

Aspire

Indiana Health

WHOLE HEALTH FOR YOUR WHOLE FAMILY

Aspire Indiana Health provides a Whole Health Recovery Continuum of integrated treatment options and programs to address your multiple needs and goals. We don't just address your addiction — we take a holistic approach to your entire mental and physical wellbeing.

Substance use disorder is a treatable, chronic disease that affects the brain, central nervous system, and other organs. Many risk factors, including biological and environmental factors, mediate the risk of developing a substance use disorder.

That's why you need treatment options that are multifaceted and include a broad, effective, and evidence-based array of services to address your specific needs.

Help Where and How You Need It: Aspire takes a "no wrong door" approach to SUD treatment: no matter which door you enter, we'll find the right treatment option for you.

Treatment can take place at our health centers staffed by a team of healthcare experts from varied disciplines. It may include peer support groups, family therapy, medication, employment and housing support services, and more.

Some appointments and groups can be conducted through telehealth Video in Person (ViP) on your mobile device or computer.



Aspire also has community-based staff who can help people in the comfort of their homes.

If your disease has advanced to a critical phase, you also have the option of *residential recovery centers*, where people can have a safe place to live while receiving onsite comprehensive medical services.

Medication-Assisted Treatment: Aspire's medical staff utilizes FDA-approved medications to treat people with opioid use disorder and alcohol use disorder. These pharmacological interventions are most effective when used in conjunction with behavioral health therapy.

Individual, Group, and Family Therapy: Addiction is often considered a family disease. Each client will receive individualized care that could include individual, group and family interventions.

All individuals pictured in photos are posed by models.

ASPIRE HEALTH CENTERS

1600 West Main Street, Lebanon, IN
(765) 482-7100

17840 Cumberland Road, Noblesville, IN
(317) 773-6864

697 Pro-Med Lane, Carmel, IN
(317) 574-0055

2020 Brown Street, Anderson, IN
(765) 641-8389

2009 Brown St., Anderson, IN
(765) 393-3891

10731 State Road 13, Elwood, IN
(765) 552-5009

2506 Willowbrook Parkway, Indianapolis, IN
(317) 257-3903

RESIDENTIAL RECOVERY

Aspire Indiana Health and Progress have joined to become the largest residential recovery services provider in Indiana with more than 230 beds. A residential program allows people to get away from their everyday triggers for substance use and focus entirely on their recovery. Currently, our centers only serve men age 18 and above, but Aspire is working to add recovery housing for women.

Mockingbird Hill Recovery Center opened its doors in March 2021, with a capacity for approximately 90 men. It is located on a lush 13-acre wooded property in Anderson, Ind., formerly the site of a nationally famous concert venue. The center is designed for men who have been actively using drugs or alcohol and are looking to start their recovery journey.

Progress House is the oldest and largest recovery residence in Indiana. It is located near Downtown Indianapolis, it houses approximately 100 men who are stabilized in their cessation of substance use and are moving toward long-term recovery. Progress House is certified as a Level III Recovery Residence by the Indiana Affiliation of Recovery Residences (INARR), an affiliate of the National Association of Recovery Residences (NARR). Next Step transitional recovery apartments are available for those who have completed treatment at Progress House and want to live independently but still have a close connection to services and support.

Both centers are credentialed as a Federally Qualified Health Center (FQHC) and an Indiana Community Mental Health (CMHC) and are accredited by the Joint Commission with the Gold Seal of Approval, indicating they have met their rigorous performance standards in delivering safe, quality care.



Mockingbird Hill Recovery Center
4038 Ridgeview Drive, Anderson, IN
(765) 641-8231



Progress House
210 Shelby Street, Indianapolis, IN
(317) 637-9816

Addiction is a disease you don't have to fight alone.