



**Aspire**  
Indiana Health<sup>SM</sup>

Whole Health for the Whole Family

## MESSAGE TO THE COMMUNITY

---



*Duane Hoak  
Board Chair, Ed.D.  
Anderson University (Retired)*

When we first had a vision to add a primary medical component to Aspire Indiana more than a decade ago, we had no idea of the amount of growth and transformation that would be achieved by 2019. This has truly been a watershed year for us.

Of course, the biggest change is that we have reorganized our business operations to reflect the culmination of our evolution into a fully integrated healthcare provider. Going forward, all of our Aspire operations will be known as Aspire Indiana Health.

In Fiscal Year 2018, Aspire Indiana Health received Federally Qualified Health Center Look-Alike status. This allowed for explosive growth as we added new services and grew at a tremendous rate.



*Jerry Landers  
Chief Executive Officer  
Aspire Indiana Health, Inc.*

Dr. Jerry Landers, who has led the Aspire Indiana Health FQHC as CEO, moves to the executive suite of the “new” organization, driving innovation and exploring new opportunities as Chief Strategy Officer.

“We’ve been working and building so long for this moment. It is truly an amazing accomplishment to have stood up an FQHC in the space of just a few years,” Landers said.

“The growth on the primary care side of the company has met or exceeded all expectations. We are now expanding from our traditional base of at-risk populations to serving families from every walk of life, from cradle to grave.”

The Aspire organization saw significant expansion. We merged operations with Progress House, the oldest and largest recovery residence in Indiana.

Together we are pioneering a new way of thinking about substance use disorder: Whole Health Recovery Centers where we bring all the services people struggling with addiction need to combat their disease, while providing a safe and stable place to live. Each one will include an FQHC using best practices from our clinics.

*continued next page*



## MESSAGE TO THE COMMUNITY

---

### **BOARD OF DIRECTORS**

#### **Chairman of the Board**

Duane Hoak, Ed.D.

#### **Vice Chair of the Board**

John Plumb

#### **Secretary**

Carolyn P. Barr

#### **Treasurer**

Joe Vosburgh

Michael Collette

Kellie J. Kelley

Oz Mogan

Sarah Neal

Frank Pianki

Marjorie Shell

Obadiah Smith

Rob Spaulding

Daniel Stevens

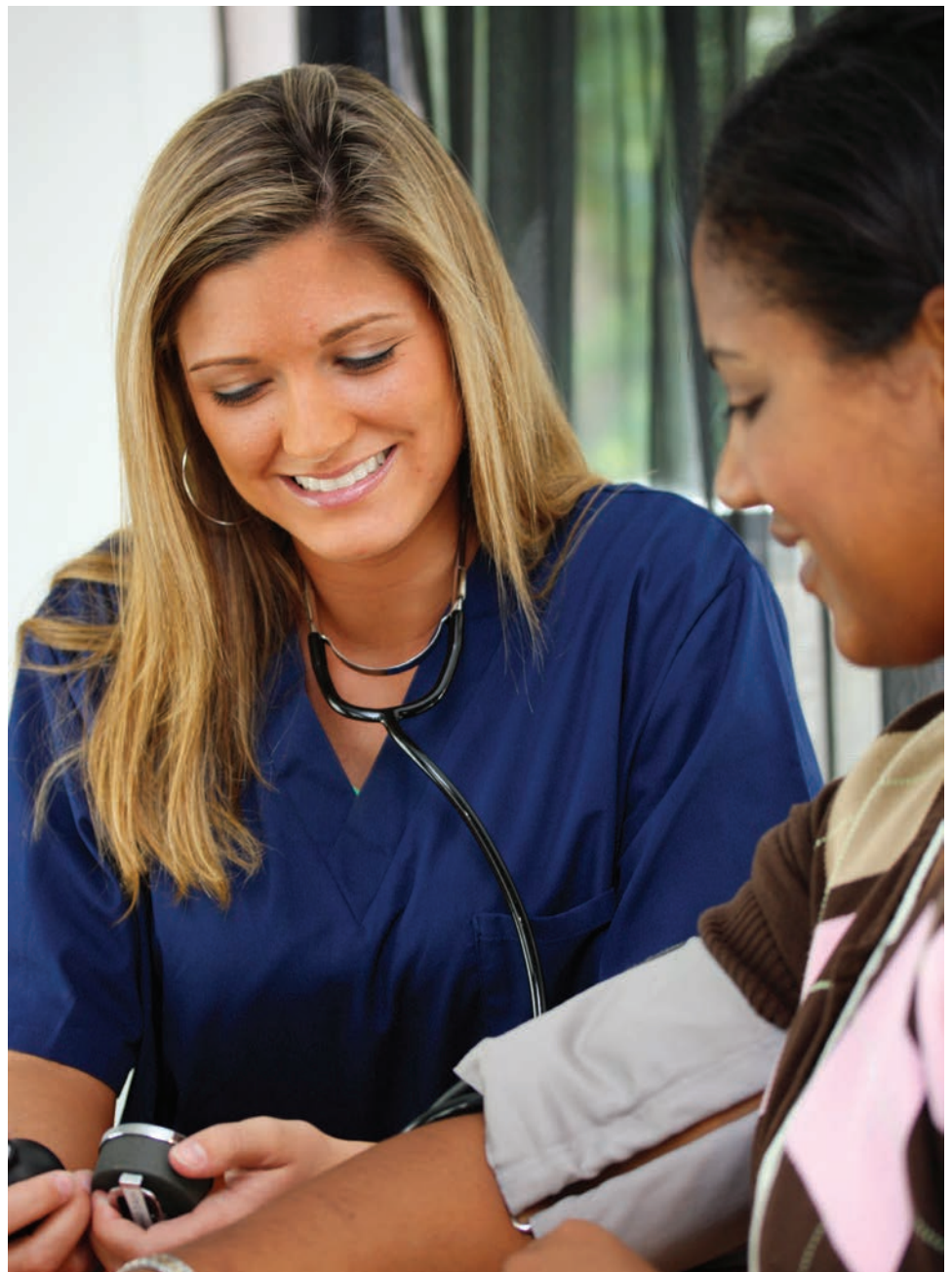
Norm Tate

Patricia Thomas

John Turner

Also in 2019, longtime Noblesville physician Dr. David Dwyer joined the Aspire family. We are thrilled to have a veteran caregiver known for his diligence and compassion as part of our company.

The "old" Aspire Indiana Health is giving way to the new as we march forward under a single brand name that carries a rich legacy from the past but also bold promise for the future. Thank you to all the employees, board members and partners who have made that possible.



## SAFETY PIN GRANT

---



*Sydney Ehmke  
VP of Healthcare Operations/  
Chief Operating Officer, FQHC*

Our Safety PIN (Protecting Indiana Neonates) grant has allowed Aspire Indiana Health to develop and promote healthy outreach to those who live in Madison County. In three quarters of the fiscal year 2019, there were 5157 patient visits completed in our two Madison County offices. We had the opportunity to educate all of these patients about the ABCs of Safe Sleep, and did so through grant money for marketing with new brochures, T shirts and billboards. In addition, AIH improved the technology of obtaining satisfaction surveys and proudly promoted the "ABC" reminder on the front screen of the survey. Signage also was displayed in all the offices- again promoting our "back to sleep" support for infant mortality reduction in Madison County.

This fiscal year ushered in the beginning of our HARP (HARm Reduction Program) which has helped AIH to focus on the addiction community. Patients seeking medication assisted treatment for addiction were given a free pregnancy test and offered birth control if sexually active. In 2018- 267 free pregnancy tests were given in Madison County, with plans for expanding this and promoting pregnancy testing at HARP in FY 2020. Identification of Hepatitis C infections, approximately 25% of those tested, allowed staff to educate about the importance of treatment, hoping to improve the overall health of the patient and the possible pregnancy should this occur in their lifespan.

Because of our designation as an Integrated Care Entity (ICE), money became available in the first quarter for housing for families with a child under the age of 18 provided through TANF (Temporary Assistance for Needy Families) New mothers with infants need adequate housing and sleeping quarters to prevent inappropriate places baby may be placed to sleep (couch, bed sharing).

As home visits continued and a greater emphasis on diabetes and testing emerged in 2019, the main goal of the PIN grant- (maternal health and safe sleep) continues to this day- embedded in our clinical programming and social media. As a grant stipulation, funding depended upon improvement of Madison County's infant death rate to continue. For all of the agencies working toward this goal- we did not see an improvement- nor did we see an increase. Therefore, funding was halted as of the second quarter of FY 2019. This grant provided the much needed financial resources to help AIH become the integrated provider we are to this day.

## INFECTIOUS DISEASE TEAM

---



*Julie Foltz  
Manager, HIV Services  
Aspire Indiana Health, Inc.*

The Infectious Disease Team of Aspire Indiana Health provides HIV services and prevention, including non-medical case management, HIV and Hepatitis C testing, CLEAR, PrEP, and Hepatitis C Navigation in 32 of Indiana's 92 counties. These services are for those living with HIV and/or Hepatitis C, those who desire to be tested for HIV and/or Hepatitis C, and those who may be at risk of contracting HIV or Hepatitis C and could benefit from educational programming and preventative treatments or interventions. These services are confidential, and sometimes anonymous, and can be integrated with many other services provided by Aspire's continuum of care, including behavioral health and substance use counseling, housing and employment assistance, and primary care.

We know that consistent use of PrEP has been shown in multiple studies to reduce the risk of HIV infection by over 90%, thus proving invaluable for stopping the spread of HIV in our communities. We also know that people living with HIV who have sustained viral load suppression cannot transmit the virus to others. With this knowledge, our team is collaborating in a statewide effort of Ending the Epidemic of HIV.

In Fiscal Year 2019, Aspire Indiana Health Infectious Disease Services provided the following:

- Increased Prevention and Outreach Services to include 5 FTEs;
- Continued to provide housing, emergency financial assistance, and food/nutritional support for people living with HIV;
- HIV tests: 1559, identifying 4 new HIV+ individuals;
- Hepatitis C tests: 971, identifying 184 new HCV+ individuals;
- Direct client service hours (non-medical case management): 7,189.25 hours of services to 395 people living with HIV, ensuring they were able to obtain or maintain health insurance coverage, secure or maintain safe/stable/affordable housing, and achieve overall improved health outcomes;
- 83.7% of those enrolled in non-medical case management have achieved viral load suppression.

## HEALTH OUTCOMES



*Trusa Grosso  
Senior Director, Healthcare Integration*

September 30th marked the end of year three of the four-year SAMHSA Primary Behavioral healthcare Integration (PBHCI) grant. This grant focuses on improving the health of those with serious mental illness who are at an increased risk of developing serious health conditions such as diabetes, hypertension, heart disease, and hyperlipidemia. Our goal is to increase the life expectancy of these individuals who currently die about 25 years earlier than the general population. Through the implementation and expansion of evidence based practices that focus on wellness and healthy living such as Million Hearts, InShape, Whole Health Action Management (WHAM), Learning About Healthy Living, and Illness Management and Recovery (IMR), we have been able to positively impact the health status of those at-risk individuals.

By collecting data on key health indicators, we are able to look at the number of individuals who have not only been able to improve their health indicators, but have also been able to move them from an at-risk or unhealthy range into a healthy range. The health indicators with the highest number of individuals in the unhealthy range before receiving integrated care include HgbA1c and BMI, both important indicators in the development of diabetes. Additionally, there are high percentages of individuals with HDL, LDL and Tri-Glycerides in the at-risk or unhealthy ranges as well.

By the end of the third year of the project, there have been significant improvements in the areas of greatest risk for disease among this population. BMI improved by 42%, HgbA1c by 41%, HDL 29%, LDL 42%, and Tri-Glycerides improved by 32%. However, there is still much work to be done as indicated by the percentage of indicators still within the unhealthy range.

<b>Health Indicator</b>	<b>At-Risk (Unhealthy) at Baseline</b>	<b>Outcome Improved</b>	<b>No Longer At-Risk (Healthy Range)</b>	<b>Remains At-Risk (Unhealthy)</b>
Body Mass Index (BMI)	80%	42%	<b>4%</b>	<b>77%</b>
HgbA1c	61%	41%	<b>15%</b>	<b>46%</b>
HDL (Good Cholesterol)	39%	29%	<b>6%</b>	<b>33%</b>
LDL (Bad Cholesterol)	17%	42%	<b>7%</b>	<b>11%</b>
Tri-Glycerides	36%	32%	<b>9%</b>	<b>27%</b>

As we continue to hone and expand evidence based practices such as InShape and WHAM at Aspire Indiana Health, we look forward to a healthier and happier 2020!



## FINANCIALS



David Wildman  
Controller  
Aspire Indiana Health, Inc.

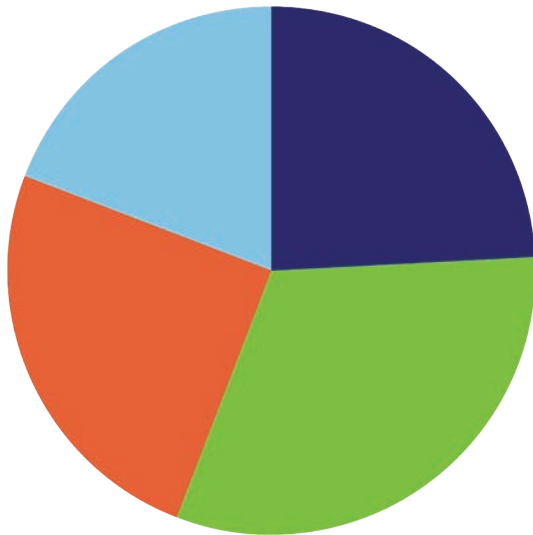
### Revenue

Net Client Revenue .....	\$1,367,896
Contributions .....	\$122,039
Grant Revenue .....	\$2,286,732
Other Revenue .....	\$148,068
340B Drug Discount program revenue .....	\$3,825,161
Total Revenues .....	\$7,749,896

### Expenses

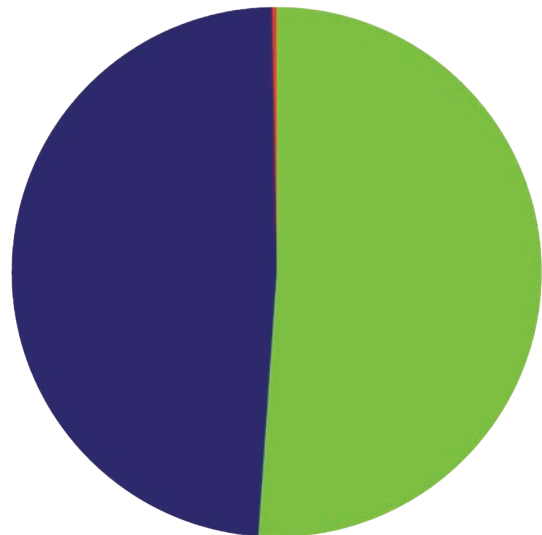
Compensation & Benefits .....	\$3,678,818
Purchased Services and professional fees.....	\$90,996
Medical supplies and pharmaceuticals.....	\$1,585,166
Other.....	\$984,552
Total Expense .....	\$6,339,532
Reserve for future growth and Investment.....	\$1,410,364

**Ages Served**



<span style="color: #4682B4;">■</span> 0-17.....	24.410
<span style="color: #191970;">■</span> 18-34 .....	31.589
<span style="color: #32CD32;">■</span> 35-54 .....	24.938
<span style="color: #FF4500;">■</span> 55+.....	19.063

**Genders Served**



<span style="color: #191970;">■</span> Male .....	4701
<span style="color: #32CD32;">■</span> Female .....	4960
<span style="color: #FF4500;">■</span> Chose not to identify .....	7



## OUR VISION

To be a recognized leader in healthcare transformation and an employer of choice:  
redefining excellence and innovation in our communities.

For appointments call 1-877-574-1254

## OUR LOCATIONS

### ANDERSON

DeHaven building, 2020 Brown Street  
Anderson, IN 46016

Bolin building, 2009 Brown Street  
Anderson, IN 46016

### ELWOOD

10731 SR 13  
Elwood, IN 46036

### INDIANAPOLIS

2506 Willowbrook Parkway, Suite 300  
Indianapolis, IN 46205

### CARMEL

697 Pro-Med Lane  
Carmel, IN 46032

### NOBLESVILLE

17840 Cumberland Road  
Noblesville, IN 46060

### LEBANON

1600 West Main Street  
Lebanon, IN 46052