



GUIDE FOR NEW PATIENTS

Whole Health for the Whole Family

Aspire Indiana Health believes the road to wellness includes caring for the mind AND body and having the resources to achieve integrated health. We feel better emotionally when we are physically healthy and vice-versa.





Whole healthcare is about recognizing the connection between medical and behavioral health, as well as integrating programs that address social determinants 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.

We hope to see you soon and become your whole health home!

CONTACT INFORMATION

For primary or behavioral health care appointments

(877) 574-1254

After 5 p.m. primary concerns

(877) 574-1254

24-hour Crisis Line

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



Anderson Health Center

2009 Brown Street
Anderson, IN 46016



Anderson Health Center:

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



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), Play Therapy, 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 onsite 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 a 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 office coordinator 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 and Hamilton County call (317) 587-0589 and in Madison County (765) 608-5583.



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.

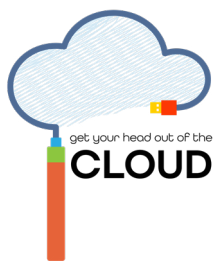


Prime for Life

This program is an evidence-based education program for either adolescents or adults. We have one program on alcohol and drugs and one program specific to marijuana. It is designed to gently but powerfully challenge common beliefs and attitudes that directly contribute to high-risk substance use.

SAFE

This program is a one-time session designed for alcohol/drug abuse education and prevention purposes.



Get Your Head Out of the Cloud

This program is a one-time session for adolescents to help educate them on the facts around vaping.

Whole Health Recovery Centers (Residential Treatment)

Aspire Indiana Health has created an innovative new paradigm for the treatment of substance use disorder: Whole Health Recovery Centers. Aspire is able to address individuals requiring a higher intensity level of care in a variety of residential treatment settings. These programs are clinically managed and provide 24-hour care to stabilize individuals whose needs cannot be met in the outpatient setting. Treatment 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. These 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, healing place to live.



Progress House

This program is a structured, 3-Phase behavioral health and long-term residential treatment program for men. Progress House provides a sober, secure, comfortable living environment with intensive recovery support services and primary care support on site.

Next Step

This program is sober living housing for residents of Progress House who have successfully completed Phase I at our main residence. These are usually two-man apartment units for men who 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.



In combination with Behavioral Health services or alone, medical appointments may be made with one of our providers. Examples of the reasons for a visit 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
- Immunizations
- Labs/blood draws
- In-office quick testing (e.g. strep testing)
- Pap tests
- Family planning
- Substance abuse treatment and Medication Assisted Treatment
- PrEP treatment (pre-exposure prophylaxis)
- Hepatitis C Treatment
- HIV treatment

PrEP

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

Focus on Infant Mortality Reduction

At Aspire Indiana Health, we provide care for pregnant mothers during the first and second trimester, as well as new mothers and their infants. We educate parents about sleep safety for infants.

The primary message for parents and others who care for infants is to “Remember the ABC’s of Safe Sleep.” There are three critical measures to follow when it’s time for an infant to sleep. Always place babies alone on their backs to sleep at night and at nap time. Babies should always sleep in a crib.

Pharmacy Services

Available onsite (some locations) or via mail.

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.

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

How can Crisis help? By providing:

- Phone triage, risk assessments, and safety planning
- Suicide awareness, intervention, and prevention
- Education and information about mental illness and substance abuse, and treatment options



- Assistance in navigating the mental health system
- Referrals to treatment, including inpatient treatment when needed
- Urgent outpatient intakes and appointments
- Referrals to community resources
- Crisis Intervention Team training to law enforcement

Calls to Crisis may include:

- Risk of suicide
- Harm to others
- Shelter needs
- Medication concerns
- Domestic abuse
- Grief
- Addiction/withdrawal
- Depression and anxiety
- Children with school or behavioral concerns
- Law enforcement seeking help for individuals in crisis
- General information or concerns

Appointments and Walk-ins

To begin services please contact our Access Department at (877) 574-1254. You will be asked to provide initial information to start the Open Access 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.

Insurance

Aspire Indiana Health accepts most insurance, including Medicare and Medicaid, and also has a sliding fee schedule. In addition to a copayment 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. Please contact one of our friendly Aspire Indiana Health employees, who will be very happy to assist you.



Behavioral Health Care Concerns

If you have an urgent behavioral health concern, we recommend contacting Crisis at (800) 560-4038. This resource is available 24 hours 7 days a week.

For appointments or questions please contact:
(317) 574-1254 8am - 5pm.

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

Primary (Medical) Health Care Concerns

For after hours non-urgent medical concerns call (877) 574-1254. If it is a Medical Emergency please call 911.

For appointments or questions please contact:
(317) 574-1254 8am - 5pm.

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

Translation Services

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

Government Issued Guidelines

For information concerning the U.S. Federal Poverty Guidelines, visit: <https://aspe.hhs.gov/poverty-guidelines>

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Stock photos posed by models