



Creating
Opportunities
for Success



About Aspire

Aspire of Western New York, Inc. was founded as the United Cerebral Palsy Association of WNY in 1947 by a group of parents of children with cerebral palsy as a social recreation program. Four years later, we opened the first preschool for children with cerebral palsy. In the seven decades since, we've continued to seek innovative programs and services to meet the needs of the individuals we serve.

In March of 2003, we changed our name to Aspire of Western New York, Inc. We did so because we serve individuals with a broad range of disabilities, not just cerebral palsy. We believed that a segment of the population who could benefit significantly from our services didn't seek us out simply because they were unaware that we could meet their needs.

Today, we serve more than 3,500 children and adults with a full range of disabilities at more than 60 program sites throughout Western New York. All of the individuals we serve have their own goals and aspirations. The primary difference between them and their able-bodied peers is that they require assistance in achieving theirs. As our name indicates, we're here to provide that assistance.

OUR MISSION

Aspire's mission is to support children and adults with developmental and similar disabilities, helping them to live their lives to the fullest by providing individualized assistance based on personal choices.

OUR VISION

Aspire is built on a foundation that supports individuals in making their personal choices which determine their life path, actualize their dreams, and help them achieve their own highest levels of independence. We believe that everything we do is an opportunity to have a positive, meaningful, and lasting impact on our partners - the people we support and their personal support systems, employees, other care agencies, and our community. The future of Aspire of WNY is in our commitment to listen with a positive attitude, relentlessly pursue opportunities, work together as one, and be accessible to all.

OUR VALUES

People * Performance * Partnership

Message from Aspire's President & CEO



Welcome to the Aspire of Western New York, Inc. Service Directory.

We can all agree that the pandemic has challenged our ability to maintain a balance in our day to day lives. As a provider who has served the intellectually and developmentally disabled (IDD) population for more than 75 years, we appreciate all that is involved in locating and understanding the needs and associated services to support individuals and their families.

We want this directory to be a helpful tool for you to better understand what is available to you. However, this is just the beginning. We want to be your partner in helping you navigate all the options that provide the answers you need. I encourage you to think of this document, and the all the people behind it, as your guide(s) to better understanding the industry and how Aspire can provide the supports and services that someone might require.

As a parent of a teenage son with Down Syndrome, I know that there are times when it is not clear to know what questions to ask. It's perfectly normal. There is a great deal of information out there. We are honored to help steer you in the right direction!

I also encourage you to view our agency as a clearinghouse for information on all things related to the IDD population; from Early Intervention to education, from Day Programs to Residential Opportunities. We are proud to provide the full scope of services for individuals in every aspect of their lives *and* are motivated to make an impact for all individuals to maximize their full potential and live productive, healthy and happy lives.

Thank you and stay well,


Renee A. Filip
President/CEO



For further information, contact our Service Navigators at:
(716) 838-0047 | www.aspirewny.org

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Agency Outreach & Central Intake

Aspire of WNY's Agency Outreach and Central Intake division has experienced staff ready to assist individuals, their families, Care Coordinators and Community Partners with navigating all of Aspire's supports and services.

Community Outreach

Aspire of WNY's Agency Outreach and Central Intake creates rewarding new relationships in the community, and nurtures existing relationships with individuals, families, local business partners and with other agencies. We also seek to champion advocacy efforts to encourage awareness, acceptance, and inclusion for people with developmental disabilities:

Home Services Program: In Partnership with the New York State ELKS Association, our Home Services Director provides outreach to individuals with developmental disabilities and their families in order to promote advocacy, provide information and referral to community resources, facilitate provision of needed services, and provide public education to support advocacy efforts.

Liaison to Care Coordination Organizations (CCO): With the transition from Medicaid Service Coordination (MSC) to Care Coordination in 2018, Aspire of WNY seeks to maintain a collaborative relationship with CCOs in order to ensure the highest quality of services and care for those we support.

Central Intake

A single point of contact for individuals, their families and circles of support seeking services from Aspire of WNY. Our team can assist with:

- Navigating and understanding the Office for People with Developmental Disabilities (OPWDD) Eligibility and Front Door processes and obtaining necessary authorization for services.
- Starting a referral using our centralized process for intake of most OPWDD HCBS Waiver services. After services are authorized, please contact us or visit our website to obtain our referral process guidelines and application for services.



For further information, contact our Intake Specialists at:
(716) 838-0047 | intake@aspirewny.org

Agency Outreach & Central Intake

continued

Family Support Services (FSS) Jamestown Counseling Program

An OPWDD grant-funded program that provides professional, family-driven, and flexible counseling services to individuals with developmental disabilities and their family members. Counseling services are highly individualized and are provided one-to-one or as a family at NO COST to the individual or their family. Families are provided their choice of counselor, based on availability. This program is available in Chautauqua and Cattaraugus Counties.

**Individuals must be eligible for OPWDD services and living at home with family*

Helping Hands (formerly Committee of Last Resort)

This is a small grants program that provides emergency and supplemental funding to individuals of all ages with developmental disabilities in the WNY area, for a variety of needs that these individuals and/or their families cannot afford. In order to receive funding, the individual must demonstrate financial hardship and that the request cannot be met by other funding sources (i.e. government funding, insurance, family reimbursement). Please contact us for more information or to obtain an application.

**Individuals must be eligible for OPWDD services and live with family or independently in the community.*



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Residential Opportunities

Aspire of WNY, Inc. offers a variety of living opportunities throughout Erie and Chautauqua counties. Our residences offer Office for People with Developmental Disabilities (OPWDD) certified living arrangements, such as apartment settings, small home settings, and large home settings in city, suburban, and rural communities. Aspire's professional, trained staff provide the supports needed to promote health, safety, and well-being of the individuals we serve with a person-centered approach.

Aspire provides specialty services for the medically frail, supports for the multiply disabled, behavior supports, nursing services, nutrition services, and much, much more. The Residential Opportunities division strives to offer our residents community living in beautiful settings, with opportunities for jobs, independence, and fulfillment of life goals, while enjoying the opportunity to develop friendships and social activities at home and in the community.

Individual Residential Alternatives (IRA)

IRAs offer opportunities for individuals with developmental disabilities of varying capabilities to live in a setting consistent with the person's need for support. Staff is available based on the individual's needs and can be supported up to 24 hours a day, 7 days a week. Aspire operates 43 group homes around WNY that support 324 individuals.



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Community & Independent Living Supports

Aspire of WNY CILS Division can support people with developmental disabilities living in the community with family, friends, or on their own. We can assist with the exploration, planning, and implementation of community based supports. We offer a variety of supports designed to best meet an individual's needs and desires to promote, support, and maintain their active engagement in their home, work, and community. 1:1 and small group opportunities are available.

Community Habilitation

This service provides personally designed community connection opportunities for (with) individuals with developmental disabilities living at home with families, independently in the community or in an IRA (in lieu of Traditional Day Habilitation activities). Direct Support Professionals will provide supports in the home or the community to assist in learning opportunities that develop skills and strategies to achieve maximum independence and satisfaction. Aspire is at the forefront in developing individualized learning supports to ensure the individual's social determinants of health needs are met. These may include, but are not limited to: household skills, (cleaning, laundry, cooking, etc.) safety skills, shopping skills, and managing finances support. Community Habilitation is provided 1:1 or in small group learning opportunities with community connections.

Respite

Aspire of WNY offers a variety of Respite Services to families of children and adults with disabilities. The person receiving Respite must live at home with family. Respite is intended to provide temporary relief from the demands of caregiving, which helps reduce overall caregiving stress. Aspire offers a variety of Respite options in both site-based and/or in-home locations to best meet the Respite needs of families.



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Community & Independent Living Supports continued

Self-Directed Services

If an individual with a disability is interested in self-directed services Aspire can help them determine what supports and services are available and how they can be utilized to further their self-directed efforts. Aspire can assist with developing and managing self-directed services, creating the necessary employer and budget authority and providing oversight during the planning process to ensure that every necessary safeguard is taken into consideration and implemented within the plan prior to approval. Aspire has staff that can act as fiscal and business agents to ensure proper dispensing of funds and payments.

Vocational Services (Adult)

Aspire of WNY is committed to developing a Person Centered Vocational Plan that is tailored to a person's abilities, strengths and interests. Our Team will maintain an ongoing presence in the professional life of the people we support, offering vocational training, job development, job site accommodations, professional development, job coaching, adaptive technology assistance, and ongoing support as needed. Vocational Services is offered to people eligible, age 18 and over who have graduated High School.



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Community & Independent Living Supports continued

Individual Supports & Services (ISS)

ISS assists adults with developmental disabilities to live independently by providing funds to pay for rent and utilities in community-based settings. ISS is only available to individuals living independently. Individuals must be eligible for services with the Office for People with Developmental Disabilities (OPWDD) to receive ISS.

Environmental Modifications (E-MOD) and Assistive Technology (A-Tech)

An OPWDD HCBS Waiver service that can provide assistance obtaining funding for necessary modifications to the home and/or vehicle and/or adaptive technologies that help ensure a person's health, safety, and independence, ultimately allowing the individual to maintain the ability to live at home and in the community.

Examples of E-MODs and Adaptive Technology:

- Installation of a wheelchair ramp or lift
- Accessible bathroom modifications
- Modifications to kitchen and living space to make it accessible and safe
- Vehicle modifications

**Aspire of WNY participates fully in the Minority & Women Owned Business Enterprise (MWBE).*



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Community Habilitation

How much does the person want to be involved in their service delivery? Community Habilitation can be delivered 1:1 or in small group learning opportunities. Learning bridges can also be developed that will guide learning for particular skill sets that could lead to other support options, such as Self Direction and Vocational Services.

Direct Provider Purchased

The person we support decides to let Aspire manage the staff and services. They will be assigned a Community Support Leader (CSL) who will coordinate and manage the staff who will be assigned to work with them. They will let the CSL know what the preferred hours are, depending on the approval from OPWDD, and the CSL will work on finding Community Support Associates to provide the services. The CSL will also write the Staff Action Plan to direct the staff based from the Life Plan.

Agency Supported Self-Directed

The person we support agrees to partner with Aspire to co-manage the staff and services. A Memorandum of Understanding (MOU) will be signed outlining the person we supports role and Aspire's role with the co-managed responsibilities. The Community Supports Leader will work with the person we support for staffing options and to create the Staff Action Plan based on the MOU.

Certified Living Situation

Community Habilitation can be provided to someone living in an IRA or family care home. (Generally in lieu of a Traditional Day Program). This is an option for 1:1 staffing to help the person we support personalize their supports to achieve goals. Certain limitations with times, schedules, and locations of service delivery are applicable. Limitations are reviewed prior to service delivery.

Small Group Learning Opportunities

Community Habilitation can be provided in small group learning opportunities for those who share similar interests. Small groups, no larger than 4 participants, offers an opportunity to learn along side friends, or meet new friends, through shared learning. Small group learning opportunities have structured learning with community connections opportunities associated with the learning task.



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Respite Services

Hourly Respite

An Aspire Direct Support Professional can come to an individual's home and provide supervision and oversight of the person with a disability, while family members take time out to perform necessary errands or tasks that give you a break. Supports are limited to the family member with a disability. Other family members cannot be cared for by Aspire staff.

Direct Provider Purchased

The person we support decides to let Aspire manage the staff and services. They will be assigned a Community Support Leader (CSL) who will coordinate and manage the staff who will be assigned to work with them. They will let the CSL know what the preferred hours are, depending on the approval from OPWDD, and the CSL will work on finding In-Home Respite Specialists to provide the services. The CSL will also write the Safeguards to direct the staff based from the Life Plan.

Agency Supported Self-Directed

The person we support agrees to partner with Aspire to co-manage the staff and services. A Memorandum of Understanding (MOU) will be signed outlining the person we supports role and Aspire's role with the co-managed responsibilities. The Community Supports Leader will work with the person we support for staffing options and to create the Safeguards based on the Life Plan and MOU.



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Respite Services continued

After School Respite (Cheektowaga Aspire Center for Learning)

This site-based program focuses on leisure and recreational activities for eligible school-age participants. Activities include arts/crafts, baking, motor skill games, and free play opportunities. It is operated on days schools are in session (after school) and during school breaks when school is not in session.

Saturday Respite (Cheektowaga/Dunkirk/Jamestown)

This is a small group Respite Program that is offered several Saturday's a month. Individuals who are still living at home with families are eligible to attend. Activities are social / recreational in nature and are a mixture of both site based and community activities. Participant interest surveys and group discussions help determine activities of interest as a part of the scheduling process. Participants are responsible for their own activity fees and meal. Student and adult groups are available.



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Self-Directed Services

Fiscal Intermediary (FI)

Services that act as the Employer of Record, performing background checks and fingerprinting for all staff; Implementation and execution of a budget and all related expenses. FI is responsible to maintain all required documentation. FI can assist as needed with recruiting, interviewing and supervising staff.

Support Broker

A broker will develop and maintain the supports and services plan and budget. The broker will create the budget with the person and maintain their circle of support. A broker monitors expenditures for consistency and irregularity oversight while performing periodic reviews and updates to the Staff Action Plan as needed, and other responsibilities outlined in the Support Broker Agreement.

Self-Hire Community Habilitation

Facilitator of Life Choices will provide supports in the person's home or the community to assist in developing skills and strategies to achieve maximum independence. A MOU will be created to outline the individual's role and Aspire's role of managing responsibilities.

Self-Hire Respite

Respite Specialists will provide temporary relief from the demands of caregiving, which helps reduce overall caregiving stress. A MOU will be created to outline the person's role and Aspire's role of managing responsibilities.



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Self-Directed Services

funding sources

Individual Goods and Services (IDGS)

Funding that can assist with services, equipment or supplies not otherwise provided through OPWDD's waiver services. For example: Paid Neighbor, community classes, organizational memberships, transportation and clinician services.

Other than Personal Services (OPTS)

100% state funding for items that are not Medicaid fundable. For example: cell phone, internet, personal transportation, health and safety, food, clothing and staff activity fees.

Housing Subsidy

Supports the person to live as independently in the community by helping with housing costs. The person will be expected to contribute 30% of your income to housing costs.

Live in Caregiver (LIC)

A person who resides in the same household as the person with a disability and provides as needed supports to address their physical, social or emotional needs in order to live safely in their home. The LIC cannot be related to the person with a disability by blood or marriage. A portion of additional costs incurred by the person with a disability that can be reasonably attributed to the LIC for room and board will be reimbursed. Room and Board includes rent, utilities and food.

Family Reimbursed Respite (FRR)

A reimbursement to families for expenses paid for caregiver relief.

Family Support Services (FSS)

Funding for a variety of OPWDD approved programs that provide supports and services to you if you are living at home with your families.

Community Transition Services (CTS)

Funding for non-recurring set up expenses when you are moving from a Medicaid funded setting to the community.



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Vocational Services

Community Based Pre-Vocational Services

This service is offered through funding supported by the Office for People with Developmental Disabilities (OPWDD) that will assist with soft skill training, career exploration and assessment. The people we support will develop a Person Centered Plan alongside an Employment Specialist and our Team that will assist with identifying a career path! Services include: Soft Skill / Work Readiness instruction to increase employability; Career Exploration through unpaid work experiences in your community; and Pre-Vocational Assessments to assist with identifying career goals. Both full and half day pre-vocational services can be explored.

Supported Employment

This service is offered through funding supported by Adult Career and Continuing Education Services-Vocational Rehabilitation Agency (ACCES-VR) in order to obtain and maintain employment. Ongoing supports are also provided through ACCES-VR and the Office for People with Developmental Disabilities (OPWDD). Services offered include: Supported Employment Milestones to obtain and stabilize in a chosen career through ACCES-VR in job development, placement, and retention; Pre-Employment Assessments to confirm the chosen career goal through unpaid work experience; personalized job coaching supports to maintain employment; and Continued Career Advancement.

Employment Training Program

This service is offered through funding supported by the Office for People with Developmental Disabilities (OPWDD). This service will provide a detailed view of a person's supports while providing Career Discovery and assessment. Our Team will provide additional training supports alongside becoming a paid intern to hire at a local business identified through the Discovery process upon approval from OPWDD. Services include: Career Discovery through observation, interviews and assessments; Work Readiness Classes to increase employability; and paid Internships at local businesses to obtain and maintain employment.

Additional services to increase or maintain employability supported through funding provided by ACCES-VR include: Work Readiness Instruction 1-3; Benefits Advisement; Self-Advocacy in the Workplace.



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Day Services

Aspire of WNY Day Services Programs are a comprehensive approach designed to provide individuals with opportunities for meaningful participation in daily life. Day Services provide opportunities for personal growth and social/recreational activities. Some services are offered site based others in the community. Services are individually tailored to support each individual's needs and interests, ranging from learning daily living skills to volunteer opportunities.

Site Based Day Habilitation

Site based Day Habilitation serves people 21 years and older during the hours of 8am - 2:30pm. Our staff focus is on supporting each person to work on skill building, socialization, volunteering, community outings, art, technology and the interests of each person. Our staff is certified in medication administration as well as g-tube certified. Our program is completely wheelchair accessible. Transportation is provided to and from.

Hamburg Day Habilitation: This is a small site based Day Habilitation. Nursing supports are available at this location.

Brock Day Habilitation: This is a large site based Day Habilitation. located in Getzville, NY. If you are PAL eligible, we encourage utilization of this service. Nursing supports are available. iXpress Art Program and Technology Today Program are available at this site.

Mall Blvd Day Habilitation: This is a site based Day Habilitation located in Lakewood, NY. Nursing supports are available. iXpress Art Program and Technology Today Program are available at this site.

7 Community Day Habilitation: This is a large site based Day Habilitation located in Cheektowaga, NY. If you are PAL eligible, we encourage utilization of this service. Nursing supports are available. iXpress Art Program and Technology Today Program are available at this site.



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Day Services

continued

Technology Today

Technology Today provides onsite Certified Day Services that provides services 8am-4pm Monday – Friday, in Tonawanda, NY, Buffalo, NY (Tri-Main Building), and also satellite programs in our larger certified sites. We also provide Student transitional Services and ACCES-VR contracts, which includes assistive technology evaluations and assistive technology training. The Technology Today program provides opportunities for learning new technology and personalized adaptations. The program goal is to offer opportunities for people to stay up to date with new technology and develops plans for personal growth. We provide opportunities to access the community. Our program is completely wheelchair accessible. We are able to provide some transportation; we do seek out Para-transit as a means of transportation to help encourage transportation independence. There are no nursing supports available.

Supported Volunteering and Lifestyle Enrichment (SVLE)

SVLE is a Community based Day Habilitation program. We can serve people from 21 yrs and up based on their ability to access the community and participate in volunteering. Staff focuses on helping people develop soft skills like; making friends, having good conversations, money recognition and skill building for volunteering. This program is non-certified for Medication administration. We do have limited space in agency vehicles for those that use a wheel chair for access. Anyone attending this program needs to be able to be alone in the community for up to 5 minutes. There are currently 3 location offering SVLE: Buffalo and surrounding area, Jamestown and surrounding area, and Dunkirk/Fredonia area.

Co-Op

Based out of the Tri Main building in Buffalo, the Co-Op is completely wheelchair accessible. This program features community-based activities designed by the attendees, focusing on art, health and wellness. The participants of the Co-Op volunteer their time in the community at a variety of different locations. They also work on various skills including, but not limited to, cooking, nutrition, budgeting and social skills. This program is non-certified for medication administration.



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Day Services

continued

iXpress Art Program

iXpress was designed to assist individuals with developmental disabilities to explore their talents and express themselves in positive and creative ways through the arts. The goal of the program is to instill independence and self-confidence. iXpress provides opportunities for individualized expression through on-site workshops in painting, pottery, poetry, dance, song, writing and photography. The program also offers off-site arts enrichment through collaborative community projects, gallery and museum tours, park sculptures and more.

Student Transition Services

Student Transition Services, based out of the Tri Main building in Buffalo assists in a seamless transition from high school into college or adult life. It is a structured day service which follows the goals from the individual's plan which may include socialization, school work, technology services and an art program.

These services are initiated through the school district to assist the student with growth and life experiences outside the school setting.



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Educational Services

Aspire Center for Learning's mission is to enhance the lives of our students by providing the highest quality education and services, using state of the art technology, equipment, instructional strategies, and therapeutic interventions.

Our school features state of the art technology, 100% accessibility, 21st century environmental controls and specialty spaces including a Cafetorium, Life Skills classroom and mobility track.

Program Services are provided by fully licensed and certified team of professionals in the following areas based on your child's needs:

- Education
- Occupational Therapy
- Speech-Language Therapy
- Psychological
- Physical Therapy
- Vision

Evaluations

Evaluations are available to determine each child's eligibility into the Early Intervention or Preschool programs. They can be conducted at our on-site location or in home and community based settings.

All evaluations must be requested through the County you reside in for Early Intervention and Preschool.

Early Intervention

Services provided to children birth to 3 years of age in home or community based settings.



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Educational Services continued

Preschool

Services provided to students, ages 3 to 5 years, in special classes (non-integrated) and integrated classes with typical peers. Services are also provided in home and community based settings.

School Age

Services provided to students, ages 5 to 21 years, in classroom settings. Additional opportunities available that promote community training and job readiness.

Summer Work Skills

Services provided in classroom settings that promote job related skills, with supported internships at local businesses.

Children's Discovery Corner Day Care

Year round childcare, located in the Aspire Center for Learning building, is available Monday through Friday from 6:30 am to 6:00 pm for toddlers and preschool children living anywhere in WNY. Children who attend during the school day learn pre-academic and social skills in a preschool environment.

**This is a private pay day care. Children's Discovery Corner does contract with Erie and Chautauqua counties and can accept payments from them.*



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Student Transition Services (ages 12-21)

Assessments

Person-Centered Vocational Assessment: This non-traditional assessment provides elaborate and creative vocational and transition planning recommendations.

Community Based Work Assessment: Students' vocational abilities and job readiness skills are observed at a community work site and assessed by an Aspire Employment Specialist. The assessment includes strengths, vocational needs, level of support, and successful on-site strategies for students. Helps determine future vocational programming.

Vocational Services

Job Development: An individualized community work experience is secured based on a student's area of interest. This can be tailored to student and IEP expectations.

Job Coaching: Individualized coaching at work site or internship to enhance skills and support success.

Employer Tours: Aspire staff can facilitate small group tours of local businesses. Students get a firsthand look at job opportunities while being encouraged to consider career options.

Employer Presentations: Aspire facilitates visits by local employers to your classroom to discuss job opportunities, expectations and career growth within their company and business fields.

Individual Vocational Internship

Job Development: An individualized community work experience is secured based on a student's area of interest. This can be tailored to student and IEP expectations.

Job Coaching: Individualized coaching at work site or internship to enhance skills and support success.

World of Work (WOW)

- Alternative vocational program designed for students with limited vocational experience.
- Teaches students transferrable skills in real life work environments.
- Three students to 1 WOW Associate
- Community based 4 days a week and the fifth day includes a job readiness session.
- Available to alternatively assessed, CDOS, and Regents students (fulfillment of CDOS work-based learning hours).
- This is a trademarked program.



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Student Transition Services (ages 12-21) continued

Project SEARCH

Project SEARCH of WNY at Beechwood Continuing Care is an international program. The primary objective is to secure competitive employment for people with disabilities. This is a full work immersion program for students in their last year of high school.

Post Secondary

College Support Plan: This provides student background information and a road map of activities aimed at assisting parents and students with the college search and preparation process. This includes identifying supports on campus via the College Disability Services Office, combined with appropriate questions for families to ask when evaluating colleges. In addition, the CSP addresses Assistive Technology needs, and provides resources to help students acquire self-awareness of their disability and information on how to become better self-advocates.

Educational Coaching: Individualized on-campus college coaching eases transition between high school and college. This service is tailored to each specific student.

One Year Partnership with Districts

This is a global approach to reach a broad base of students with special needs. Districts choose from our menu of transition services to meet the needs of their student population throughout the school year.

Trainings

Aspire offers Transition related training sessions at the request of the school district for parents, staff, and parent groups. Topics may include the following; Entitlement vs. Eligibility, Social Security/Medicaid Process, Understanding and navigating the system of adult agencies, and Post-Secondary programs including access and criteria.



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Therapy Services

Aspire of WNY's Article-16 Clinic is conveniently located at 7 Community Drive in Cheektowaga, near the intersection of the I-90 and Rt. 33.

Physical Therapy

In order to maximize functioning, reduce pain, and promote good health, our Physical Therapists conduct evaluations and develop individualized treatment programs to prevent, minimize, or alleviate physical disability and associated health complications. Evaluations and training related to custom seating and mobility systems are additional specialty areas. Our Physical Therapists are committed listening to the people they support so they can customize supports that improve independence and create opportunities for success.

Speech Therapy

Speech-Language Pathologists provide evaluation and treatment of full range of communication disorders and swallowing difficulties. Qualified clinicians address all issues affecting speech, language, and comprehension. Augmentative and Alternative Communication systems offer a "voice" to those who have lost the ability to speak or are difficult to understand. Enhanced communication skills are a key factor in facilitating a sense of empowerment and satisfaction in life.

Mental Health Counseling

Our mental health clinicians have expertise in the treatment of mental health conditions common in people with developmental disabilities and other disabling conditions. Our assessments and treatment services are designed to help people cope with, or overcome, life's traumas and emotional or other mental health challenges. Our goal is to help patients achieve their highest level of capabilities.



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Evergreen Health

Aspire of WNY is excited to announce a partnership that is in development that impacts the Aspire Health Center; in specific the Primary Care and Podiatry practices. Beginning in 2022, Evergreen Health will start providing Primary Care and Podiatry services at Aspire's Health Care Center, located at 7 Community Drive in Cheektowaga, New York.

For those who are unfamiliar with the organization, Evergreen Health has been providing medical, supportive, and behavioral services to the WNY community for nearly 30 years. Their vision is a future in which everyone has access to affordable healthcare in an environment that is inclusive, compassionate, and respectful. This aligns well with Aspire's mission and vision, making Evergreen a perfect community partner!

Evergreen's status as a Federally Qualified Health Center Look-Alike offers a financially stable and sustainable model of health care delivery and allows the practice to focus its full attention on meeting the needs of its patients. Additionally, Evergreen intends to hire all of the current health center employees, so our patients will be working with the same clinical support staff, medical providers, and administrative staff that they have entrusted their care to for years! Aspire leadership will remain to support the transition until everyone feels fully comfortable with the change.

Aspire and the Health Center team is very excited about the upcoming changes for primary care and podiatry. This is a positive transition that will ensure high quality, person-centered care for the patients of Aspire well into the future. For more information about Evergreen, visit their website at evergreenhs.org.



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About the Aspire iXpress Cover Artist

Le Martin de Centre by Loretta Van Buren

Loretta is a versatile artist who creates abstract and representational pieces. Her more representational works display the rich textures and vibrant colors of nature, yet Loretta's abstractions are equally inspired by the beauty of the environment. Believing that art helps her both to forget her problems and also challenge her abilities, she is certain that painting has a positive effect on her mind, body, and spirit. Loretta spends nearly the entire day in the iXpress art studio and, as she is always curious about new creative media, her new goal is to explore photography and storytelling.



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For further information, contact our Intake Specialists at:

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