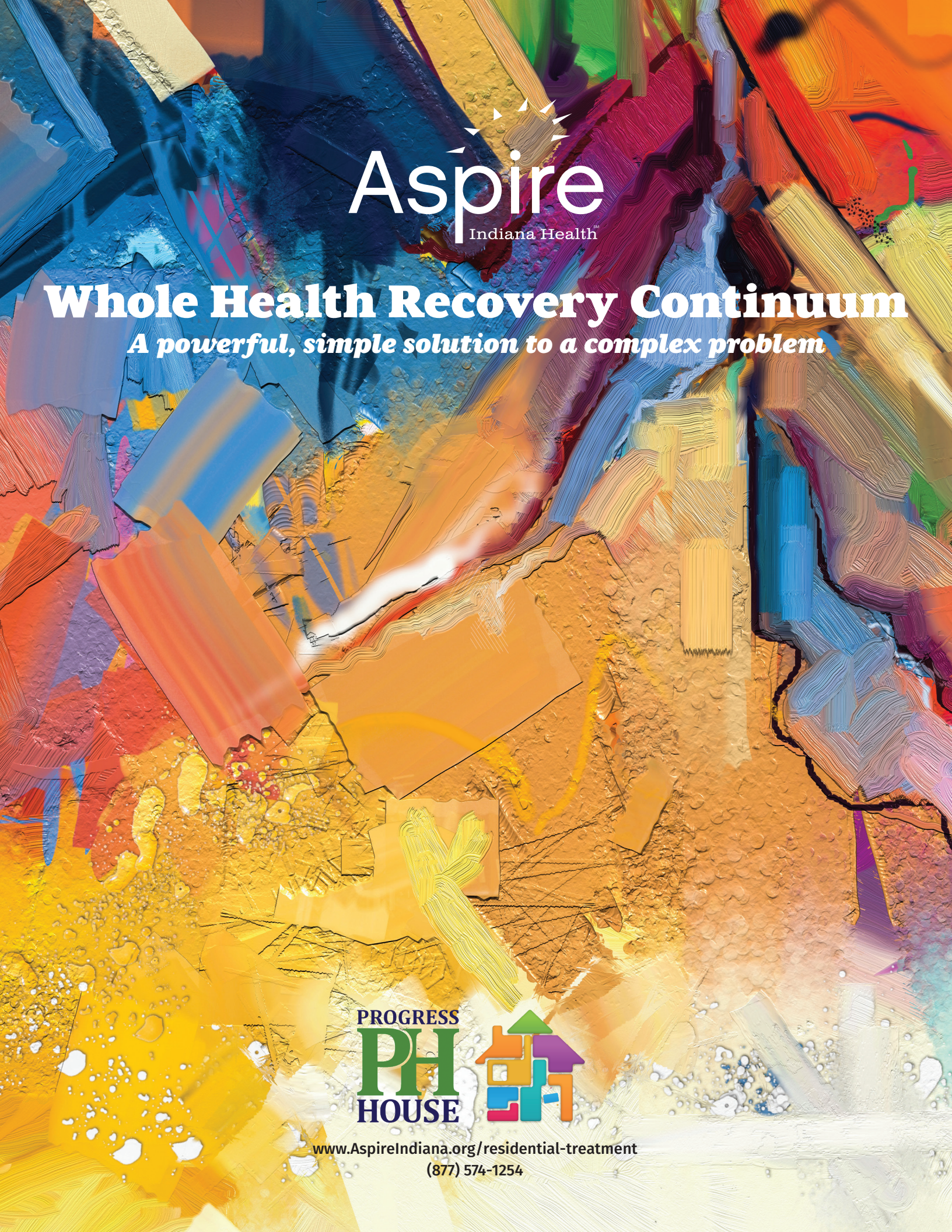
Aspire
Indiana Health℠
Whole Health Recovery Continuum
A powerful, simple solution to a complex problem
PROGRESS
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(877) 574-1254

Without addressing your underlying issues, long-term recovery cannot occur.

Addiction

is a complex problem with multiple causes

If you or a loved one is struggling with addiction, you may have thought of it as its own problem.

You drank or took drugs, became dependent, and your life spiraled downward as a result.

With the benefit of decades of research and real-world treatment experience, we know that substance use disorder (SUD) is a very real disease with many contributing factors. The American Society of Addiction Medicine (ASAM) defines it as "a primary, chronic disease of brain reward, motivation, memory and related circuitry."

SUD is characterized by an inability to abstain consistently, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response.

Like other chronic diseases, addiction often involves cycles of relapse and remission.

You may be turning to drugs or alcohol as a coping mechanism for the challenges you already face in life: unemployment, violence, abuse/neglect, mental or physical illness, homelessness, family strife, and so on.

But you are not alone. Your life has value. And taking that first step in recognizing you can't do it all by yourself is one of the bravest things you will ever do.

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A complex problem
requires customized care

Just like any disease, your battle with SUD is unique to you and your personal experiences. There is no one-size-fits-all approach to recovery. And you need a Treatment Plan that is tailored to your specific needs.

If you or a loved one has experienced addiction, the cycle of relapse and remission is already familiar. You may have already undergone a 12-step program or other introductory services. But by itself, it may not be effective in providing long-term recovery from addiction.

SUD must be evaluated from a holistic perspective to determine which treatment and service options are best suited for you, given the degree to which the disease has progressed and any underlying trauma or comorbidities.

Now , Aspire Indiana Health and Progress House, two storied nonprofits with a combined century of service to at-risk Hoosiers, have joined forces to innovate an evolution of addiction treatment: the Whole Health Recovery Continuum (WHRC).

WHRC brings everything needed for a highly-effective recovery program.

Instead of scattering the pieces to the recovery puzzle and expecting you to find them, the WHRC brings everything needed for a highly-effective recovery program to you — including a stable, safe place to live.

Services provided:

- Withdrawal management
- Recovery residence
- Individualized case management
- Peer support
- Individual and group therapy
- 12 Step recovery programming
- Recovery coaching & skills training
- Employment services
- Primary medical care
- Medication Assisted Treatment (MAT)
- Vocational, educational & workforce training
- Re-entry programming

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In this continuum of care, there is no right or wrong place to enter treatment.

A new way
of thinking about recovery

The Whole Health Recovery Continuum is different because it brings comprehensive services right to you. It is a nonprofit model based on best utilizing public dollars instead of catering to the wealthy and well-insured.

In this continuum of care, there is no right or wrong place to enter treatment. You might begin your treatment at a high-intensity treatment center, like our Mockingbird Hill Treatment Center in Anderson, Ind. (opening spring 2021).

Or you might go straight to a recovery residence like Progress House in Indianapolis, where you can enjoy peer support while gaining the skills and stability needed to reclaim your life. You could then graduate to the Next Step housing program, a network of semi-independent living recovery homes.

If your SUD has not progressed significantly, you may enter a state of recovery by engaging in outpatient group and/or individual therapy at an Aspire clinic. Others may attend peer support groups or therapy in this setting after a stay in a recovery residence.

Wherever you enter the WHRC, you'll have access to the same evidence-based, comprehensive care, with services tailored to your individual treatment plan — all in one seamless continuum.

For some people, you may naturally progress from a high-intensity treatment facility through a recovery residence to semi-independent recovery housing to outpatient. Others might start and reach recovery from a similar point along the continuum, everyone is unique in their progression. It all depends on the nature of your individual needs to chart the path your recovery journey will take.

But the goal is the same for everyone: to reach a stage of long-term recovery where the disease of substance use disorder is no longer controlling your life.

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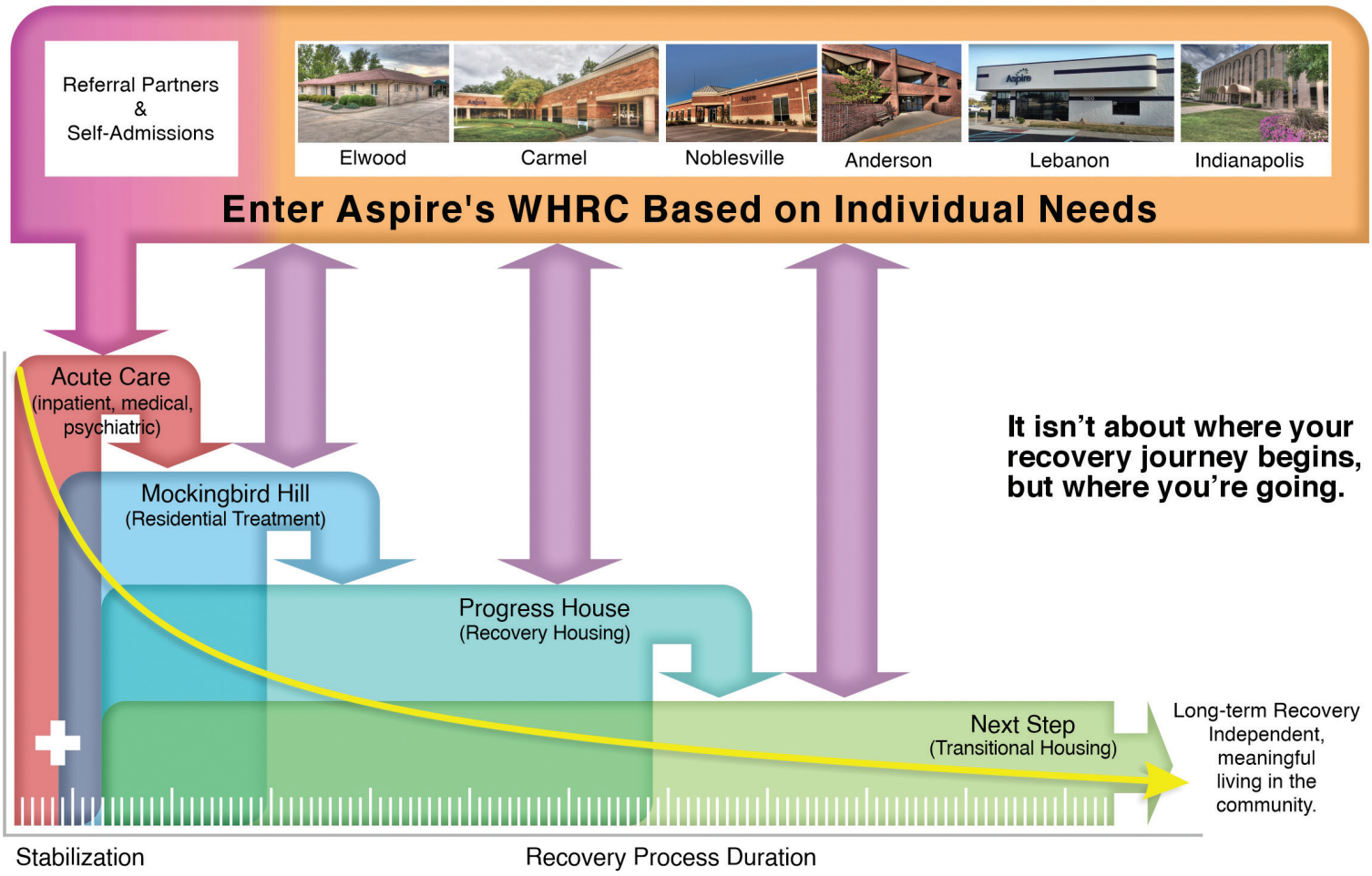
There is
no wrong door

No matter where you are in your recovery journey — from withdrawal to community reintegration — you can enter Aspire's Whole Health Recovery Continuum at any point.



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Assembling the pieces
of the long-term recovery puzzle

By bringing all the services you need for long-term recovery right to you, Aspire Indiana Health's Whole Health Recovery Continuum is the answer to the riddle of addiction.

Mockingbird Hill Treatment Center
4038 South Ridgeview Road
Anderson, IN 46013
(317) 587-0500

Progress House Recovery Residence
210 Shelby Street
Indianapolis, IN 46202
(317) 637-9816

Next Step Housing
2456 North Bolton Avenue
Indianapolis, IN 46218
(317) 637-9816

A model
for Indiana and the country

The Whole Health Recovery Continuum is not just an idea. Progress House is the oldest and largest recovery residence in Indiana. In joining forces with Aspire Indiana Health, it has incorporated the pieces of the WHRC puzzle into its service model.

In spring 2021, Aspire will open Mockingbird Hill Treatment Center in Anderson, Ind. Located on a historic 13-acre campus that formerly was the site of a famed concert venue, it will house approximately 100 men in recovery.

The White House's Office of National Drug Control Policy has called Mockingbird Hill "a model for Indiana and the country."

Both centers are credentialed as a Federally Qualified Health Center (FQHC) and Indiana Community Mental Health Center (CMHC), and certified to national recovery residence standards by the Indiana Affiliation of Recovery Residences (INARR).

The continuum also includes Next Step, a semi-independent living apartment building in Indianapolis as well as a network of smaller shared homes.

The White House's Office of National Drug Control Policy has called Mockingbird Hill "a model for Indiana and the country."

Asking for help

is an act of courage

You don't have to suffer from Substance Use Disorder anymore. Take that first step toward a better new life through Aspire Indiana Health's Whole Health Recovery Continuum.

****We proudly accept Medicaid, Medicare and most forms of private insurance.****

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