ASPIRE
INTEGRATED HEALTHCARE SOLUTIONS.

Aspire Integrated Healthcare Solutions
Capabilities Statement

Improving healthcare and mental wellbeing!

Company Overview

Aspire Integrated Healthcare Solutions is a Small Business Enterprise and Certified LGBTBE Enterprise. We are a healthcare management and services company with over 30 years expertise in advancing healthcare delivery systems through innovative programs, tools, and strategies. We use innovative technological collaborations with our partners and expert healthcare resources to create scalable and flexible solutions that have a direct impact on improving clinical outcomes for governmental entities, military, veterans, schools, patients, employee's, individuals, families, healthcare providers, employers, organizations, and communities. Our tools and programs improve clinical outcomes 42%+, 3.5 x higher likelihood of reliable change, 40% reduction in patient no-show, 81% average Therapeutic Alliance score, and reduced total healthcare spend for the government, payers, and employers.

Our mission is to improve the health & wellbeing systems and for individuals everywhere with effective, innovative tools that connect and engage patients to improve outcomes and lower healthcare costs!

Our core values: character, integrity, trust, equality, diversity, compassion, kindness, and excellence.

Company Name	Aspire Integrated Healthcare Solutions, LLC	Type	Small Business Enterprise Certified LGBT Business Enterprise #22613
Address	4325 3rd Ave, #1312, San Diego, CA 92103	Phone	888-275-6766
Website	https://aspireintegratedhealthcare.com	Service Area	International
Contact	Creg Parks, CEO, cell: 512-529-2055 creg@aspireihs.com	SAM CAGE DUNS	UID: NRJFC2WKGLN4 9RTN3 113119950

Corporate History

The Aspire Integrated Healthcare Solutions team and partners have over 30 years of executive healthcare experience in the areas of quality healthcare delivery system performance improvement, management consulting, managed care operations, healthcare provider networks, practice management, provider payment systems, provider contracting, medical cost management, healthcare technology, analytics, Medical Informatics, Population Health Management, and other related healthcare and business operations. We are advisors to Governmental Entities, Military, Veterans, Employers, Healthcare Organizations, Schools, Communities, Healthcare Providers, Physicians, Payers, and other organizations.

Objectives

1. Improve the health, wellness and mental wellbeing programs and healthcare delivery systems for governmental entities, their providers, and communities.
2. Improve Clinical Outcomes 42% or more, improve patient engagement, improve provider-patient relationship alliance, prevent suicide and harm to others, lower total healthcare costs.
3. Enhance Early Detection: Implement standardized mental health assessments to identify emotional health status.
4. Improve Access to Care: Provide timely and effective mental health services based on assessment results.
5. Improve Patient-Provider Relationship and patient engagement 3x.
6. Reduce hospital admissions and readmissions, improve post-discharge follow-up measures.
7. Monitor Health & Mental Health Progress: Utilize Measurement Based Care to track patient progress, adjust treatment plans and improve appropriate medications for better results.
8. Promote Awareness: Increase health, wellness and mental health awareness and reduce stigma through education and outreach programs.

Highlights of Aspire Capabilities and Programs

1. Management Consulting Services
    a) Strategic Planning, Program Management & Consulting
    b) Program Development & Project Management Services
2. Healthcare Management and Technology Services
    a) Secure Aspire Health Portal for Individuals and Families
    b) Technical Consulting Services
3. Health, Wellness & Mental Health Programs
    a) Health & Wellbeing Care Navigator Program
    b) Peer Support Groups and Platform (Mental Happy)
    c) Suicide Prevention Program
    d) Virtual Care Manager Program
    e) Hospital Post-Discharge Follow-Up Program
    f) School Program
    g) Gun Violence and Harm Prevention Program
4. Professional Development Training
    a) Organizational Culture Character Assessment and Development Program
    b) Individual Character Assessment and Coaching
    c) Mental Health First Responder Training Program
5. Professional Counseling and Behavioral Health Services
    a) Measurement Based Care – Psychological Assessments, Monitoring and Data Analysis
    b) Mental Health Toolkits & Apps for self-care
    c) Mental Health Assessments & Psychological Monitoring
    d) Care Navigator Service (medical, behavioral health, wellness)
    e) Behavioral Health Therapy-Counseling network of providers
6. Comprehensive Emergency and Disaster Management (CEDM) Program

---

Key Differentiators

- **Comprehensive Approach:** We offer a wide range of services addressing multiple aspects of healthcare management and delivery.
- **Expert Team:** Our team consists of seasoned professionals with extensive experience in healthcare management and technology.
- **Client-Centric Solutions:** Tailored strategies and programs designed to meet the unique needs of our diverse clientele.
- **Innovative Technology:** Utilization of innovative technology to enhance service delivery and client outcomes.
- **Proven Track Record:** Demonstrated success in improving clinical outcomes, reducing healthcare costs and improving healthcare provider performance.

Past Performance

1. **Commercial** – subcontractor team that opened 10 Psychiatric Hospitals, implemented multiple programs for hospitals, providers, and other organizations. Over 30 years of management consulting and program management for hospitals, providers, payers, and other organizations. Developed a Texas statewide healthcare provider network. Manages and negotiates thousands of payer-provider contracts valued at over $250m for hospitals and providers. Launched our Measurement Based Care program with providers in multiple states.
2. **Government Initiatives:** subcontractor to a national Behavioral Health Hospital system and other providers to serve Tricare, Veterans CCN, Medicare and Medicaid programs at Hospitals, and Provider Groups that give access to care, improve clinical outcomes, and improve provider performance outcomes. Legislative reforms national, state, and local to improve healthcare systems.
3. **School Programs:** subcontractor to Campus Physicians and Rume Health to develop new school health and mental health programs for various school districts.

NAICS Codes

NAICS	Description
541511	Custom Computer Programming Services
513210	Software Publishers
541611	Administrative and General Management Consulting Services
541612	Human Resources Consulting Services
541720	Research and Development in the Social Sciences and Humanities
561499	All Other Business Support Services
611430	Professional and Management Development Training
621112	Offices of Physicians, Mental Health Specialists
621999	All Other Miscellaneous Ambulatory Health Care Services
621330	Offices of Mental Health Practitioners (except Physicians)
621399	Offices of Miscellaneous Health Practitioners
624190	Other Individual and Family Services
812199	Personal Care Services
923120	Administration of Public Health Programs

Practice Areas

The Aspire tools and programs are available for any Government entity or Prime Contractor. Below are a few of our practice areas.

1. Healthcare
    a. Public Health and Well-Being
    b. Health Care Transformation
    c. Behavioral Health
    d. Health Behavior Change
2. Innovation and Technology
    a. Healthcare Information Technology
    b. Healthcare Data, Analysis, Statistics, Performance Measures
    c. New Technology Solutions to Improve health outcomes.
3. Education and Workforce Development
    a. Organization Character Assessment Development Program
    b. Employee Character Assessment and Development Program
    c. Mental Health First Responder Program
    d. Healthcare Training & Education Programs to improve outcomes.
4. International Development
    a. Global Health Program and Policy Development
    b. International Healthcare Education and Training
    c. Health and Mental Health Monitoring, Evaluation, Research, Learning, and Adapting
5. Social and Justice Policy
    a. Community Safety and Crime Prevention
    b. Harm Prevention Programs – Psychological Monitoring and Character Development
    c. Prison Programs – Mental Health and Character Development
    d. Probation and Court Programs - Psychological Monitoring and Character Development
    e. Child Well-Being and Family Strengthening, Domestic Violence Prevention

---

Commitment to our Clients

As a client of Aspire, you will have a partner that provides scientific rigor and solid project management to deliver your solution on time and on budget. We approach each project as a partnership and draw on our expansive network to assemble multidisciplinary teams with the targeted expertise to comprehensively analyze and uniquely address client challenges. We engage with each client to assess their satisfaction and opportunities to continuously improve any program. Our leadership teams regularly conduct internal project reviews, analyze outcomes, and meet one-on-one with our clients to collaborate on new innovative strategies to meet their objections and mission.

Outcomes and Impact

1. **Improve Clinical Outcomes** 42% or more, improve patient engagement, improve provider-patient relationship alliance, prevent suicide and harm to others, lower total healthcare costs.
2. **Data-Driven Decision Making:** By integrating real-time data, agencies will have access to critical information to guide strategic decisions. The portal provides a holistic view of community health, aiding early detection of health trends or outbreaks. Public health agencies and researchers can analyze aggregated data to identify at-risk populations and adjust resources quickly based on trends and patterns.
3. **Stronger Collaborations:** The communication tools within our solutions will allow for enhanced coordination among agencies, improving response times and outcomes.
4. **Increased Community Resilience:** With our solutions in place, communities will be better equipped to prepare for and recover from health security incidents.
5. **Enhance Early Detection:** Implement standardized mental health assessments to identify emotional health status. Real-Time Health Monitoring and Communication - Individuals can access continuous monitoring for physical and mental health, receiving alerts and guidance as health conditions or environmental factors fluctuate. Healthcare providers and care teams gain immediate access to real-time patient data, enhancing coordination and enabling faster, targeted interventions.
6. **Improve Access to Care:** Provide timely and effective health and mental health services and tools to remote locations and underserved populations.
7. **Improve Patient-Provider Relationship** and patient engagement 3x. Patients maintain consistent contact with healthcare providers, improving adherence to care plans and reducing the likelihood of health complications during crises. Providers can track patient compliance and adjust treatment remotely, helping maintain high-quality care standards and reduce the burden on in-person resources.
8. **Reduce hospital admissions** and readmissions, improve post-discharge follow-up measures.
9. **Monitor Health & Mental Health Status, Health Risks and Treatment Progress**: Utilize Measurement Based Care and our Population Health Management solutions to track patient progress, adjust treatment plans and improve appropriate medications for better results.
10. **Promote Awareness:** Increase health, wellness and mental health awareness and reduce stigma through education and outreach.
11. **Enhanced Monitoring of Drug Efficacy**: Describe how the MBC tool captures real-time patient-reported outcomes, allowing providers to see how medications and treatments impact specific mental health conditions. This could include data on side effects, symptom improvement, and any adverse reactions, which are essential for personalized adjustments.
12. **Reduction in Misdiagnosis**: our MBC tool enables more accurate diagnostics by tracking comprehensive, standardized metrics over time. This tracking helps in distinguishing between symptoms caused by medication side effects and those stemming from underlying mental health conditions, thereby reducing diagnostic errors.
13. **Scalable Solutions and Rapid Communication and Resource Allocation** - Real-time updates, health alerts, and emergency instructions are accessible through the portal, helping communities stay informed and make safer decisions.
14. **Mobile Accessibility for Diverse Populations** - The mobile-friendly portal allows users from various locations and backgrounds to access vital health resources, regardless of internet quality or device type. Increases equitable access to care and information, enabling community leaders to support populations that may lack access to traditional healthcare resources.
15. **Privacy-Compliant Data Security -** Ensures community members that their personal health data is secure, fostering trust and greater engagement with the portal. Provides stakeholders with a HIPAA-compliant system, protecting sensitive information while enabling the collection of high-quality, actionable data.
16. **Reduction of Healthcare Costs and Resource Strain** - Reduced ER visits and resource strain lead to lower healthcare costs and improved access to care for all, even outside of crisis zones. Helps governments reduce expenditures and allocate funds more efficiently, supporting a sustainable crisis response model.

Aspire Programs and Toolkits

541611 Management and Financial Consulting, Acquisition and Grants Management Support, and Business Program and Project Management Services.

Aspire provides operating advice and assistance on administrative and management issues. Examples include strategic and organizational planning, business process improvement, grants management support, facilitation, surveys, assessment and improvement of healthcare delivery systems, financial reporting and analysis, economic and regulatory analysis, benchmarking and healthcare system program metrics, provider performance measures, population health measures and analysis, healthcare cost analysis and improvement, healthcare program development, implementation, and project management.
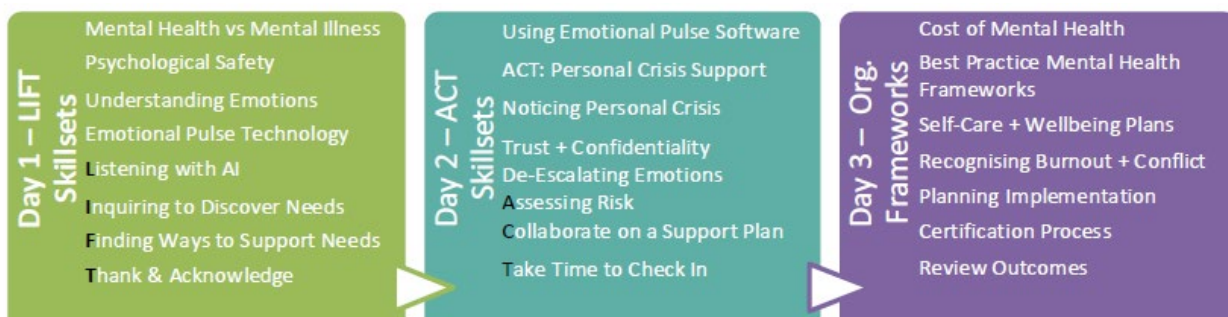
Federal programs are often complex, requiring skilled expertise to meet technical requirements and an established infrastructure to meet contractual requirements. Aspire offers both in-house, virtual, and we are ready for your research or technical assistance projects. Aspire administers and manages projects on behalf of a range of clients, including government agencies, healthcare organizations, academic institutions, foundations, nonprofit organizations, global nongovernmental organizations, and commercial organizations.

611430 Professional and Management Development Training

We offer a variety of workshops, training, coaching and technology toolkits and services. Aspire has partnered with ShareTree Health, our sub-contractor, to launch their tools and programs that improve character, mental wellbeing and more. Engage Cultures – Improving clarity, well-being, and performance in Organizational Cultures by facilitating authentic connections between people based on the character strengths that they see in each other every day. The Aspire-ShareTree Mental Health & Wellbeing Program is designed to empower organizations with the skills and resources they need to create effective, measured, and sustainable change within teams. Research shows that cultures that establish authentic trust and skilled support not only reduce mental health losses, but also increase overall culture engagement and performance outcomes.

Our programs use evidence-based care and follows best practice continuous improvement change management approach that includes a proven blend of education, authentic people engagement and empowers sustainable habits and routines for connection, support, and transparency. These programs empower your organization teams with all the resources you need to create and sustain change. These programs can also be used for your subcontractors, for the communities you serve and research projects.

1. **Organizational and Individual Culture Assessment & Program** -The ShareTree Mental Health & Wellbeing Program is designed to empower organizations, communities and individuals with the skills and resources they need to create effective, measured, and sustainable change to improve the happiness and mental wellbeing. Research shows that cultures that establish authentic trust and skilled support not only reduce mental health losses, but also increase overall culture engagement and performance outcomes. This program can be used for your supplier diversity program requirements. In a world where mental health challenges are increasingly prevalent, it is crucial for organizations to take proactive steps in fostering a supportive and positive environment. This program will empower individuals and teams with the skills, knowledge, and tools to create a culture of care,

2. **Mental Health First Responders (MHFR)** program is a globally recognized certified program that has been developed using psychology and mental health principles and is endorsed by the Mental Health Foundation Australia. Promotion, Prevention, Early Intervention Support reduces the impact on a person in mental health distress and minimizes the time and cost to recover back to a state of stability. Mental Health Distress left undetected and unsupported can lead to chronic mental health issues and increase the chance of risk and time for recovery.

Day 1 – LIFT Skillsets
- Mental Health vs Mental Illness
- Psychological Safety
- Understanding Emotions
- Emotional Pulse Technology
- Listening with AI
- Inquiring to Discover Needs
- Finding Ways to Support Needs
- Thank & Acknowledge

Day 2 – ACT Skillsets
- Using Emotional Pulse Software
- ACT: Personal Crisis Support
- Noticing Personal Crisis
- Trust + Confidentiality
- De-Escalating Emotions
- Assessing Risk
- Collaborate on a Support Plan
- Take Time to Check In

Day 3 – Org. Frameworks
- Cost of Mental Health
- Best Practice Mental Health Frameworks
- Self-Care + Wellbeing Plans
- Recognising Burnout + Conflict
- Planning Implementation
- Certification Process
- Review Outcomes

3. **Emotional Pulse App** - Most mental health issues are preventable in most cases from occurring at all or at least reduced in its impact through Promotion, Prevention and Early Intervention (PPEI). Emotional Pulse was developed to alleviate the challenge people experience around mental health by connecting people and giving them the ability to check-in and support each other during times of strain. The technology is built in alignment with effective mental health frameworks of promotion, prevention, and early intervention support. Support is most effective when it is timely, invited, trusted and skilled. Emotional Pulse fosters this type of support in a practical, confidential, and human way, where technology enhances human empathic connections. We are reducing the stigma related to mental health, increasing emotional awareness and effective support that prevents chronic mental health issues.

The key elements to an effective strategy for prevention are the following:
   a. Building holistic awareness for the individual, the leadership, and the organization
   b. Identifying issues at early stage and seeing the trends of individuals and teams
   c. Building a trusted support network to address challenges before they become issues.
   d. Check-in more regularly and provide invited support to those under strain in a time of need.
   e. Creating a psychologically safe culture where it is ok to be vulnerable and invite support.
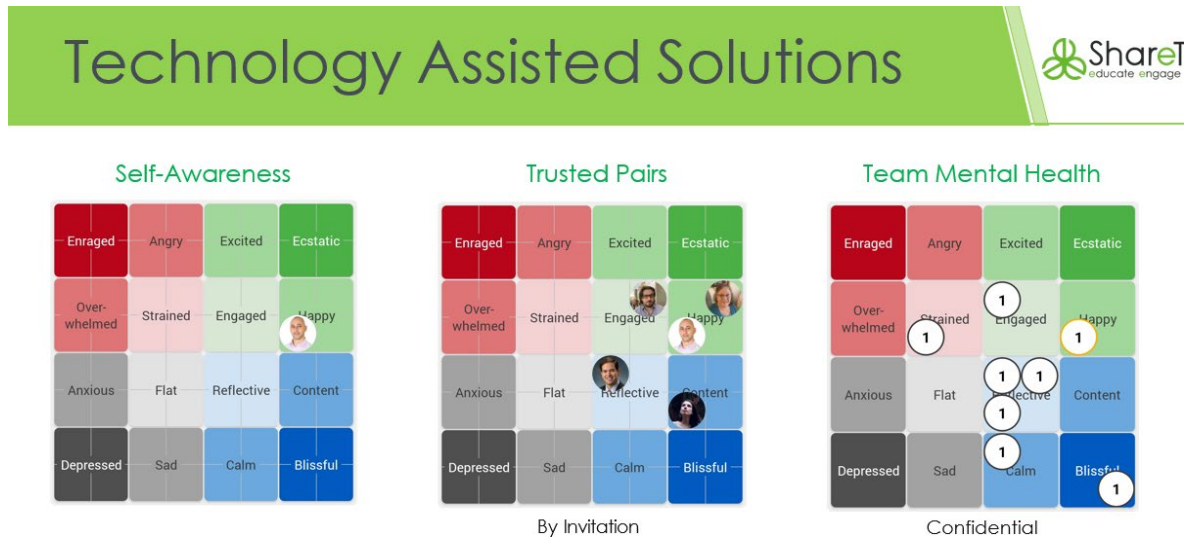
541511   Custom Computer Programming Services
513210   Software Publishers

The Aspire Technology Services division offers a variety of healthcare focused solutions that are effective to improve the healthcare delivery system globally.

1. **Secure Personal Health Portal and Mobile App** - The Aspire Health Toolkit is your personal health, wellness & mental toolkit that empowers you and your family to take charge of your health and well-being with a variety of interactive and supportive health and wellness tools and resources to improve health and wellbeing.
2. **Patient or Employee Health & Mental Health Toolkits** - The Aspire Health Toolkit is a personal health, wellness & mental toolkit that empowers individuals to take charge of their health and well-being with a variety of interactive and supportive health and wellness tools. Our strategy is for all providers and other stakeholders to use and promote these toolkits to their employees, patients, and the people they serve. We can customize a toolkit for any organization.
3. **Medical Informatics and Health and Behavioral Health Population Analytics** - Our Analytics engine provides real-time actionable patient insights that facilitate early interventions for high-risk populations, provide personalized care notifications, and generate recommendations. This helps provide cost effective quality care and resulting shared savings. Leveraging data to drive meaningful changes in the delivery of care is the true power of technology.
4. **Clinical Integration** - Aspire iConnect Health Information Exchange (HIE) provides the infrastructure to enable seamless connectivity of patient health information across the care delivery network for physicians, hospitals, ancillary services, skilled nursing facilities, and payers, thus optimizing operational efficiency. Unifying these disparate sources of data into an integrated, seamless source.
5. **Custom Technology Solutions -** The Aspire team and our partners are experts in healthcare, and we know what technology solutions will work effectively, and we can build them. The Aspire Technology team and partners offer expert services.

621112	Offices of Physicians, Mental Health Specialists
621999	All Other Miscellaneous Ambulatory Health Care Services
621330	Offices of Mental Health Practitioners (except Physicians)
621399	Offices of Miscellaneous Health Practitioners
624190	Other Individual and Family Services
812199	Personal Care Services
923120	Administration of Public Health Programs

In a world where healthcare systems are fragmented and inaccessible, the need for innovative solutions has never been greater. Every day, millions of people struggle to receive the care they need due to inefficiencies and disparities in the global healthcare landscape. Aspire Integrated Healthcare Solutions was born out of a singular vision: to revolutionize healthcare delivery and make quality care accessible to all. Our mission is to bridge the gaps in healthcare systems worldwide, ensuring that no one is left behind. At Aspire, we believe in an integrated approach to healthcare. By leveraging innovative technology and fostering collaboration among healthcare providers and other organizations, we deliver comprehensive solutions tailored to the unique needs of each community. Our platforms enable seamless communication, efficient resource allocation, and real-time data analytics, transforming the way healthcare is delivered. We offer the following programs that support care teams and stakeholders. We can develop new specialty programs for our clients.

1. **Program Development and Consulting Services** – Aspire can develop and manage a customized healthcare or mental healthcare program for our clients. We are experts at developing and managing provider clinics, hospitals, or ancillary provider types.

2. **Measurement Based Care** involves the routine use of evidence based standardized psychological testing measures to assess patient outcomes and guide clinical decision-making. Evidence suggests that MBC can lead to significant improvements in patient outcomes, particularly in mental health and chronic disease management. Benefits include enhanced patient care, improved clinical outcomes 42% or more, data-driven decisions, increased patient engagement, operational efficiency.

3. **Mental Health Assessment Services and Psychological Evaluations** – we have a network of qualified licensed professionals to provide comprehensive psychological assessment, and evaluation services; our services are designed to provide insightful and accurate insights into any individuals' cognitive, emotional, and behavioral patterns.

4. **Support Group Platform** - Aspire has partnered with MentalHappy to offer organizations and individuals a digital health platform that provides people of all races, genders, and economic statuses with a safe and secure platform to discuss their emotional health and daily challenges. With free mental health resources and expert-led support groups, we make it possible for everyone to get the emotional help they deserve.

5. **Healthcare Provider Performance Measures** – our MBC and Population Health platform measures the provider performance, and our expert consultants can guide providers to improve their outcomes and reduces costs.

6. **Hospital Post-Discharge Follow-up Program** - is for hospitals, providers, individuals, and other organizations. Our additional follow-up program includes all our resources, outpatient services, and technology tools to help improve the mental health status of patients after they leave a hospital or facility setting to reduce readmission.

7. **Suicide Prevention Program and Harm Prevention Programs** - we believe that an effective way to prevent gun violence or harm to others is by monitoring individuals before they harm others or themselves. For individuals identified as at risk to cause harm to others, or to be a victim of violence, or if they have been diagnosed with a mental illness that could cause harm to others or themselves, our program will monitor them so assigned Care Teams can intervene. This program's goal is to reduce school shootings, mass shootings, and improve clinical outcomes for our probation programs, justice programs, prison, and jail programs and more.

↑ 42%
HIGHER OVERALL IMPROVEMENT IN CLINICAL SYMPTOMS

↑ 3.5x
HIGHER LIKELIHOOD THAT A CLIENT EXPERIENCES RELIABLE CHANGE

↓ 40%
REDUCTION IN NO-SHOW & CANCELLATION RATES