

WHOLE HEALTH FOR THE WHOLE FAMILY



  
**Aspire**  
Indiana Health™

**IMPACTING. HOOSIER. COMMUNITIES.**

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

**ASPIRE INDIANA HEALTH IS AN**

independent nonprofit healthcare provider with more than a half-century of service to some of the most vulnerable Hoosiers.

We provide fully integrated “whole health” services including primary medical care, behavioral health and addictions services. Aspire also has a broad array of community programs to address social determinants of health such as housing and employment.

We are committed to being innovative thought leaders in our market space while honoring our rich heritage of evidence-based healthcare practices as we evolve to meet the demanding needs of those we serve.

Our mission is person-centered and our philosophy is a “no wrong door” approach to care. Many of the people we serve come to Aspire for one kind of help and find support for other challenges they may face.

While serving the at-risk population remains at the core of what we do, Aspire is expanding its reach to provide “whole health for the whole family” in the communities we serve. Today we have six health centers in four Central Indiana counties, but also provide community programs that impact Hoosiers across much of the state.



**BEHAVIORCORP  
CARMEL**



**THE CENTER FOR MENTAL HEALTH  
ANDERSON**



**PROGRESS HOUSE  
INDIANAPOLIS**



**ASPIRE INDIANA HEALTH  
ANDERSON**

### **ASPIRE'S ROOTS WERE LAID DOWN WITH**

the formation of The Center for Mental Health, a behavioral health provider for marginalized populations in Anderson, Ind. It later merged with BehaviorCorp and became Aspire Indiana in 2009, launching plans for a primary medical component the following year.

Over the years the organization has grown and evolved to include many other pieces bridging the divide between mental and physical well-being.

In November 2019 Aspire merged business operations with Progress House, the state's oldest and largest recovery residence. Together they are launching a new model, the Whole Health Recovery Center, offering comprehensive wraparound services in

a safe and secure, long-term residential residence, which has received recognition at the national level.

To reflect its integration of primary medical and behavioral health care, in December 2019 the organization rebranded under the single company name, Aspire Indiana Health.

Today Aspire includes a Federally Qualified Health Center (FQHC), an Indiana Community Mental Health Center (CMHC), multiple housing corporations and a recovery residence certified by the National Alliance for Recovery Residences (NARR) state affiliate, the Indiana Affiliation of Recovery Residences (INARR).



Progress House  
1961

BehaviorCorp  
1976

The Center for Mental Health and BehaviorCorp  
form Aspire Indiana  
2009

The Center for Mental Health  
1966

Aspire Indiana Health  
2015

Aspire Indiana, Aspire Indiana Health  
and Progress House consolidated  
2019

WHERE WE HAVE BEEN



### **ASPIRE INDIANA HEALTH HAS GROWN ITS**

array of services as health experts' understanding about the interrelation between mental and physical health has expanded.

Instead of focusing on individual symptoms, we treat the whole person. Someone dealing with mental health issues will often have related challenges in substance use disorder (SUD), obesity, diabetes, infectious disease, unstable housing, abuse, joblessness and other social determinants of health.

Today our evolving service array includes:

- Primary medical care as a Federally Qualified Health Center (FQHC)
- Behavioral health care as an Indiana Community Mental Health Center (CMHC)
- Health centers in Anderson, Carmel, Elwood, Indianapolis, Lebanon and Noblesville
- A 100-bed recovery residence at Progress House on the Indianapolis Eastside, plus smaller residential and transitional housing
- Onsite pharmacies in Carmel and Anderson, with more to come
- A 100-bed Whole Health Recovery Center in Anderson opening in 2020
- Kids Talk Child Advocacy Center, a safe place for Madison County children to talk about abuse or neglect with trained professionals
- Aspire Indiana Housing, providing assistance grants, shelter-plus care and long-term housing including 60 group home beds and more than 600 housing units
- Group homes in Marion and Madison counties for people with mental or behavioral disorders to learn life skills and live independently



- Employment services including job training, placement assistance and transition support for those receiving Social Security disability
- Infectious Disease services, including HIV and Hep-C testing/care coordination
- Madison Harm Reduction Program (HARP), providing support and sterile syringe exchange for IV drug users
- Deaf and Hearing-Impaired Services, including translators
- Crisis Intervention with 24/7 toll-free phone service
- Child and Family Services, including partnerships with the Indiana Department of Children's Services (DCS)
- School-Based Services, providing therapy and life skills instruction in several districts
- Video in Person telehealth services



Through innovation  
and thought  
leadership, we  
are merging care  
for the mind  
and body.

**FOR THE FIRST FEW DECADES OF EXISTENCE,**

Aspire Indiana Health's mission focused squarely on the at-risk population: people who had serious mental illness (SMI), behavioral health issues, criminal infractions, and other health factors.

We have been proud to partner with state and local governmental agencies, the judicial system and law enforcement agencies to serve these vulnerable Hoosiers and help turn them into stable, independent citizens who contribute to the greater good of their community.

As a Community Mental Health Center (CMHC), Aspire is a state-certified provider of behavioral health services in all four counties where we have clinics: Boone, Hamilton, Madison and Marion. We have grown and deepened our partnerships with stakeholders in those areas. Aspire has and always will be an integral part of Indiana's safety net system.

We have added more pieces to our care model as the scientific understanding of the correlation between physical and mental well-being has improved. And we have expanded our focus to encompass "whole health for the whole family," with walk-in clinic hours, senior care, pediatric and pregnancy medicine, and more. Our emerging service model is to serve Hoosiers from every walk of life.

Aspire has and always will be an integral part of Indiana's safety net system.

Our mission:  
Together... making health and well-being a reality.

## **SUBSTANCE USE DISORDER (SUD) IS A**

destructive disease with devastating impacts on individuals and families of every race, religion, gender, age, region and socioeconomic status.

For years, addiction services were centered around the cessation of active drug use. But with decades of research and real-world field work, we have learned that people turn to drugs and alcohol to cope with problems they are already facing: unemployment, poverty, abuse or neglect, mental illness, family distress, crime/trauma, etc.

Even if you treat someone to stop using substances, long-term recovery cannot happen without addressing those underlying issues.

Aspire Indiana Health and Progress House have joined forces to address the complex challenges of addiction with a powerful yet simple approach: what we call the Whole Health Recovery Center.

This is a stable residence where people with SUD can live while receiving all the services they need for long term recovery: primary medical care, behavioral health, case management, medication assisted treatment (MAT), 12 step/peer support, education and training, job placement and more.

Our 100-bed Whole Health Recovery Center will open in Anderson in summer 2020. White House health officials toured the site and called it “a model for Indiana and the country.” It will be the first facility of its kind in the nation.

**PROGRESS**  
**PH**  
**HOUSE**  
an Aspire Indiana Health company





WHERE WE ARE GOING

**ASPIRE INDIANA HEALTH HAS EMBRACED**

innovation through a dynamic leadership team that pursues visionary thinking, and then sees it through with strategic planning and execution.

We are nonprofit, fully independent of any corporate association and financially strong. Through robust fiduciary oversight by its leaders and board of directors, Aspire is able to pursue an ambitious growth strategy to better serve the community as a fully integrated healthcare provider.

Aspire is in the process of expanding or upgrading its existing health centers, and looking at adding more in underserved areas. We are launching our innovative model of the Whole Health Recovery Center in Anderson, and are talking to other communities about establishing more to meet their critical needs.

And Aspire is actively exploring opportunities for social enterprise where nonprofits partner with businesses and local government to address community challenges.

**RIISING TO MEET THE NEEDS OF THOSE WE SERVE.**