



Healthbeat



USHERING IN BLACK HISTORY MONTH



Christopher Lloyd, Senior Director of Branding and Communications
 Cheryl Berry, Marketing Multimedia Artist
 Ben Rose, Multimedia Content Producer
 Brandi Caplinger, Digital Marketing Coordinator
 Jaclyn Saunders, Marketing Associate

ARTICLES

Feature Article, 2023 Annual Report

Christopher Lloyd, Senior Director of Branding and Communications

Employee Spotlight, Next Evolution

Jaclyn Saunders, Marketing Associate

Betsy's Boutique

Amber Gordon, Manager of Social Drivers of Health

IN EVERY ISSUE

Social Media Hits

Brandi Caplinger, Digital Marketing Coordinator

Recognition, Aspire News

Jaclyn Saunders, Marketing Associate

Welcome New Employees

Paula Earlywine, Talent Aquisition Specialist
 Brooke Fronterhouse, Recruiting Specialist

Way to Go!

Mary Sharpe, Project Associate

PHOTOGRAPHY / ILLUSTRATION

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Stand Up for Kids! benefiting Kids Talk Child Advocacy Center

PRESENTS

ZOLTAN KASZAS!

March 9, 2024
 Doors open 6 p.m.
 Program begins at 7 p.m.

Location:
 Harrah's Hoosier Park
 Casino Racetrack
 4500 Dan Patch Circle
 Anderson, IN 46013

CLICK HERE FOR TICKETS!



Ushering in Black History Month

by Christopher Lloyd, video by Ben Rose

Video by Ben Rose



Black History Month is a time of celebration and contemplation – for the transformative joy of everything we’ve achieved as a nation, and for the sobering recognition of the many ways we’ve failed on our promise.

Nowhere is that dichotomy better reflected than in healthcare. Black bodies have been ignored, abused, even experimented upon and tortured

in the name of science. People of color are understandably reluctant to turn to healthcare professionals for support, and even when they do they still encounter monumental barriers to access.

As a longstanding nonprofit provider of comprehensive healthcare services, Aspire Indiana Health needs to be a champion for change.

As we usher in this important month, let’s listen to our own Dr. Regina Forrest, Chief Culture Officer, who gave an amazing speech in Anderson last month on Martin Luther King Jr. Day. It’s a great way to set the tone.

Look for more recognition of Black History Month from Aspire during February by following our social media channels. ■





PRESENTS

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Harrah's
Hoosier Park Casino Racetrack
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TICKETS ON SALE!

standup2024.givesmart.com

Social Media Hits



by Brandi Caplinger

Aspire Indiana Health @AspireIndiana



#MLK Day at the #ParamountTheatre
His #Dream + Our #Hope = #Love in Action
Keynote Speaker: Dr Gina Forrest
#AspireIndianaHealth #IHaveADream #DrMLK

aspireindiana.org/blog-post/mlk-...



Aspire Indiana Health January 1

All #AspireIndianaHealth Offices and Health Care Clinics are closed today to celebrate #NewYearsDay. We wish everyone a Safe and Happy New Year's.



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#AspireIndianaHealth #ProgressHouse
#MockingbirdHill #Recovery
#RecoveryIsPossible #WeDoRecover
#PrimaryCare #MentalHealth
#BehavioralHealth #AddictionHelp
2w

One day you will tell your story of how you overcame what you went through and it will be someone else's survival guide.

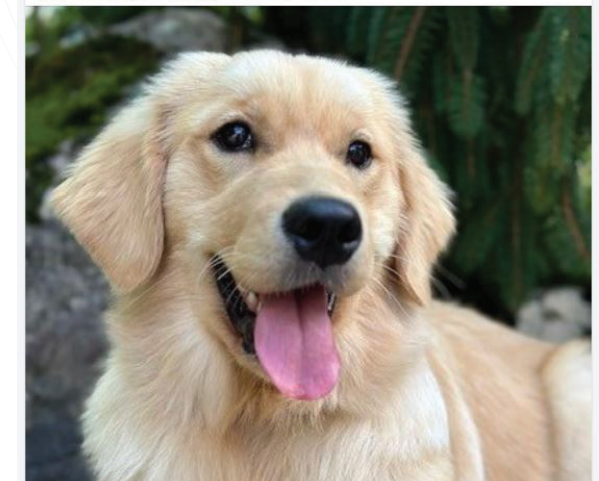
- Brene Brown

2 likes January 16



PH Progress House, Inc. January 4 at 12:02 PM

Meet Daisy, the new Therapy Dog at #ProgressHouse. #AspireIndianaHealth #AmericanWarriorInitiative
<https://www.progresshouse.org/.../meet-daisy-the-new-...>



Thanks to our Sponsors!





Betsy's Boutique

by Amber Gordon

Betsy's boutique is a newly established space in the Ward building that will provide a shopping style experience where clients can obtain essentials.



Betsy Hughes-Pearson joined the Social Drivers of Health team in August 2023 as the Housing Outreach Coordinator - with a goal. Betsy wanted to create a donation center for the clients that Aspire serves who are in need of items such as clothing, household items, cleaning supplies, hygiene products, etc. With this goal in mind, Betsy established Betsy's Boutique, which is located in the Ward building and will provide clients with a shopping style experience where they can obtain those essential items. In addition to providing this experience for clients, many clients will also receive

stock items like gently used clothing, hygiene products, household essentials, and interview clothing throughout each county Aspire serves: Boone, Hamilton, Madison, and Marion.

Betsy wanted to prioritize the experience for the clients. She spent the first two months in her position transforming a space in the Ward building to make it more welcoming in order to give our clients an uplifting experience while shopping for needed items. This boutique services a variety of clients. Betsy and other Social Drivers of Health staff are often providing items to individuals who are experiencing homelessness such as blankets, warm clothing, socks, coats and hats. The Boutique also serves those who are moving into their first home by providing household items to help fill their new homes with the basic necessities.

The Boutique works closely with the employment services team by providing interview appropriate clothing. Most recently, Betsy was able to assist an employment services client with picking out interview appropriate clothing so their employment specialist could take them to open interviews. Betsy's Boutique collects items from generous donors in the community and our very own Aspire employees. The Boutique is entirely based on donations and is run by Betsy herself. To get an appointment at the Boutique, you can contact Betsy directly at: (765) 608-5578 or email her at betsy.pearson@aspireindiana.org

Items needed include gently used clothing, shoes, household items, cleaning supplies, toiletries, and personal care items. ■

2023 Annual Report now available



By Christopher Lloyd

Aspire Indiana Health is proud to present to you our 2023 Annual Report. The portrait it paints is of a nonprofit healthcare company that is financially strong and poised to continue to do big things in the years to come.

In addition to our fiscal health, we've made tremendous strides in the last year to improve our human capital. Aspire added a net 111 employees in 2023, and cut our attrition rate nearly in half.

Please take a moment to [read our annual report](#) and learn about the incredible success Aspire Indiana Health has enjoyed! ■





Next evolution of harm reduction: focusing on access

by Jaclyn Saunders

After years of serving some of Madison County's most vulnerable residents, the Harm Reduction Program, or HARP, is evolving into the next phase of its mission. It will transition to a new identity and be called Point of Entry, to emphasize its role in bringing help to active users of harmful substances.

Many of these Hoosiers lack a stable living environment and suffer from undiagnosed mental and physical health maladies. When they come into HARP/Point of Entry, they receive sterile syringe exchange but also the opportunity to receive medical and behavioral health services, as well as treatment for their substance use disorder.

Last year, the program had tremendous success through Project Nexus, an initiative that provides financial incentives for those who participate in treatment and refer others, with more than 150 individuals participating.

"Point of Entry continues to cultivate and maintain a relationship with the participants. In creating this relationship we are creating a judgment-free culture that will foster trust with the participants," says Julie Foltz, Director of Infectious Disease for Aspire Indiana Health.

"Once that trust is established we can help the participants connect with services and care they may need to find an access point, hence Point of Entry, into housing, medical care, substance use treatment and mental health treatments."

Point of Entry will soon roll out another innovative method of support: a 'vending machine' with free basic supplies the participants often like, such as toiletries and blankets. To support these initiatives, Point of Entry is developing a fundraising



mechanism where supporters can receive branded clothing and other materials in return for a donation. Look for that to appear on the Aspire Indiana Health website this spring.

Another recent development is Foltz making a presentation to the Indiana Family and Social Services Administration on Aspire's application for Harm Reduction Street Outreach funding. The proposal includes a partnership with Step Up, with a goal to put a team of two out in the community reaching individuals who use drugs to provide them with overdose prevention/reversal tools (i.e. Narcan), education about how to use Narcan and where to find it, information about Aaron's Law and provide access to harm reduction supplies and wound care.

The proposal was well-received and Aspire hopes to hear on the funding award soon. ■

Employee Spotlight: Brian McCarthy



by Jaclyn Saunders, video by Ben Rose

As the Facilities Manager for Aspire Indiana Health, Brian McCarthy is famed within the organization for being a stickler about keeping buildings looking and operating at their peak.



His eagle eye for the slightest faults is notorious, as is his ability to compute what it will cost to fix something now, versus waiting until the problem grows worse.

"We do the work we do for our patients and clients," he says through a gleaming smile. Brian's sincerity is inspiring, yet for anyone who knows him well, unsurprising. He has built a reputation on reliability and humility.

Brian seemingly knows just about everything there is to know about each Aspire building, despite spending a large amount of his day in his traveling van

office. Yes, a traveling office, in a van. It is outfitted with a docking station and room to work as necessary for his daily travels to various Aspire locations. Most people aren't aware the company owns more than 30 buildings in all.

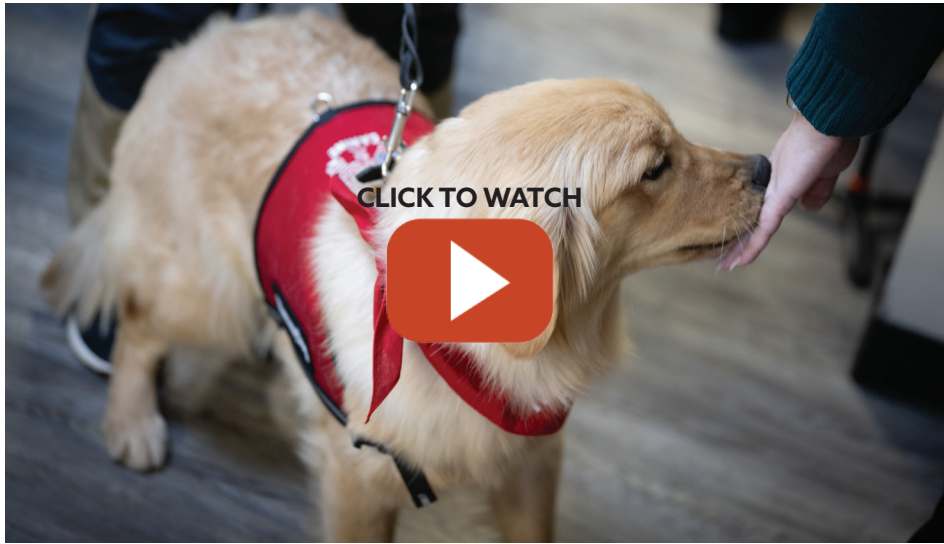
He oversees the actual safety and maintenance of each facility, including each of the rental apartment buildings. Brian explains that his team responds to 400+ tickets each month, including typical wear and tear issues in the rentals to work on keeping buildings warm in the winter and cool in the summer.

When asked to share a success story he witnessed, Brian's smile beams again as he excitedly shares snippets of several. One story in particular he shared is receiving a call asking if there was any way possible to speed up the turnover of one of the apartments. Someone desperately needed the apartment ready as they were currently unhoused. His team had it ready in a single day.

While Brian takes pride in his work and has a deep impact on people's lives, he also values his family and personal life. Brian has three children who he loves spending time with. He also is into watercolor painting — and he's talented. Brian is the type of person who throws himself full throttle into what endeavor he has found himself.

He is full of passion but simultaneously modest in his impacts. In his five years at Aspire, Brian has made an unwavering impact on the organization and lives of many people. ■

Aspire News



PROGRESS HOUSE THERAPY DOG

In December, Progress House introduced their new therapy dog, Daisy, presented by the American Warrior Initiative and Fairway Independent Mortgage. Daisy was trained for 6 months by Ultimate K9. To learn more about Daisy and her work with progress house [please click here](#).



SAME DAY ACCESS ROLLOUT CONTINUES

Same Day Access (SDA) for new behavioral health clients began last month and will wrap up in February! We are already well on our way to the goal of massively reducing the time frame for a new patient to have their intake and first therapy session. A huge thanks to everyone inside Aspire who has worked toward this transformational change – we are already seeing significant improvements in onboarding people to services.

Here is the remaining schedule for implementation:

Phase 3:
Monday, Feb. 5, 2024
Carmel & Noblesville

Under this system, new behavioral health patients can call (877) 574-1254 to locate our closest health center or simply walk in, and Aspire team members will be waiting

to quickly complete their registration, establish their history and clinical baseline, make any necessary referrals within and outside Aspire, and most importantly connect them with their appropriate level of care pathway to begin treatment expediently.

SDA will not affect family medicine patients, who can call the main number for an appointment. Walk-ins are also welcome.

CELEBRATING 111

In 2023 Aspire Indiana Health added a net 111 employees to its roster. This amazing achievement is the result of a combination of enhanced recruiting efforts and dramatically improved employee retention, with our attrition rate cut nearly in half compared to the year before. By the time you're reading this, Aspire may have hit 700 total employees! Congratulations to our recruiting, employee relations and workplace wellbeing teams as well as our executive leadership on this incredible effort.

SAY HELLO TO MACY'S LOGO!



www.AspireIndiana.org

Now that Macy the Mobile Clinic Unit is hitting the streets of Indianapolis, the Aspire Indiana Health marketing department decided it was time to promote it in a unique and creative way! We partnered with local artist Byron Elliott to create this iconic illustration of Macy (which stands for Mobile Access Care for You). The marketing team then combined it into this logo with the tagline, "Get Onboard for Better Health!"



I-TEAM BARRIER BUSTERS

For those of you who have been involved in the Dramatic Performance Improvement initiative aimed at decreasing no-shows and open appointment slots at our health centers, thanks for all your hard work! The i-Team of point people on the project have dubbed themselves the Barrier Busters. ■



[Clipboard and me!!!](#)

In last month's blog post by Aspire Indiana Health President & CEO Antony Sheehan, he muses on coaching his daughter's soccer team, and how using a clipboard helps us focus on workplace strategy. Please read and enjoy!



Recognition

by Jaclyn Saunders



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.



Robin Haley,

Wraparound Facilitator II, is doing an excellent job according to her peers. She has several challenging cases and is always compassionate towards the compliant and supports her team.



Christy Talbot, ASL

Staff Interpreter at Aspire Indiana Health, has been ensuring that each individual who need interpreters are accommodated as such for the respective appointments/sessions in Aspire Indiana Health across each office. Her team appreciates Christy's hospitality around the environment at Aspire and her unwavering commitment in the Deaf community, and Aspire's staff, patients/clients, families, and communities. "Thank you for your ongoing hard work and dedication!"



Alex Coffey,

Supervisor, Youth & Family in Hamilton

County, team members share freely about the support they feel from Alex, both in their personal and work roles. Alex takes extra time to support her team's development. "Thank you, Alex, for being such a supportive and encouraging supervisor!"



Aaron Benjamin,

School Based Therapist with Hamilton County Youth and Family, jumped right into doing intakes immediately after orientation, sometimes doing 3 a day! "We so appreciate Aaron's willingness to help and get right to work post orientation!"



Betsy Hughes-

Pearson, Housing Outreach Coordinator,



and Dave Smith,

Employment Specialist, are both

doing great work! Their team appreciates their hard work and dedication.



Amanda Roberts,

Nurse Practitioner at Elwood, is awesome

with her patients. "They all love seeing her when they come in and you can see how much she truly cares about her patient. She is amazing to work with!"



Lakeisha Noethlich,

Non-Medical Case Manager, goes out

of her way to do collaborations with the Prevention Department. She goes above and beyond to ensure her clients' needs are met. "She is very resourceful and gets the job done. She is the perfect example of what a case manager looks like!!"



Ashley McCoy, Ciara Brown,

JayVon Muhammad, Michael

Burke, Olivia Smith, Rita

Stephens, Victoria Sanders,

Denise McDonald: The staff for

MACY do a great job! "I am very

proud of the team that has been

put together. They are doing

great things for the Community"



Marrison Carr's, Team

Lead at May House, ability to connect to

some of the most challenging clients is amazing. She is able to reassure them and alleviate their fears.



Donna Carrico, Patient

Access Specialist, is a great help to everyone

in the office! She goes above and beyond and is a wonderful colleague.



Melissa Westfall,

Infectious Disease Case Manager, has

created a blanket outreach in Delaware County. We also leave blankets at parks around town in Muncie for those in need. We now also collect coats, hats, gloves, scarves, hygiene supplies, clothing, shoes, rugs(to sleep on), matches, bookbags, etc. We really collect almost anything that people are willing to donate. There are no restrictions for people to receive our services. As of right now this is all self funded and funded by donations. We are always excited to receive donations of any items people are willing to give.



Kathretta Flagg,

Accounts Receivable Representative, is

wonderful. She takes the time to work with people on their billing issues and is always eager to help. ■

Ebony Austin
Patient Access Specialist
Noblesville

Olamide Awoola
Bachelor's Level Clinical Intern
Indianapolis

Aaron Benjamin
Master's Level Therapist
Carmel

Kristy Buckingham
NP Preceptee
Hoak

Deboralea Carreon
Director, Practice Operations
Hoak

Najat Cooper
Certified Medical Assistants
Carmel

Colleen Corrigan
Non-Clinical Intern (Americorp)
Hoak

Devon Custer
Care Coordinator/Life Skills
Instructor- Home & Community
Based
Carmel

Alyssa Doran
Care Coordinator/Life Skills
Instructor- Home & Community
Based
Indianapolis

Welcome New Employees!

Larry Eaton
Food Service Worker
Progress House
Sarah Fenimore
NP Preceptee
Noblesville

Cassidy Federico
Infectious Disease Prevention
Case Manager
Richmond

Ariel Finley
Scheduler - Patient Access
Carmel

Kaili Garlinger
Master's Level Therapist - Y&F
Home and Community
Noblesville

Glenda Gray
Medical Assistant
Hoak

Hailey Hess
Bachelor's Level Clinical Intern
Carmel

Aimee Hollowell
Patient Access Specialist
Noblesville

Bailey Howell
Crisis Response Provider
Carmel

Amelia Irvin
Bachelor's Level Clinical Intern
DeHaven

WELCOME NEW EMPLOYEES!

CONTINUED...

Danielle Jamison
Life Skills Instructor - Adult Home
& Community Based Services
Willowbrook

Collin Jones
Maintenance Technician
Anderson

Shalissa Kutzleb
Wraparound Facilitator
Carmel

Jennifer Lawson
Team Lead Certified Medical
Assistant
Carmel

Cherish Lewis
Employment Specialist
Indianapolis

Sylvia Lopez
Program Manager - Deaf Services
Indianapolis

Sandra Maple
Care Coordinator/Life Skills
Instructor
Indianapolis

Brooke Martinez
Manager, People Operations
Administration

Taylor McLaughlin
Life Skills Instructor - Adult Home
& Community Based Services
Chase

Kevin Minnick
Licensed Clinical Therapist - Ad-
dictions
Indianapolis

Jennifer Mix
Patient Access Specialist
DeHaven
Nevaeh Norman
Non-Clinical Intern
Administration

Nathaniel Northington
Master's Level Clinical Intern
Noblesville

Mia Ochoa
Clinical Intern
Noblesville

Jacqueline Peck
Patient Access Specialist
DeHaven

Elizabeth Seamon
Master's Level Clinical Intern
Noblesville

Kelsey Self
Life Skills Coach
Hudson

Colby Snyder
NP Preceptee
Noblesville

Natya Vertner
Employment Specialist
Ward

Isreal Kirk Wakefield
NP Preceptee
Lebanon

Thorishia I. Yavanah
State Hospital Liaison
Carmel

Sydney Zwinski
Health & Wellbeing Coordinator
Administration



Aaron Benjamin
Jovany Catalan
Alex Coffey
Amber Dale
Tricia Pinatiello
Ebony Starks