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.

Wouldn't it be reassuring to know that your health providers communicate with each other so they can provide a high degree of healthcare? Mental health impacts our physical health and vice versa, and because health is integrated, your provider should be too.