reintegrating Veterans experiencing homelessness into meaningful employment and to stimulate the development of effective service delivery systems that will address the complex problems facing homeless veterans.

If you are interested in applying for HVRP services, or are a business or organization interested in partnering with Aspire to help hire and house homeless vets, please contact us at: (877) 531-3236 or email us at: sdohreferrals@aspireindiana.org

APPOINTMENTS & INSURANCE



APPOINTMENTS AND WALK-INS

To begin services, call our Contact Center at (877) 574-1254. You will be asked to provide initial information to start the process and will be given more detail on hours for the location you are interested in or for a Video in Person telehealth meeting. Many times your schedule and life events make it difficult to plan to be seen, so we have the ability to see walk-in appointments and same day appointments. (Note: Walk-ins may be curtailed when stay-at-home restrictions are active.) So that we can see those who are ill today, walk-in appointments are reserved for acute illness patients, without having to wait another day for an appointment. Also, check with your provider to see if your appointment may be done by a Video in Person telehealth appointment using your computer or smartphone.

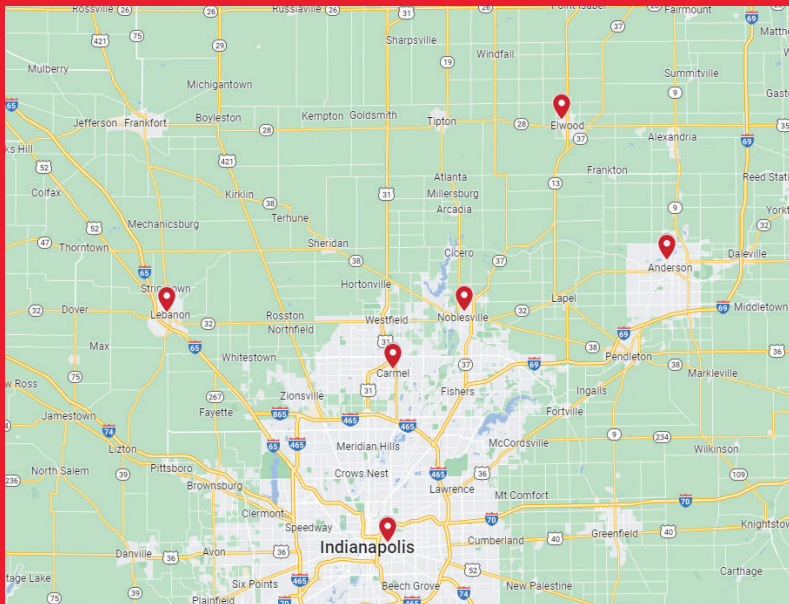
Translation Services are available for limited English proficiency or sign language.

INSURANCE

Aspire Indiana Health accepts most insurance, including Medicare and Medicaid, and also has a sliding fee schedule. In addition to a co-payment at the time of your visit, there are some documents needed to enroll you in the sliding fee schedule program. At Aspire Indiana Health, we believe you have a right to services regardless of your ability to pay.

Our patients have 24/7 electronic access to their records through our Portal on our website at www.AspireIndiana.org

LOCATIONS



ANDERSON HEALTH CENTER:

Hoak Building
2009 Brown Street
Anderson, IN 46016



ANDERSON HEALTH CENTER:

DeHaven Building
2020 Brown Street
Anderson, IN 46016



INDIANAPOLIS HEALTH CENTER:

2506 Willowbrook Parkway, Ste 300,
Indianapolis, IN 46205



NOBLESVILLE HEALTH CENTER:

17840 Cumberland Road
Noblesville, IN 46060



ELWOOD HEALTH CENTER:

10731 SR 13
Elwood, IN 46036



LEBANON HEALTH CENTER:

1600 West Main Street
Lebanon, IN 46502



CARMEL HEALTH CENTER:

697 Pro-Med Lane
Carmel, IN 46032

CONTACT INFORMATION



Government Issued Guidelines:

For information concerning the U.S. Federal Poverty Guidelines, visit:

<https://aspe.hhs.gov/poverty-guidelines>

24-hour Crisis Line:

(800) 560-4038 or (317) 574-1252

Primary or Behavioral Appointments:

(877) 574-1254

If it is a Medical Emergency please call 911.

Mockingbird Hill:

(765) 641-8231

www.mockingbirdhill.org

Progress House:

(317) 637-9816

www.progresshouse.org

Aspire Indiana Health

www.AspireIndiana.org

facebook.com/AspireIndianaHealth

ALL.

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

Whole Health for Your Whole Family



www.AspireIndiana.org