

# Beginning a new journey



2023 ANNUAL REPORT

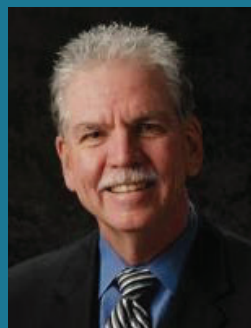


## INCLUSION

Every employee at Aspire and every person we serve feels recognized, respected and included in the organization and in the care they receive.



# Change...



Michael Collette  
*Aspire Board Chair*

A very smart person once observed, **change is the only constant in life...** and they were right! Organizations like Aspire are constantly having to adjust in the face of new circumstances and changing context — a new policy perhaps, or a partnership opportunity. Most importantly, we adapt to meet the needs of people we care for in our community.

Just in the last few weeks MACY (Mobile Access Care for You), our mobile clinic unit hit the road. MACY has been deployed to serve Indianapolis neighborhoods hardest hit by mental health challenges, substance use disorder and homelessness. It's something that has been years in the planning and is the perfect encapsulation of Aspire's philosophy of bringing critical health services directly to the people who need us the most - a case in point of adapting to meet a need, an example of how we change to serve in different ways.



Antony Sheehan  
*President & CEO*

While change is a constant, there are just some periods of time when there's more of it around. Now is one of those times!

Some big changes arrived in 2023 for Aspire Indiana Health. More are coming as we embark on a new journey to reimagine the role and responsibilities of a healthcare nonprofit serving Hoosiers with complex needs.

As we tentatively emerge into a post-Covid mindset, one of the most obvious changes is the new face you're seeing next to this column. Antony Sheehan joined Aspire as President & CEO in September 2023.

Antony (pictured below, right) immediately began meeting colleagues across Aspire, a process he continues with great joy as he learns about the incredible work that we do.

One of his key responsibilities is to build out our Strategic Plan – one that looks to build upon successes and expansion of recent years, while adapting to the new government thinking about how care should be delivered. We’re considering what kind of organization Aspire needs to be in five or 10 years, and start working now to begin that evolution. Beginning a new Strategic journey can feel daunting, but it’s exciting too.

From the outset, we are clear that our success will be measured by the experience of our patients, our partners, and our people: our staff.

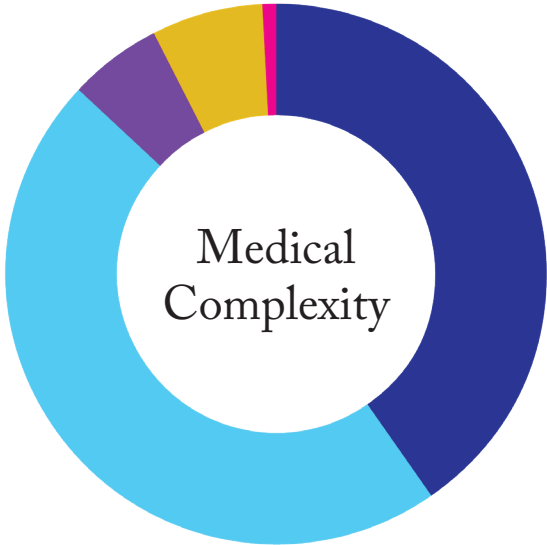
Of course, Antony picked up the leadership baton from Barbara Scott who, after an incredibly influential 37-year run with the organization, retired in 2023. This Annual report would not be complete unless we took another opportunity to express profound appreciation for all that Barb did to create the platform of opportunity we enjoy today.

Another new addition, and an incredibly experienced change agent in her own right, is



IMPACT

Aspire will have a profound positive impact on health outcomes and overall quality of life across our key constituencies: our employees, the people we serve, local/state stakeholders and the leaders in our fields of expertise.



- Somewhat Complex Medical Care: 40.4%
- Moderately Complex Medical Care: 46.8%
- Highly Complex Medical Care: 5.5%
- Minimally Complex Medical Care: 6.7%
- Simple Medical Care: 0.7%



- Intensive Community or Residential: 59.4%
- Community Based Services: 27.0%
- Therapy and Case Management: 7.0%
- Therapy Only: 6.6%





## INNOVATION

We will be creative thinkers/doers who steer the path forward in technology, in an engaged employee culture, in seamlessly integrating our services and in working with partners across Indiana to provide the best care possible to everyone we serve, directly or indirectly.



JayVon Muhammad, (pictured below) who joined Aspire as Vice President of FQHC Services. She comes with incredible experience including a background in midwifery. JayVon is already challenging us to adapt to a model of primary care that is family-centered, focused on maternal and child health, and intent on impacting health outcomes for parents and children for years to come.

So much has happened over the last few years, but it's good to remember that Aspire laid down its roots nearly 60 years ago as a behavioral healthcare provider. As we've stood up primary care and other programs to become a true "whole health" provider, the importance of treating mental health challenges in a supportive and a compassionate way has never been greater. The pandemic brought this need into even sharper relief.

The community behavioral health system is undergoing a transformation across the state which should lead to better and faster responses to the needs of mental health and addiction patients, as well as closing the well-known Medicaid funding gap that inadequately pays for their treatment. This is a huge opportunity for Aspire and one in which we are already engaged through our transformation work in the provision of Crisis services.

Over the past year we have reimagined our values to focus on the core parts of the Aspire mission: Inclusion, Impact and Innovation.

At the same time we're mindful of who those values exist to serve: Patients, Partners, and our People.

We're focused on recognizing and addressing healthcare inequities, particularly in communities that have historically experienced discrimination and barriers to accessing care. Aspire is dedicated to confronting those roadblocks and to enhancing life opportunities for those we serve.

Finally, we continue to build up our internal infrastructure and resources to support all of these new endeavors and initiatives. This investment in our administrative functions is already bearing fruit in the form of huge



- Serious Mental Illness: 57.30%
- Seriously Emotionally Disturbed Youth: 20.54%
- Chronically Addicted/Substance Use Disorder: 22.14%



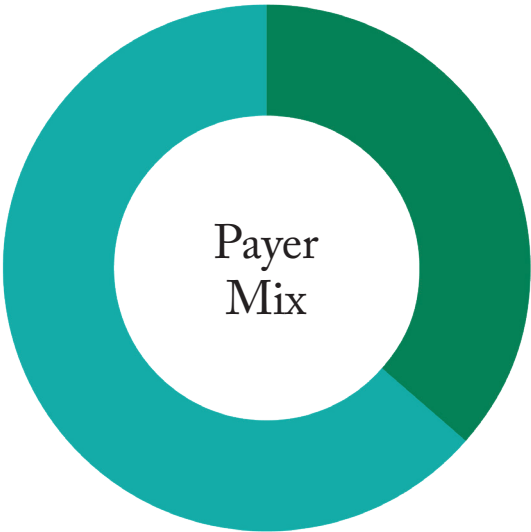
strides in recruiting and retaining the best employees, grant writing, buttressing our information and financial functions, and much more.

Our recovery based services, FQHC, CMHC and Social Drivers programs are our front line. Our administrative systems help us sustain such that we can continue to fulfill our promise to the community, a commitment to whole health care.

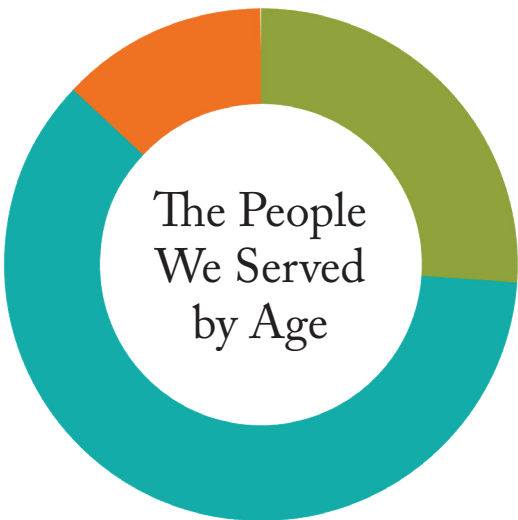
We accept that change is a constant and as we begin this next stage in our journey it's

worthwhile reflecting on two things. Firstly, an enormous sense of gratitude to the people we serve for entrusting us with their care, to our partners without whom our mission would be incomplete, and to our people, our staff, without whom nothing is possible. Secondly, an acknowledgement that no journey will be successful without proper planning and preparation.

We're pleased to say that Aspire Indiana Health is setting off with lofty ambitions and high confidence.



Privately Supported: 36.6%  
Publicly Supported: 63.4%



Youth, 0-21: 26.17%  
Adult, 22-54: 61.00%  
Adult, 55+: 12.84%



OUR FOCUS

Over the past year we have reimagined our values to focus on the core parts of the Aspire mission: Inclusion, Impact and Innovation. At the same time we're mindful of who those values exist to serve: Patients, Partners, and our People.





## SENIOR LEADERSHIP

### President & CEO

Antony Sheehan

### Finance Officer

Tim Crockett

### Culture Officer

Gina Forrest, PhD

### Operations Officer

Jody Horstman, PhD

### Information Officer

Jim Skeel

### CMO & Medical Director of Primary Care

Jon Butler, MD

### VP, Social Drivers of Health

Mike Keevin

### VP, Recovery Communities

Darrell Mitchell

### VP, FQHC Medical Services

JayVon Muhammad

### Associate Medical Director of Psychiatry

Jerry Sheward, MD

### VP, Strategy & Business Development

Kevin Sheward

## BOARD OF DIRECTORS

### Board Chair

Michael Collette

### Board Vice Chair

Trent Scott

### Board Treasurer

Michael J. Hall

### Board Secretary

Ted Sherfick

### Carolyn Barr

Lee Cannon

Chandler Lawson Flynn

Duane Hoak

Eric A. Marcotte, MD

Oz Morgan

### Leroy Quashie

Audrea Racine

Jeffrey L. Reed

Obadiah Smith, Jr.

Rob Spaulding

Mike Thibideau





# Programs & Services

## CRISIS CENTER

Crisis had almost 17,000 face-to-face contacts in/through our Crisis Services.

## KIDS TALK CHILD ADVOCACY CENTER

Approximately 800 children and families served through our Kids Talk Child Advocacy Center and another approximately 7,500 children supported through school based educational programming.

## ASPIRE SERVICES

Almost 350,000 patient/client encounters occurred across all of Aspire's clinical programs.

## ACCESS SERVICES

The number of inbound calls that were handled in fiscal year 2023 was 85,394.

## HOUSING CLIENTS SERVED

A total of 722 people were residents in our housing programs during the fiscal year 2023.



## WE ARE

a fully integrated  
"whole health" provider  
with services that include  
primary medical care,  
behavioral health, sub-  
stance use disorder and  
programs addressing  
social drivers of health.





# Frequency of common diagnosis in those we serve

## PRIMARY HEALTH

### HIGH RATES

- 1 in 3 ..... Blood Diseases
- 1 in 5 ..... Eyes, Ears, Nervous System
- 1 in 5 ..... Circulatory Diseases
- 1 in 6 ..... Musculoskeletal Diseases

### MODERATE RATES

- 1 in 8 ..... Respiratory Diseases
- 1 in 8 ..... Digestive Diseases
- 1 in 9 ..... Infectious, Parasitic Diseases
- 1 in 11 ..... Genitourinary Diseases

### LOW RATES

- 1 in 17 ..... Skin Diseases
- 1 in 32 ..... External Injury, Poisoning

## BEHAVIORAL HEALTH

### HIGH RATES

- 1 in 3 ..... Anxiety Disorders
- 1 in 3 ..... Chronic Major Depression
- 1 in 4 ..... Post Traumatic Stress Syndrome (PTSD)
- 1 in 5 ..... Attention-Deficit Hyperactivity Disorders
- 1 in 6 ..... Bipolar Disorders
- 1 in 6 ..... Acute Major Depression

### MODERATE RATES

- 1 in 7 ..... Schizoaffective Disorder
- 1 in 7 ..... Schizophrenia
- 1 in 13 ..... Personality Disorders

### LOW RATES

- 1 in 35 ..... Mood Disorders





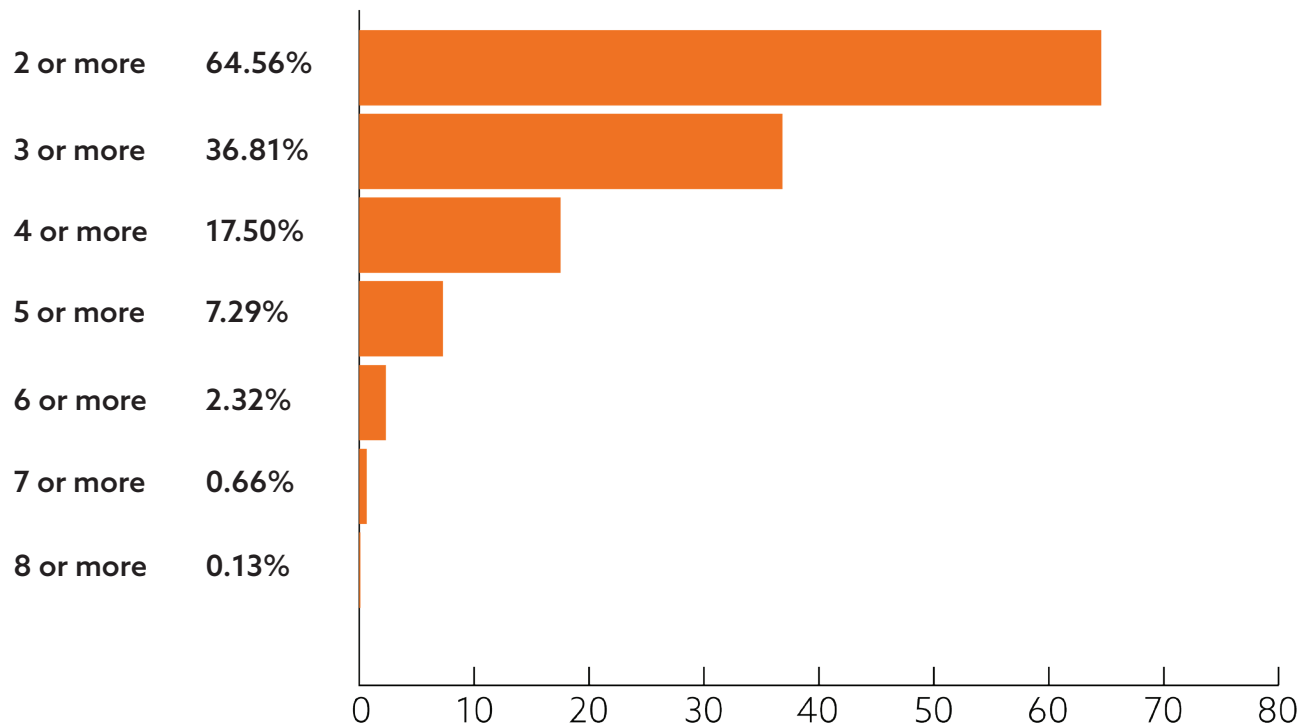
## COMMUNITY EVENTS

This past summer, Aspire attended the Anderson Black Expo which is one of the largest events held in Anderson and has been in existence over 35 years.



## PATIENT CARE INTEGRATION

In the last year the patients we cared for often received more than one kind of support, illustrating our commitment to providing integrated care to the people we serve. The following graph highlights the ranges of patients in integrated care.





## COMMUNITY EVENTS

For the second year  
in a row, Aspire staff  
participated in Indy Pride.



# Financials

## REVENUE

Patient service revenue.....	23,563,625
Grants.....	13,777,698
County funding.....	5,218,502
Interest and dividend income.....	1,248,233
Contributions .....	178,264
Net rental revenue .....	1,267,020
Drug Saving Program .....	13,716,505
Other.....	656,658
<b>Total .....</b>	<b>\$59,626,505</b>

## EXPENSE

Clinical Operations & Support Services .....	55,865,854
Housing .....	862,299
Resource Development.....	400,291
<b>Total Expense.....</b>	<b>\$57,128,444</b>
Reserve for future growth and investment.....	\$1,629,566



[www.AspireIndiana.org](http://www.AspireIndiana.org)