

# Healthleat



STAR PROGRAM HELPS CONNECT MILITARY AND THERAPISTS



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### ARTICLES

#### Feature Article, Pratt Joins Board

Christopher Lloyd, Senior Director of Branding and Communications

5k Fun, Run & Walk, Aspire News

Tiffany Whisner, Marketing Content Manager

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Paula Earlywine, Talent Aguisition Specialist

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## PHOTOGRAPHY / ILLUSTRATION

All videos and photography by Ben Rose on pages 5, 6, 7, 8, & 11; by Brandi Caplinger on pages 10 & 12; by Aspire staff on pages 10, 11, 12 & 13; by Christopher Lloyd on pages 6 & 7; by 5k attendee on pages 6 & 7. iStock by Getty Images: cover, pages 3, 4 & 16. All stock photography posed by models.

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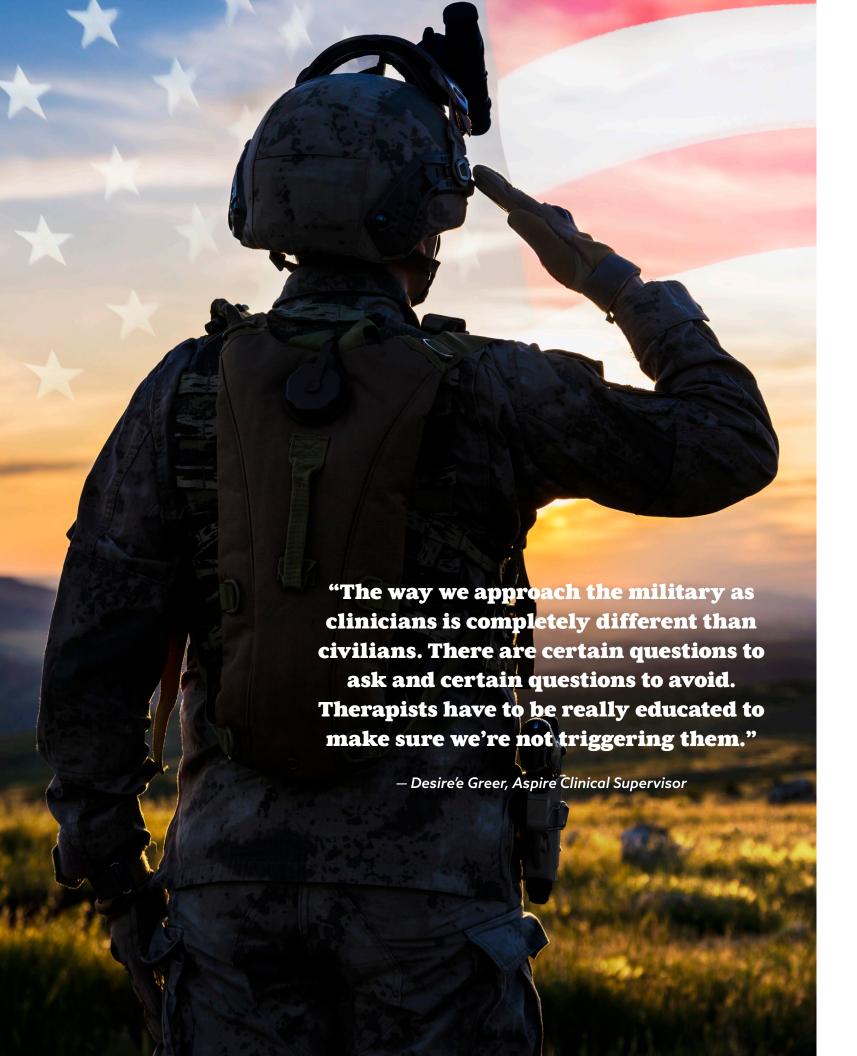
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## Star Program Helps Connect Military and Therapists



by Christopher Lloyd, video by Ben Rose

May is National Military Appreciation Month, and Aspire Indiana Health is proud to serve — and employ — many veterans.

Desire'e Greer, Clinical Supervisor for Aspire's Carmel health center, knows how challenging it can be for current and former members of the military to reach out for help. She is a therapist herself, a Licensed Clinical Social Worker (LCSW), and the



One way is through the Star Behavioral Health Providers program, which links military members and families to therapists trained to help them. At <a href="https://www.starproviders.org">www.starproviders.org</a>, people seeking help can search for credentialed providers near them. It also provides training to

daughter of a military veteran who spent much of her childhood moving from station to station, including several combat deployments.

Military personnel can face great stigma within their own ranks for reaching out for help, particularly for a mental health issue. Her own father had to be convinced to do so, and then his negative experience helped inform her own future disposition as a clinician.

"The very first question he was asked was, 'How many people have you killed?'" Greer says.

"The way we approach the military as clinicians is completely different than civilians. There are certain questions to ask and certain questions to avoid. Therapists have to be really educated to make sure we're not triggering them."

Based partly on her father's experiences, Greer switched her major in college from teacher to therapist. Now she works to find ways to better connect current and former military members to mental health providers — and educate therapists how to treat them.

mental health care therapists in order to be listed.

Greer herself is Star-certified and is working to encourage all current therapists at Aspire to undergo the training themselves. It is part of the nonprofit provider's goal of eventually obtaining status as a Certified Community Behavioral Health Clinic (CCHBHC).

"As part of CCBHC, serving more veterans and serving them better is one of nine key components. We weren't asking the right questions we needed to know to get the answers. In many cases, therapists don't even ask patients about their veteran status," Greer says.

"In Hamilton County, we have more veterans than anywhere else in the state of Indiana. And we're not serving as many as we should."

Star offers three tiers of training. The first is on basic military culture, while the second and third are geared toward how to treat military patients. To date, 14 Aspire therapists have gone through at least the first or second tiers, and the goal is to get as many as possible to complete all levels.



# Helping Hoosiers by Getting InSHAPE

by Tiffany Whisner, photos by Ben Rose





Our 2nd Annual Aspire to Get InSHAPE Fun Run

and Walk took place Saturday, April 20 at Conner Prairie – and it brought out more than 300 people decked out in super suits and capes to enjoy a family-friendly event supporting InSHAPE, our fitness and nutrition program for individuals experiencing serious mental illness (SMI).

In addition to the stigma associated with mental illness, people with SMI often experience challenges with their physical health, including things like diabetes and obesity. InSHAPE pairs them with certified personal trainers who use education, exercise, fitness, nutrition and community engagement to help individuals address issues such as losing weight, improving cognitive functions, decreasing depression and anxiety, improving self esteem and decreasing social isolation.

Individuals and families enjoyed a 5k or one-mile course through the beautiful historic grounds of Conner Prairie. The fastest time overall was 22:56 by Ryan Wolfgang of Fortville, and InSHAPE Personal Trainer Jody Hall awarded the Ken Jue InSHAPE Memorial Award to Christina Minkesell for her perseverance and commitment to health. Plus, there were fun activities for kids, refreshments for all, group stretching and warm-up activities along with virtual reality stations, bounce houses, bubble machines and face painting.

Event sponsors included Complete Office Supply, Ed Martin, Peacock Family Chiropractic and Katherine Patton DDS. Thank you to everyone who participated in the race and volunteered their time!



















Tim Maestas has been in the pursuit of progress his entire life. Growing up in Columbus, Ohio, Tim excelled in high school and earned himself a full ride to Miami University. Like most college freshmen, Tim was excited to move to campus, meet people and start his classes. College campuses are always buzzing with something exciting to do — welcome weeks, homecoming parades, football games and parties. Lots and lots of parties. And at

these parties, alcohol and drugs are often passed around like candy on Halloween. Sweet and abundant. Tim started to find himself spending more time drinking and smoking marijuana and less time attending class and doing his school work. Eventually, his grades fell below the requirement, his scholarship was re-

Hopeful for a fresh start, Tim decided to follow his brother and move to Indianapolis. He got a job at a gas station, and soon he found himself with a second job at a neighboring liquor store.

While his time at college was

scinded, and Tim was academi-

cally dismissed from Miami

University.

challenging, Tim has always been a good and reliable worker. Unfortunately, he had no idea what he was about to get himself into

While working at the liquor store and gas station, Tim met a girl. They started hanging out, and she introduced him to crystal meth. Admittedly, Tim was naive about harder drugs and even tried fentanyl a few times. Lost in the haze, Tim made the rash

Progress House has become Tim's safety net. Resident-turned-food service worker, he knows better than most what the residents are going through.

While he continues to give back to the community that gave him a second chance and a new outlook on life, he's dreaming about his future.

decision to quit one of his jobs. His brother had moved back to Ohio, so Tim had no place to live. He began living in his car, and then he started hearing voices and found himself increasingly paranoid.

Finally, Tim knew he needed help. In 2022, he began his journey toward sobriety. After a short stint in a rehab center, Tim gave up crystal meth but still continued to drink. He reached back out to the original rehab center he attended, and they connected him to Mockingbird Hill. And after 28 days in the Mockingbird Hill program, Tim moved to Progress House.

His smile now stretches wide as Tim talks about wanting more from life. "From ages 18 to 34, I wasted my life on drugs and stupid stuff." Now he's taking back control of his life. Progress

> House has become Tim's safety net. Resident-turned-food service worker, he knows better than most what the residents are going through. While he continues to give back to the community that gave him a second chance and a new outlook on life, he's dreaming about his future.

Tim recently applied for a passport and looks forward to traveling to Italy and Japan soon.

Progress looks different for everyone. Tim has made immense progress on his journey and continues to do so. His story is inspiring, and his smile is infectious. Life drips from him effortlessly now as he continues to work toward his new future and write more of his story.

## **Aspire News**



# PROGRESS HOUSE GOLF FOR RECOVERY EVENT

FORE! Have you registered for Progress House's Golf for Recovery outing? Come join us on your own, with your best golfing buddy or with a quartet of friends to enjoy a fantastic day of golf and fundraising for a great cause! The event is Thursday, May 16 at Plum Creek Golf Club in Carmel, and you can still register here! All proceeds will contribute to the programs and services that help make recovery and well-being a reality.

Please contact Kasey Davis: <a href="mailto:kasey.davis@aspireindiana.org">kasey.davis@aspireindiana.org</a> or (317) 680-8816 for more information!







## A POINT OF ENTRY VENDING MACHINE

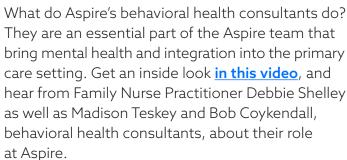
Stop by the Anderson Public Library, and check out Aspire's new vending machine for our A Point of Entry program (formerly known as Harm Reduction Program)! Items available include first aid supplies, hygiene kits, feminine hygiene products, sharps containers and naloxone nasal spray (NARCAN®).

All items are available at

no cost, but individuals are encouraged to only take what is needed in order to leave supplies for others. The same supplies are available at our A Point of Entry program on Mondays from 11 a.m.-7 p.m. and Wednesdays from 11 a.m.-5 p.m.

## INSIDE LOOK: BEHAVIORAL HEALTH CONSULTANTS





## **DRIVEN 2 SUCCESS**

On April 4, <u>Pathway Resource Center</u> celebrated the two-year anniversary of their microtransit pilot program known as "<u>Driven 2 Success</u>" or D2S



for short. Driven 2 Success is a microtransit solution to provide muchneeded transportation to essential services for the Far Fastside & Eastside residents. The program provides on-demand, door-todoor transportation using micro-busses to get access to the smaller neighborhoods where the streets will not accommodate a large bus. Service extends across a five-mile radius

Click here

to watch

the video

around the Pathway Resource Center, located at 10119 John Marshall Drive in Indianapolis. Hours of operation are Monday through Friday from 8 a.m.-2:30 p.m.

Driven 2 Success came about through the leadership of Pathway Executive Director and City/County Councilor LaKeisha Jackson in collaboration with the United Way of Indiana, IndyGo Bus, local and state leaders. Aspire partnered with Pathway in the early stages of Driven 2 Success's development,





including Aspire Manager of Community Outreach Mary Giesel, who spoke at the anniversary event, serving on its advisory council. Aspire recognized the value and potential of this pilot program for the residents of the Far Eastside and Eastside to have improved access to Aspire's health centers around Indianapolis — and now those residents can get

continued on next page

door-to-door transportation to and from their health visits from Aspire.

### WALKING IN RECOVERY

Coming together to support the recovery community, Life's Journey Recovery Center's 2nd





Annual Walking in Recovery community event took place April 20 at Memorial Park in Lebanon. Indiana Lieutenant Governor Suzanne Crouch and Aspire Vice President of Recovery Communities Darrell Mitchell spoke at the event. We were proud to be a sponsor, and Aspire Community Engagement

Coordinator Diadra Spalding attended our booth to share more about Aspire's programs and services. The walk and rally helps raise awareness for those in need of help as well as financial support for Life's Journey Recovery Center to continue to walk alongside those in recovery.

## **DEMETRIUS DILLARD ON BRAINDROP PODCAST**



Have you heard of the Braindrop podcast? Every episode includes a discussion with IT leaders and experts exploring their recent projects and learning from their triumphs and challenges along the way. And who better

to highlight than Aspire's own Demetrius Dillard, senior director of information systems and technology?! Check out this podcast episode with Demetrius, and hear more about how he strives to integrate technology in a purposeful and fiscally responsible way so Aspire can serve our clients seamlessly while ensuring data is secure.

## **FOCUSING ON TEEN** MENTAL HEALTH



On April 10, Aspire Community Engagement Coordinator Kama Grund organized a Clear Talk event at IU Health North titled "Everything You Want to Know About Teen Mental Health, Alcohol & Drug Use ... But Are Afraid to Ask," educating Hamilton County parents on the risk of teen mental health. She reached out to Hamilton County schools and has been working diligently to develop a partnership with local PTO boards to reach and educate the nearly 20,000 students in the district. According to Indiana Suicide Prevention, Indiana's youth suicide rate has been higher than



the national average since 1999. Three out of 10 Hoosier high school students reported their mental health was not good most of the time or always. Since Indiana — and the nation as a whole — is in the midst of an adolescent mental health and substance use crisis, IU Health collaborated with Aspire to host this event and raise awareness for parents and their vulnerable teens. Health Education Specialist James

R. Ginder, MS, NREMT, PI, CHES, NCEE, PAI, CCHW, and Aspire Senior Director of Outpatient Services



dianna Huddleston, LCSW, were the event's featured speakers. James focused on the current substances and drug paraphernalia teens are using, and dianna's presentation focused on child and adolescent development and



the challenges with mental health that may lead teens to struggle with substance abuse.

## **FEMALES ACTIVE IN BUSINESS LUNCHEON**

Aspire Culture Officer Dr. Gina Forrest, PhD, MPH, recently spoke at the Madison County Chamber of Commerce Females Active in Business luncheon with a presentation titled "A Healthy Community Starts with a Healthy YOU!" During the presentation, Dr. Gina discussed the significance of understanding the 10 dimensions of health and wellness as

a fundamental aspect of personal well-being. Also, Dr. Gina and luncheon participants explored how this knowledge can be effectively applied to benefit the wider community. Aspire Community Engagement Coordinator Wendy Wills also attended the event. Aspire is a member of the Madison County Chamber of Commerce.

Interested in hearing Dr. Gina speak about inclusive language and microaggressions? Register for the next Women in Business event, sponsored by Aspire Indiana Health, through the Boone County Chamber on Thursday, May 2 from 11:30 a.m.-1 p.m. at Hussey-Mayfield Memorial Public Library in Zionsville!



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.



**Sydney Bebar**, Licensed Eligible Therapist for Youth &

Family Home and Community, is always willing to say yes to having a tagalong for the day or more and does a wonderful job explaining her role and helping new staff members learn the logistical ropes of documentation and using Aspire's systems!

Those who have shadowed her have given feedback that she is very helpful and accommodating.



**Courtney Ryan**, Care Coordinator - Licensed Life Instructor for

Youth & Family in Hamilton
County, recently was recognized
by a DCS Supervisor, reporting a
client of hers asked his judge if
he could continue seeing
Courtney because he loved
working with her! This speaks to
Courtney's amazing work
connecting with and supporting
her clients!

**Kaili Garlinger**, Home-Based Therapist for Youth & Family in



Hamilton County, recently wrapped up her first round of DCS

monthly reports (and she had a LOT). Not only did she complete these early, but she did an amazing job writing comprehensive reports! We so appreciate Kaili's diligence in striving for excellence and timeliness in completing these reports!



**Alex Coffey**, Supervisor for Youth

& Family in Hamilton

County, is a supportive supervisor who leads her team with patience and is always willing to help any team member when needed. She's taken on some new initiatives from the ground up and has been efficient, collaborative, highly organized and very professional through each step in this process. She's a wonderful leader, and we're very grateful to have her leading our team!



**Stacey Curnutt**, Licensed Eligible Therapist for Youth

& Family Home & Community, goes above and beyond to meet

people where they are. She is such a great asset to Aspire and to Elwood Schools.



**Josh Loft**, Care Coordinator/Life Skills Instructor - Outpatient,

is so down-to-earth and makes the kids he works with comfortable and feel like they can be their genuine selves.





Josie Haynes, Masters-Level Intern with Youth & Family in Hamilton

County, has been helping with intakes regularly and does a wonderful job thoroughly and clinically documenting client presentation, findings and recommendations. She asks for clarification about documenting, scoring and referring as needed, but for the most part is independently tackling (and nailing!) intake assessments. Thanks so much for your amazing help and excellent work completing intakes, Josie!



**Debora Carreon**, Director - Practice Operations Hoak,

came in and made a difference within weeks. She has made and continues to make her employees and location a successful place to work! You rock!



**Amanda Shepherd**, Practice Operations

Director, has been a wonderful asset to our Elwood/ Carmel teams. She is very dedicated to helping her staff and clients meet the needs of each clinic. Continue to do great things!



Sasha Janney,

Medical Assistant, is a wonderful colleague.

She lights up the room when she walks in and is so supportive to the entire team.



Mary Shafer, Medical Records Auditor, is an amazing colleague.

She pushes her coworkers professionally and supports them as they continue to develop.

Jenna Dougherty,
Mobile Crisis Team, is
an amazing coworker
and teacher. In her short time
with us so far, she has already
shown the crisis team and Aspire
just how great of an asset she is
both personally and professionally.
Thank you for all you do, Jenna!

**Elizabeth Young**, Accounts Receivable Representative, has built great relationships, and this is reflected by how highly clients speak of her. Along with consistently demonstrating a deep understanding of her role and tasks associated with it, her strong skill set is a key asset to the AR team! Elizabeth has shown the ability to make imaginative suggestions that have positively influenced our strategies and initiatives. Thank you again for an outstanding job!



**Haily Griesman**,
Patient Access

Specialist, has been serving on a workgroup for Same Day Access reporting. She is very enthusiastic about helping in this process. Her knowledge of our systems and workflows is top notch, and she has great ideas. We really appreciate her input.



Michael Smith,

Supervisor Home & Community Based

Services, is always ready to jump into action whenever and wherever he is needed. His passion for his clients, staff and community is unwavering.



Jennifer Lawson,
Certified Medical
Assistant Team Lead,

is the newest CMA team lead for the Carmel and Lebanon offices. She has taken on the position with such grace and positivity. Jennifer has jumped into the position, filling in for those who had to be out of the office, and leads with a smile. She answers questions quickly and also asks questions when needing more information. We are very fortunate to have her as part of our nursing team.



**Jill Condon**, Nurse Practitioner Psychiatry, is a \*huge\* win for the

Indiana School for the Deaf kids we serve. Jill truly understands the nuances of Deaf mental health. Welcome, Jill!



**Evan Ware**, Care Coordinator/Life Skills Instructor, does

amazing things for our residents, and we appreciate him every day. And congratulations to Evan for obtaining his Certified Community Health Worker certification!



Natalie Hagen and Kyree Nelson,

Assessment Clinicians, have been praised for the quality of their clinical documentation

that these two Intake Therapists provide in each assessment they complete. An Outpatient Therapist stated she was very appreciative of the amount of detail provided and how helpful it is when working with clients ongoing. Their attention to detail and commitment to clients is unmatched!



**Brittani Weasner**, Scheduler - Patient Access, is a great

coworker and friend and has really helped me out recently and

stepped up for our team. She is such a valuable member to the Aspire team, and we are lucky to have her!



Anna Marhoefer Supervisor - Supervised Group Living, has been a wonderful teacher. I

have learned so much from her in the last three months, and I truly can't wait to see where life takes her. She works very hard and is a very determined person.



Ben Rose, Multimedia Content Producer, recently celebrated his

one-year anniversary of joining the Aspire Indiana Health marketing team, and his impact has been hugely felt! His photos and video have captured the spirit of the organization, and his passion for telling our story is reflected in everything our team does. Thanks, Ben!



Ashley Keel, Employment Specialist, has been a critical part

of training new employment specialists on our team. Ashley has also assisted multiple candidates in obtaining employment! She provides excellent client care to her caseload. She collaborates fabulously with state agencies and businesses in the community.

Mallory Stapler, Nurse Practitioner, is dedicated to helping patients. She recently went

above and beyond to assist a patient who walked in off the street and was in need of immediate medical attention. Mallory did not hesitate to assist the patient and ensure they were stable until other resources were available



**Adam Ison**, Nurse Practitioner, went above and beyond

(with another provider) to provide care to a patient who walked in off the street. Adam helped provide care to the patient until other resources were available for the patient's care.



Kate Purdy, Care Coordinator/Life Skills Instructor, is an

amazing coworker; she always helps out her teammates. She goes above and beyond and is very supportive.



Terricka Johnson Certified Medical

Assistant, assisted two

clients with such grace. One was struggling with mental illness symptoms, and she was so kind and understanding with this person. The second person was irritated, and she kindly was able to de-escalate the situation with a professional and graceful attitude. Terricka has a pleasant, calm demeanor that puts those she works with at ease.

**Ashleigh Wirtner**, Clinical Manager of Intake Services, is always willing to jump in and help



coworkers in any and every department to ensure a smooth

transition from intake to services for the client's we serve. Her dedication, compassion and drive has helped make Same Day Access such a success!



**Charamaine Haskins** and Amy Corlew,

Patient Engagement Specialists, have recently transitioned into their new

positions as Patient Engagement Specialists at Mockingbird Hill. They have both been able to pick up the responsibilities of their new role while also continuing to jump in and help out in other areas throughout the rest of the building. We couldn't be happier with who we chose to be the first faces of Mockingbird Hill for those we serve.



Jacob Kern, Program Director - Supported Living Services, has

great leadership skills. He is well knowledgeable about how to serve a diverse population.



**Bri Green**, Supervisor of Prevention, does not let things stop her.

She takes criticism and, instead of shutting down, she tries to find ways to do better and make a change. She is becoming a better leader daily and is doing what she can to be there for her team and her community. Thank you for your dedication to what we do!



Dwaine Jackson

Supervisor - Facilities, has been highly

responsive to recent security issues in our work environment. He is prompt, helpful and an effective communicator!



Missy Whipple, Patient Care

Coordinator, is awesome and will help with anything you need her to. Just give her a call, and she is right there for you.



Shelby Bradford

Licensed Staff Therapist, has been

working hard over the past few months to get herself ready for her first mini-marathon! While she said it was nothing she ever planned to do, she decided to take on the challenge and was able to exceed her own expectations. Shelby completed the Carmel Mini-Marathon on 4/13/24 and in less time than she hoped she would. Congratulations, Shelby!



**Haley Miller** 

Patient Access Specialist Hoak

**Abby White** 

NP Preceptorship Indianapolis

Joanna Chambers

Staff Psychiatrist Noblesville

Jessica Hesch

License Eligible Staff Therapist Noblesville

**Barbara Kiefer** 

License Eligible Therapist - Addictions Noblesville

**Natalie Daugherty** 

Certified Medical Assistant Hoak

**Brea Burton** 

Certified Medical Assistant Hoak

LaTisha Lampkin

**New Employees!** 

Certified Medical Assistant Noblesville

Welcome

**Candace Wheeler** 

Certified Medical Assistant Hoak

Kassandra Cain

Supportive Services for Veterans Case Worker Indianapolis

**Ariel Manuatu** 

Insurance Credentialina Specialist Administration

**Tabitha Agnew** 

Residential Recovery Technician Mockingbird Hill

**Deborah Gerstorff** 

Certified Medical Assistant Hoak

### **ACCENT ON COMPASSION**

In last month's blog post by Aspire Indiana Health President and CEO Antony Sheehan, talked about the importance of saying "hello," even though we know we have to be ready to one day say goodbye.

Read more here!





## **Social Media Hits**

by Brandi Caplinger



April is #Alcohol Awareness Month—a time to raise awareness of alcohol use & misuse. Find helpful resources on alcohol use & misuse prevention, treatment & recovery support services that you & your community can use to support those who may be struggling: samhsa.gov/find-

#AspireIndianaHealth #ProgressHouse #AddictionHelp #RecoveryIsPossible







It's time to sign up for the second annual Aspire to Get InSHAPE Fun Run/Walk event! The #5k and 1 mile race/walk, to be held April 20 at

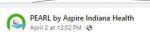
#ConnerPrairie #AspireIndianaHealth



aspireindiana.org

Get InSHAPE to Help Hoosiers With Mental Illness - Blog Post - Aspire Indiana Health





#AspireIndianaHealth attended the Madison County #MinorityHealthCoalition annual luncheon yesterday. Lorenzo P. Lewis was the keynote speaker, talking about #MentalHealth with the emphasis on his experience with barber shop talk. He spoke about how different classes, whether race, financial status, or political belief all go to the salon or barber shop discussing struggles they may have in their private life. He encouraged the community to get connected and work togethe

Our very own Dr Gina spoke at the event. (Pictured: Dr.Gina Forrest, Wendy Wills, Lakeisha Noethtich, Julie Foltz, and Mary Giesel)







## Olivia Pratt Joins **Board of Directors**

by Christopher Lloyd



After graduating from Indiana University in 2016 with a bachelor's degree in political science, Pratt began a rapid rise in local politics marked by a strong commitment to public health issues, including stints as Clerk of the Circuit Court and Deputy Clerk in the Madison County Clerk's Office.

"Olivia is a tremendous addition to our board. Her passion for service and commitment to helping Hoosiers in need are a reflection of why Aspire exists," said Michael Collette, Aspire board chair.

Antony Sheehan, Aspire President and CEO, also welcomed Commissioner Pratt's Board appointment. "Olivia brings great experience and expertise to our strategic conversation; her presence underlines our commitment to work closely with County leadership in developing care which matches the needs of the communities we serve."

