

# Aspire Health Alliance



Artwork created by clients from our Discovery Day Treatment program Window Wonderland event.

**Aspire Health Alliance** is helping to pioneer a new approach to behavioral health. Aspire Health Alliance provides a continuum of care that is proactive, coordinated, available through multiple access points, and integrated with medical care.

### **OUR MISSION**

We are making emotional well-being essential to overall health and building a supportive community for all, through effective, integrated care tailored to the way you live.

### **OUR VISION**

There can be no health without mental health; it is integral to the well-being of the whole community.

### **OUR CORE VALUES**

#### **Your well-being is essential.**

We nurture the whole you, throughout your lifespan, helping you achieve balance, manage crisis, and improve the quality of your life. Regardless of who you are, where you come from, or what challenges you are facing, you and your family deserve a life worthwhile – as defined by you. We provide effective, research-based, behavioral health services that are focused, first and foremost, on your well-being. And we're always looking for new and better ways to serve you and your community.

#### **Health is about trust.**

We foster an environment that is safe and supportive, free of judgement or prejudice. Our clinicians and staff always strive to remove barriers, earn your trust, and make you and your family feel welcome and protected. We will be your partner in care, working to preserve your dignity by guarding your privacy and providing our services in the strictest confidence. At the same time, we are committed to ending the societal stigma around behavioral health, and advocating to make emotional well-being integral to our definition of overall health.

#### **Community matters.**

Community plays a crucial role in your well-being. That's why we're committed to providing behavioral health services where you live, appropriate to your cultural background, near the people and organizations you know, and integrated with your health care system. Our roots run deep: we've been working in this region since 1926, and have always been dedicated to improving the health and welfare of all of our neighbors.

### **WHO WE ARE**

#### **The Aspire Community Behavioral Health Center: Service Delivery Transformation to Serve More and Serve Better**

Aspire Health Alliance was selected as one of 22 Community Behavioral Health Centers (CBHC) in the State of Massachusetts in July 2022. This designation builds on our focus on service delivery transformation. This deliberate path to implement the CBHC service model embodies our Strategic Pillar of GREAT CARE including more timely access to care, coordinated mental health and substance use services, integrated medical care if needed and access and warm handoffs to specialty care and community supports. Serving More and Serving Better is the goal of the CBHC at Aspire. Since 1926, Aspire Health Alliance has been building hope and changing lives for children with developmental disabilities, and children, teens and adults living with mental illness. Today, we have more than 700 employees based in Braintree, Marshfield, Plymouth, and Quincy, and our non-profit early intervention and mental health treatment and recovery programs reach thousands of people from Boston throughout the South Shore and Southeastern Massachusetts.

#### **Outpatient and Community Programs:**

- **Outpatient Services** through five outpatient clinics providing counseling in Braintree, Marshfield, Plymouth, and Quincy, along with diagnostic evaluation, psychological testing, psychopharmacology and individual and family therapy for children, teens and adults. Services include Dialectical Behavioral Therapy in Braintree, Marshfield and Plymouth.
- **Substance Use Disorder** outpatient assessment and treatment.

- **In-Home Therapy and Therapeutic Mentoring** for clients in the home, school, childcare center, group residence and other community settings bringing services to where clients can best access them. Providing individual and family therapy as well as social supports
- **Discovery Day Treatment** program for adults in Braintree is a community-based group therapy program for adults with long-term mental health challenges. Designed to help those who struggle with social isolation and lack of daytime structure, Discovery helps its members find meaning, connection and purpose in their lives.
- **Employee Assistance Program** serves employers and employees throughout the South Shore area providing individually designed services to help businesses care for their employees and manage health costs through early identification and treatment of employees needing help.
- **Peer to Peer Program** offers support to individuals living with mental illness during evenings and weekends when access is typically unavailable. Peer to Peer is staffed by Certified Peer Specialists and serves as a drop-in center where individuals can participate in wide variety of peer-led activities in a home-like setting.
- **Community Interventions** supporting families, neighborhoods and communities suffering the impact of collective trauma.

### Residential Services:

- **Adult Community Clinical Services** assists hundreds of clients across the South Shore and provides multi-disciplinary support for clients managing psychiatric symptoms while living independently in apartments, family homes, shelters and within one of 14 Aspire Health Alliance staffed residences.
- **Respite Services** provides housing for vulnerable adults with mental illness, in a home-like environment for those clients who may be transitioning from a hospital setting, or those who may have lost their housing or those who may need short intense services while staying in the community.

### Crisis Services:

- **Adult and Youth Mobile Crisis Intervention Services** provides in-home, community and hospital ER-based services to children, teens and adults who are at risk of harming themselves or others, in a 24-hour, seven days a week program. ESP staff also partner with local police departments to provide mental health assessment and intervention support.
- **Community Crisis Stabilization** provides immediate, short-term psychiatric intervention in an open eight (8)-bed unit that provides an alternative to hospitalization. During three to five day stays, clients have access to a variety of therapeutic programs designed to facilitate recovery.
- **Embedded Clinicians in Police Departments** providing access to comprehensive assessment and clinical interventions.
- **Trauma Team** provides trauma evaluations and treatment for children and their families who are referred by the Department of Children and Families.

### Early Childhood Services:

- **Step One Early Intervention** serves families with infants and toddlers birth to three years old from Quincy, Milton and Randolph with special needs including developmental disabilities, developmental delays and environmental or biological risk factors. The multi-disciplinary team includes developmental educators, speech pathologists and physical, occupational and music therapists, social workers and licensed mental health counselors, and nurses working together with parents to implement a care plan best meeting the needs of children in multiple settings including a learning center in Quincy. **Step One Integrated Toddler Enrichment Program** and the **Step One Regional Consultation Program** are part of this suite of services.

## Training and Education:

- **Workforce Training:** Aspire Health Alliance is committed to the development and training of our future clinicians and since 1963, there has been an American Psychological Association (APA) Accredited Doctoral Internship in Clinical Psychology in place at Aspire Health Alliance. Aspire provides clinical internships as well to social work Masters and Bachelors candidates. We are developing a Nurse Practitioner training program.
- **Community Training** helps to educate our community about mental health to reduce stigma, increase capacity in to address mental health issues, including Mental Health First Aid trainings for first responders from around the South Shore, and train clinical and community partners regarding mental health issues and innovative methods to address treatment.

## Interpreter, TRS, TTY and ASL Service Information

- **LanguageLine Solutions** is a service we use to access an interpreter for our clients when English is not their first language. Dependable and secure connections to comply with laws and regulations.
- **Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)** for ASL interpreters. Aspire utilizes the FCC's Telecommunications Relay Service to allow persons with hearing or speech disabilities to place and receive telephone calls. TRS is provided by Hamilton Relay. They offer TTY, Captioned Calling, Speech to Speech, Video Calling, Voice Carry Over, Hearing Carry Over, Deaf-Blind Service, as well as Conference Call Captioning.

**For more information:** 617.847.1950  
**To make an appointment:** 617.847.1914  
**In a crisis:** 877.382.1609  
[www.aspirehealthalliance.org](http://www.aspirehealthalliance.org)