ADDICTIONS AND RECOVERY SERVICES

ASL INTERPRETING SERVICES AVAILABLE

At Aspire, our addictions philosophy is rooted in the belief that recovery is a deeply personal process, powered by individual resilience and meaningful connection. We treat addiction as a chronic health condition, requiring a specialized and integrated approach that addresses physical, emotional and social wellbeing. By combining primary healthcare with mental health services and peer recovery supports, we provide a holistic foundation for healing. Our team is committed to meeting every individual where they are, ensuring our care respects their unique strengths and lived experiences.

OUR CONTINUUM

We offer a comprehensive and individualized continuum of care designed to support sustained, long-term recovery. This unified service model integrates evidence-based treatments – including medication-assisted therapy (MAT), psychotherapy and peer-led support – into a strategy tailored to each person's unique recovery path.

Our focus remains on fostering supportive relationships and providing consistent access to the essential resources required for health and stability. These professional services are available across our outpatient departments to ensure reliable care throughout the community.

MEN'S RESIDENTIAL & RECOVERY HOUSING PROGRAMS

We provide safe, stable and supportive environments tailored to where you are in your journey:

- **Mockingbird Hill Recovery Center** (Anderson, IN): A high-intensity residential treatment facility located on a beautiful 17-acre campus. It offers intensive stabilization through therapy, peer services and on-site medical access.
- **Progress House** (Indianapolis, IN): A Level 4 Recovery Residence that has over 60 years of experience supporting men who hope to maintain long-term recovery from substance use disorders. The program is founded in 12-Step Recovery and offers on-site behavioral health and medical support.
- **Step Down Recovery Residences**: Single-family recovery homes that allow residents to transition toward independence while maintaining a supportive network.

OUTPATIENT SERVICES

- Outpatient Addictions Services (**Boone, Hamilton, Hancock, Madison, Marion and Shelby Counties**): We provide integrated primary care, psychiatric services, behavioral health and peer support to ensure you receive comprehensive, individualized care within your community.
- **GROUP PROGRAMMING**
  - Relapse prevention skills
  - Grief and recovery support
  - Trauma symptom management
  - Ongoing recovery maintenance

Aspire Indiana Health's Whole Health Recovery Continuum integrates treatment options designed around your personal goals. We move beyond addressing addiction alone, focusing instead on a holistic approach to your physical and mental well-being.Your recovery is personal. You don't have to navigate it by yourself.



PROGRESS HOUSE (Indianapolis, IN) offers a structured, peer-led environment designed for men transitioning toward long-term stability and independence. As part of our comprehensive continuum, Progress House serves as a vital step-down option, providing the sustained support necessary for lasting recovery. We prioritize a community-based approach, leveraging the lived experience of our peer-support staff to foster an environment of growth and lasting connection.

For the Progress House application,
use the QR code below



MOCKINGBIRD HILL RECOVERY CENTER (Anderson, IN) offers a residential program for men who need intensive support to begin their recovery. Located on a quiet 17-acre wooded campus in Anderson, Indiana, our program focuses on healing the whole person. We bring together expert therapy, peer support, and direct access to medical and psychiatric care under one roof. This approach gives you the well-rounded support you need to start your path to lasting recovery.

For Mockingbird Hill Admissions call:
(765) 205-1416

SAME DAY ACCESS

Hours for DeHaven, Noblesville and Indianapolis locations:
Monday: 8:15 a.m. - 5 p.m.
Tuesday - Thursday: 8:15 a.m. - 3 p.m.
Friday: 8:15 a.m. - 1 p.m.

Hours for Elwood, Lebanon, Carmel, Greenfield and Shelbyville locations:
Monday - Thursday: 8:15 a.m. - 3 p.m.
Friday: 8:15 a.m. - 1 p.m.