



which the physician or nurse evaluates the client's need for medications. Initial sessions can usually last 30 to 60 minutes.

Medication Management

Medication Management is a one-to-one, face-to-face session involving the client and a physician or advanced practice nurse. The purpose is to evaluate the effectiveness of medications that have already been prescribed and to make adjustments where indicated. While these sessions may last as much as 30 minutes, it is usually a 15 minute appointment.

Intensive Outpatient Program (IOP)

This is a special form of group therapy for clients identified with significant substance abuse issues. To be classified as an IOP, the group will meet for three hours, three days per week.



For your initial appointment call:
1-877-574-1254

For 24/7 Crisis call:
1-800-560-4038



<http://www.facebook.com/AspireIndiana>



697 Pro-Med Lane, Entrance 1
Carmel, IN 46032

602 Ransdell Road
Lebanon, IN 46052

17840 Cumberland Road
Noblesville, IN 46074

2020 Brown Street
Anderson, IN 46016

2506 Willowbrook Parkway
Suite 300
Indianapolis, IN 46205

10731 State Road 13
Elwood, IN 46036

Outpatient Services

Initial Assessment

Individual Therapy

Group Therapy

Family Therapy

Psychiatric Evaluation

Medication Management

Intensive Outpatient Program





Our services are offered to adults and children of all ages. We treat 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.

Staff disciplines include Licensed Clinical Social Workers, Psychologists, Psychiatrists, Advanced Practice Nurses, and Registered Nurses.



Initial Assessment

The Initial Assessment is the process of gathering information regarding a client's history and current situation. Included is a functional assessment (for those eligible for enrollment in the Hoosier Assurance Plan) for the purpose of developing a diagnosis and formulating an initial treatment plan. Typically this is done in the first face-to-face meeting with a client, but on occasion, it may extend up to three sessions.

Individual Therapy

Individual Therapy is one-to-one, face-to-face sessions between a client and a therapist (i.e., someone with at least a Master's degree in counseling or social work) for the purpose of helping the client understand the internal sources for his or her symptoms and to develop constructive ways of handling those symptoms. Individual therapy sessions can vary between 30 to 60 minutes.



We accept Medicaid, Medicare, and many commercial insurance companies.

We offer a sliding-fee scale for clients who are uninsured.



Group Therapy

Group Therapy is face-to-face sessions involving one or two therapists and three or more clients. Groups are organized around topics that represent "barriers" to the participants in their individual quest to reach a functional goal. Clients are expected to develop insight into their personal reactions to certain situations and develop more constructive ways of handling problem situations.

Family Therapy

Family Therapy involves several family members who meet with a therapist to identify the reasons behind the family problems and to develop constructive and productive ways of dealing with family issues that arise.

Psychiatric Evaluation

Psychiatric Evaluation is a one-to-one, face-to-face meeting between a client and a physician or advanced practice nurse, in