



Together...making health and well-being a reality!

## DEAF SERVICES

Professionals skilled in mental health, deafness, and American Sign Language (ASL) work as a team to assess each individual from a medical, psychiatric, social, cultural, educational, vocational and behavioral perspective. Individualized treatment plans are determined from the results of these assessments with the client's input. Once a treatment plan is prepared the care coordinators/life skills instructors (CC/LSI) and therapists are assigned to work with the client, family, and social service agencies as needed. Aspire also provides 24/7 crisis services. Staff members are trained to be able to communicate through video relay services and have the understanding of how to engage with Deaf consumers. For those requiring short-term hospitalization, Deaf services partners with Community Hospital North to offer acute stabilization admission where they provide ASL interpreters.

Our outpatient services assist with a wide variety of diagnoses and needs. The goal is to help clients cope more effectively within their environments. This also includes marital/couple and family therapy, as well as pharmacological treatment. With Rehabilitation Services, our CC/LSIs continue training clients by assessing their needs and developing skills and resources in order to live independently in the community.

With Employment Services, our employment specialist provides training, coaching, and support for clients who are interested in employment in the community. Deaf Services' professional staff also provide a variety of services to businesses, including Employers Assistance Program to help with coping skills, depression and job advocacy.

Aspire is partnered with Indiana School for the Deaf, providing a dedicated, on-campus staff to meet the healthcare needs of students and employs a psychiatrist who is on-site twice per month.

Aspire Indiana Health (AIH), provides primary care to students for both emergent and ongoing physical health needs. The AIH provider is just over one mile from the Indiana School for the Deaf, making it convenient and accessible. Together, Indiana School for the Deaf and Aspire are making health and well-being a reality for students.



**Appointments** ...1-877-574-1254

**24/7 Crisis** .....1-800-560-4038

**Fax** .....317-475-7280

**Address** .....2506 Willowbrook Pkwy  
Suite 300  
Indianapolis, IN 46205

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

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*Aspire Indiana is a private, not-for-profit Integrated Care organization whose services are rendered regardless of age, race, religion, sexual orientation, gender, ethnicity, or disability.*

*Accreditation: Certified by the State of Indiana Division of Mental Health and Addictions, Accredited by the Joint Commission, Medicaid and Medicare Provider, Third Party Insurance, and Private Insurance*



*Video in Person, or ViP for short, will be Aspire's branded terminology for face-to-face appointments with a healthcare professional through video, and not merely a telephone call – aka "in person."*

## TELEHEALTH SERVICES

Since 2012 Aspire has found using Telehealth to be an effective, convenient, and easy option for many youth having substance use issues. The Adolescent Substance Use Treatment Program at Aspire is striving to break down barriers in accessing addiction services by providing therapy from various locations in Central Indiana via computer technology, to adolescents (ages 13 to 18) in individual, group, and family sessions. Most youth and their families are able to participate in treatment directly from home.

Aspire is using innovative Health Information Technology to provide effective and accessible treatment for adolescents with substance use problems. By linking clients to qualified and experienced Aspire therapists through the internet, youth and their families are able to participate in a level of care that might not be available otherwise.

Evidence-Based treatment strategies, shown to be effective, are used in a wide range of services within this program. A combination of cognitive behavior therapy, family therapy, motivational enhancement therapy, and relapse prevention therapy encourages clients to develop personal understanding and real life coping strategies needed to get off and stay off substance use.

### Boys Group and Girls Group

Having boys and girls participate in different groups allow teenagers to avoid the anxieties and inhibitions a mixed group can cause for some young clients. This fosters more openness and honesty as the adolescent develops skills and insights needed to move away from drug use. Some benefits to participating in this program include:

- Getting to a therapy session is as easy as turning on a computer
- Access to a qualified specialty treatment provider, no matter where you live
- Save time and money by reducing travel
- Closely monitored progress through intensive case management, family consultation, and regularly scheduled interviews

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## OUTPATIENT SERVICES - all locations

**Outpatient Services** are counseling services provided in an 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, thought disorder, adjustment to trauma and loss, as well as a host of other issues.

**Aspire Indiana Health** is an Integrated Healthcare organization. Integrated care is an approach characterized by a high degree of collaboration and communication among health professionals. What makes integrated healthcare unique is the sharing of information among team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient. The integrated healthcare team includes a diverse group of members (e.g., physicians, nurses, psychologists and other health professionals), depending on the needs of the person.

**At Aspire, we believe** that effective treatment begins with a comprehensive assessment. Your first visit will include a scheduled assessment with a clinician who is specially trained to assess the problem that brought you in so that an evaluation of how you are functioning in key life areas can be made. This evaluation will help to develop a personalized plan for making change.

**The Aspire treatment approach** to care involves a variety of clinical disciplines in order to provide a well-rounded perspective of care. You may encounter disciplines such as Licensed Clinical Social Worker, Licensed Mental Health Counselors, Psychiatrists, Medical Practitioners, Psychologists, Care Coordinators, Advanced Practice Nurses and others. Treatment may include services such as; Individual Therapy, Group Therapy, Family Therapy, Medication Evaluations, Care Coordination, and Life Skills Instruction.

**We accept** Medicaid, Medicare and many commercial insurance companies. We offer a sliding-fee scale for clients who are uninsured.

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## EMPLOYMENT SERVICES

Aspire's Employment Services program provides people with the services and supports they need to increase their ability to work successfully. We also work with employers, at no cost, to help find workers who match their specific needs.

Aspire Indiana is dedicated to being a whole health care provider and improving the health and well-being of our community. At Aspire, we believe that Employment plays a powerful role in increasing people's overall health.

### Services we provide:

- Career Planning and Counseling
- Benefits Counseling
- Job Preparation Skills (Interview training, resume building, cover letter writing, etc.)
- Job Search and Placement
- Ongoing Employment Support
- Pre-Employment Job Skills
- Soft Skills Training
- Work-Ready Employees

### Programs we work with:

- Social Securities' Ticket to Work
- Vocational Rehabilitation
- Local Employers



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**Contact us: ..... (765) 620-7993**

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## ADOLESCENT COPING SKILLS SERVICES

Do you know an adolescent female, between the ages 13 and 17, that struggles with any of the following issues?

- Impulsivity That May Harm Her
- Regulating Emotions
- Selfharm Behaviors (e.g., “cutting”)
- Anger Management
- Excessive Worrying
- Substance Use
- Relationship Issues
- Eating Disorders
- Intense Fear of Abandonment
- Chronic Depression/Anxiety
- Past Trauma

### Distress Tolerance

Learn about:

- Goals and Why Bother?
- Crisis Survival Skills
- Distract with ACCEPTS
- Selfsoothe
- Pros & Cons
- Turning the Mind / Radical Acceptance
- Willfulness Versus Willingness

### Emotion Regulation

Learn about:

- Goals and What Good are Emotions?
- Model of Emotions
- HEAR ME
- Cope Ahead
- VITALS
- TIP
- Increasing Positive Emotions
- Acting Opposite
- The “Wave” Skill

### Interpersonal Effectiveness

Learn about:

- Goals and What Interferes
- Worry Thoughts
- Cheerleading Statements
- DEAR MAN
- GIVE
- FAST

### What is Dialectical Behavioral Therapy (DBT)?

Originally, the program was developed by Dr. Marsha Linehan for adults who were chronically suicidal and self-injurious. Not only was it extremely successful, it has evolved into an effective treatment option for other emotional regulation issues.

### What are the potential benefits?

In this group, participants will learn how to:

- Be More Mindful
- Be More Balanced
- Tolerate Distress Better
- Regulate Emotions Better
- Manage Relationships Better

### Course Outline

The course consists of five modules:

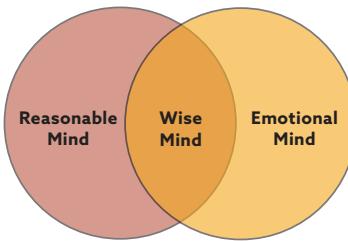
- Core Mindfulness
- Walking the Middle Path
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

### Core Mindfulness Skills

Learn about:

- Three States of Mind
- “What” Skills
- “How” Skills

### The Three States of Mind



Learn About Walking the Middle Path:

- Dialectics / Dialectical Dilemmas
- Validation
- Behaviorism



**Classes are held on Thursdays from  
4:00PM to 6:00PM at  
17840 Cumberland Road  
Noblesville, IN 46060.**

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## ADDICTION SERVICES

Aspire provides a wide range of treatment options and programs that are designed to address the multiple needs and goals of our clients. Some of the services provided include:

**Drug Screening:** Aspire provides accurate, affordable screening for substances when necessary or required during the treatment process. All results are confidential and only released with a client's expressed written consent.

**Related Services:** Aspire has certified therapists for the treatment of problem gambling.

**Co-occurring Disorders Treatment:** Depression, anxiety, anger issues, family conflicts and other mental health concerns are frequently a part of the addiction syndrome. Aspire is a community leader in providing assistance for both mental health and addiction within the same treatment program.

**Medication Assisted Recovery Therapy:** Today there are medications that can help people better cope with the intense cravings for drugs/alcohol. Our medical staff can provide the necessary support to deal with this difficult problem.

**Individual, Group, and Family Therapy:** Addiction is a family disease. Every client will receive individual and group therapy so they can begin to understand and heal from their addiction. Every member of the family is invited into the treatment process as well so they can be heard and healed as their loved one begins to recover.

**Extended Outpatient Program:** This meets in all Aspire outpatient offices and is intended for those needing a more intense treatment program that's not at the IOP level.

**PRIME for Life:** PRIME for Life is an evidence-based alcohol and drug program for people of all ages. It's designed to gently, but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use.

**First Steps:** This service meets once a week for individuals who are experiencing alcohol or drug problems, but not to the extent of requiring an intensive treatment program.

**SAFE:** SAFE is a one-time session held at the Aspire Elwood office and is designed for alcohol/drug abuse education and prevention purposes. Most referrals are first-time offenders.

**Adolescent Substance Abuse Programs:** Youth, ages 11-18, are evaluated and assigned to a specific recovery group based upon their history and current patterns of use.

**Relapse Prevention:** This service meets twice a week for those who have completed treatment at least once, and who may have relapsed but can accept that the use of substances is making their life unmanageable.

## ASPIRE LOCATIONS

**LEBANON**  
1600 West Main Street  
Lebanon, IN  
765-482-7100  
Adult, Addictions, Child/Adolescent and Medication Management

**NOBLESVILLE**  
17840 Cumberland Road  
Noblesville, IN  
317-773-6864  
Adult, Addiction and Child/Adolescent Services

**CARMEL**  
697 Pro-Med Lane  
Carmel, IN  
317-574-0055  
Adult, Addiction, Child/Adolescent, Continuing Services, Supported Employment and Crisis Center

**DEHAVEN**  
2020 Brown Street  
Anderson, IN  
765-641-8389  
Adult Addictions, Child/Adolescent

**ELWOOD**  
10731 State Road 13  
Elwood, IN  
765-552-5009  
Adult, Child/Adolescent and HIV/AIDS Services

**INDIANAPOLIS**  
2506 Willowbrook Parkway  
Indianapolis, IN  
317-257-3903  
Adult, Child/Adolescent, HIV/AIDS, Addiction Services for Adults and Adolescents Medication Management

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