

Improving Behavioral Health

The Center for Mental Health, Inc. was created in 1968 to serve as a private, not-for-profit behavioral healthcare organization providing services to adults and children at multiple locations in central Indiana. Established just a few years later, Tri-County Mental Health Center began serving individuals and their families in

Hamilton and Boone Counties, and Pike and Washington Townships in Marion County until becoming BehaviorCorp in the 1990s. The merger in 2009 consolidated the broad scope of services offered by both organizations into a single entity – Aspire Indiana.

“Both former organizations had been providing behavioral health services to people in the central Indiana area for more than 40 years,” states Tonya Nichols, the Marketing Development Associate for Aspire Indiana. “The merger brought together the wide range of services and programs each offered

individually under a single provider. This consolidation resulted in an expansion in the

scope of those services and offered improved operating efficiency while, at the same time, helped healthcare practitioners address the changes taking place in the field of mental health treatment. Consolidating the best of both programs into Aspire Indiana also allowed us to better focus on our ultimate goal of providing quality, compassionate care to all of our patients through the delivery of effective and accessible behavioral healthcare.”

ASPIRING TO GREATNESS

Aspire Indiana’s 400 full and part-time employees now offer services to families and individuals of all ages at eleven locations conveniently located throughout the greater Indianapolis Metropolitan Area, including Hamilton, Boone, and Madison Counties, and Washington and Pike Townships in Marion County. Staff

disciplines include Psychiatrists, Psychologists, Advanced Practice Nurses, Licensed Clinical Social Workers, Registered Nurses, Care Coordinators, HIV Care Coordinators, Housing Specialist, Job Coaches, and Life Skill Coaches.

Following a face-to-face meeting with a client, an initial assessment and diagnosis is made and a personalized treatment program is formulated. That program may be designed to treat conditions such as depression, anxiety disorders, substance abuse and dependence, thought disorders, personality disorders, adjustment problems, behavior problems, Attention Deficit Hyperactivity Disorder, complicated grief, relationship difficulties, and other psychiatric and social problems. Based on the patient’s needs, therapists may recommend individual, group, or family therapy sessions. Psychiatric evaluation, where needed, is followed by medication management for evaluating the effectiveness of medications already prescribed and making adjustments where indicated.

Patients with significant substance

Aspire Indiana’s Administrative Offices



abuse issues are offered intensive outpatient programs.

Other specific programs include:

- ▶ Crisis Intervention
- ▶ Outpatient Services
- ▶ Deaf Services
- ▶ HIV Care Programs
- ▶ Affordable Housing
- ▶ Foster Care
- ▶ Vending Services
- ▶ Harvestland Farm
- ▶ Supported Employment

Highly specialized programs such as Harvestland Farm and Aspire Vending Services are in the Social Enterprise division and are designed to create real jobs for individuals entering the work force. Aspire Vending Services is a full-service vending business that creates employment opportunities for people with disabilities. Harvestland Farms is a community supported agricultural project operated in conjunction with Anderson University. Aspire Indiana's nationally recognized Deaf Services is equally responsive to the needs of children, adults, and the elderly by providing an ongoing and readily available roster of professionally approved services to deaf, deaf-blind, hard of hearing, and late-deafened individuals who experience mental illness and/or emotional disorders. Aspire works with foster parents who provide safe and nurturing care, combined with active and structured treatment, for children who require placement outside of their families. Another key component of Aspire Indiana's mission is to offer related services such as Affordable Housing, Homeless Prevention, and Rapid Re-Housing services to people with those needs.

ASPIRING TO SUCCESS

Similar to its predecessors, Aspire Indiana is accredited by the Joint Commission, evidencing its organizational concern for the quality of services it provides. In addition, the organization has been

Carmel: 'round about right

the recipient of a number of prestigious awards and recognitions, including the Indiana Achievement Award (IAA), hosted by the IUPUI Solution Center and "Charting A New Course" Award presented by the National Alliance on Mental Illness (NAMI). Aspire Indiana was also selected to receive the Award of Excellence presented by the National Council for Community Behavioral Healthcare.

In a time when governmental agencies operated at their capacity, Aspire Indiana filled a huge void by serving over 11,000 individuals in Central Indiana. Specifically, Aspire not only provides a full range of services from office based outpatient therapy to intensive in-home services for severely emotionally disturbed children and adults with severe and persistent mental illness, its employment services assist disadvantaged individuals with obtaining employment. Aspire Indiana has been a leader in the area of behavioral healthcare and has played a major part in developing a significant healthcare corridor. Resources for children and families have been greatly enhanced by Aspire's presence in Carmel and in Hamilton County. Through the delivery of effective and easily accessible behavioral healthcare, Aspire Indiana has become a safety net for people in need of mental health and substance abuse treatment.



*Aspire Indiana's Noblesville
Outpatient Building*

Aspire works diligently as a partner in the community. The organization has been instrumental in working with law enforcement agencies in their CIT (Crisis Intervention and Training) program, which teaches officers how to handle crises involving people who are emotionally disturbed or suffering from a mental illness. Additionally, Aspire functions as the coordinator and liaison for those individuals in Hamilton County in need of more intensive inpatient treatment through Indiana's state operated facilities. Aspire Indiana played a major role in establishing the Region 8 housing Continuum of Care which is dedicated to establishing affordable housing in Hamilton County.

The presence of Aspire Indiana adds to the quality of life for individuals in Hamilton County and throughout Central Indiana.

*Aspire Indiana's Carmel
Outpatient Building*

