

DAVID FARBER ASPIRE CENTER
Clinical Impact Report

JULY 1, 2025 – JUNE 30, 2026

“

*A year ago I had no
interest in living another
day and today I can't
wait for what is to come
in the future.*

*I am so grateful for
everyone who played a
role in my treatment!*

ANOTHER YEAR OF CLINICAL PROGRESS

We are excited to share our second Clinical Impact Report from the David Farber ASPIRE Center. Now in our third year of operations, we are regionally and nationally recognized for the high-quality evidence-based treatments we provide for adults and youth at risk for suicide. The ASPIRE Center clinic is now the largest provider of Dialectical Behavioral Therapy (DBT) in the city of Philadelphia, with 3 adolescent skills groups and 3 adult skills groups. We're proud to accept a wide range of insurance plans and currently have no waitlist—benefits that set us apart in our city. The Center has been recognized for excellence in DBT by the Evidence-based Practice (EBP) and Innovation Center at the Philadelphia Department of Behavioral Health and Intellectual disAbility Services with an EBP Program Designation, leading to higher reimbursement rates from Community Behavioral Health insurance.

At the national level, the Center has been awarded \$3M by the Substance Abuse and Mental Health Services Administration (SAMHSA) to establish the clinic as a Community Treatment and Service Center within the National Child Traumatic Stress Network, dramatically increasing scalability and sustainability of the clinic. The David Farber ASPIRE Center now sets the bar for clinical excellence in suicide prevention at both the regional and national level for patients across the lifespan.

Thank you for your ongoing support. We are proud to share this year's progress.

Matthew Wintersteen, PhD
Center Director

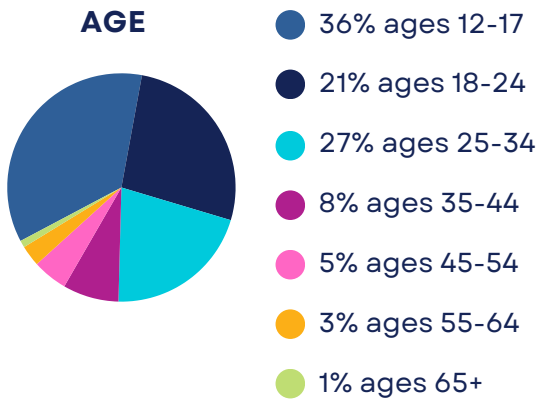
Lucas Zullo, PhD
Clinical Director

THE DAVID FARBER ASPIRE CENTER STAFF

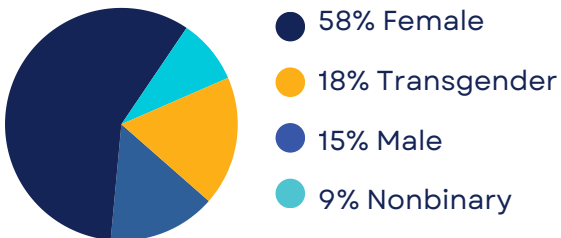


WHO WE SERVE

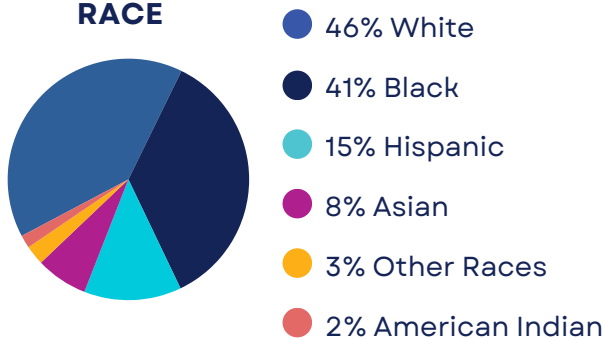
AGE



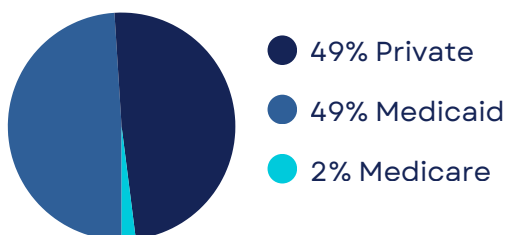
GENDER



RACE



INSURANCE



*Demographic percentages may not add up to 100% due to rounding.

IN ADDITION TO SUICIDALITY,
PATIENTS ALSO PRESENT WITH

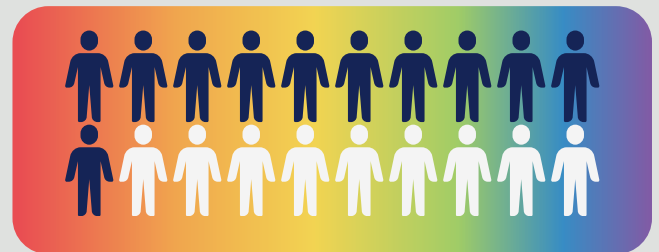
Depression/Sadness



Anxiety/Worries/Panic



52% LGBTQ+ PATIENTS



MEDICAL COMPLEXITY



Of the total number of patients, 65% of our patients are currently taking 1 or more psychotropic medications- among that group, 31% are on three or more

BY THE MONTH

78

Average Clinic Census

12

Average Number of
Patient Intakes

4

Average Number of
Patient Discharges

BY THE YEAR

3.8

Full-Time Clinicians

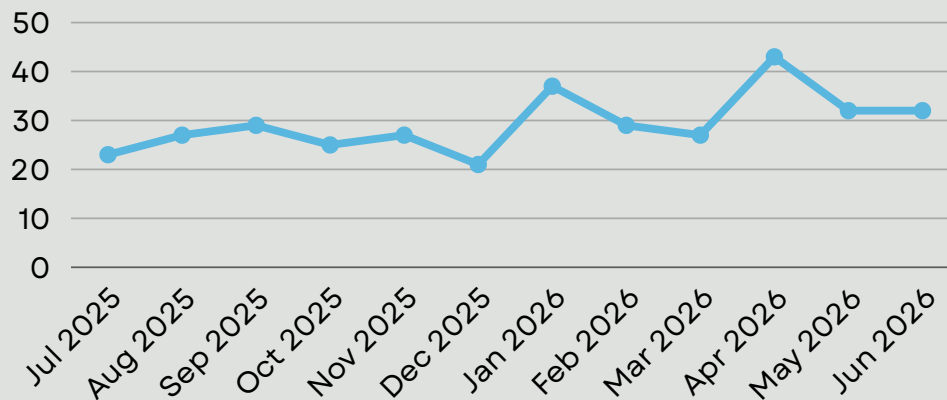
242

Patients Served

3922

Total Clinical Sessions

PATIENTS CONTACTING CLINIC



52%

These contact numbers represent a 52% increase from the 2025-2026 fiscal year.

18

Jefferson Departments
Established Referral
Relationships



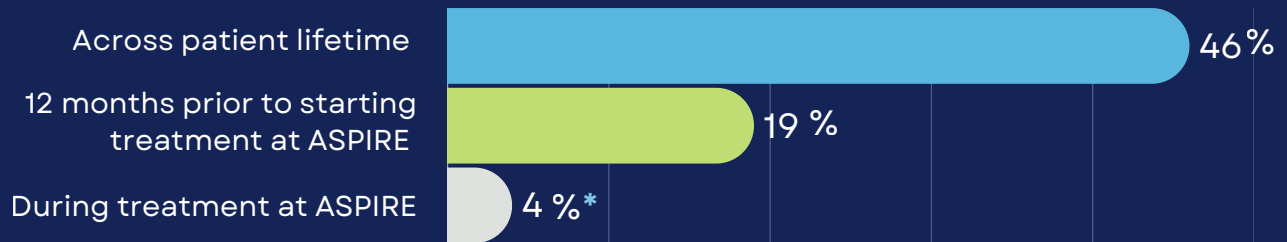
42

Community Sites
Established Referral
Relationships

TREATMENT OUTCOMES & IMPACT

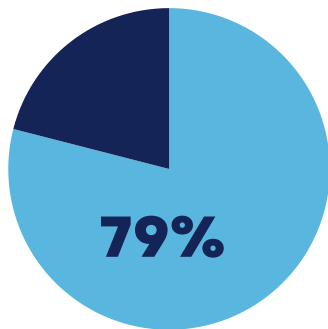
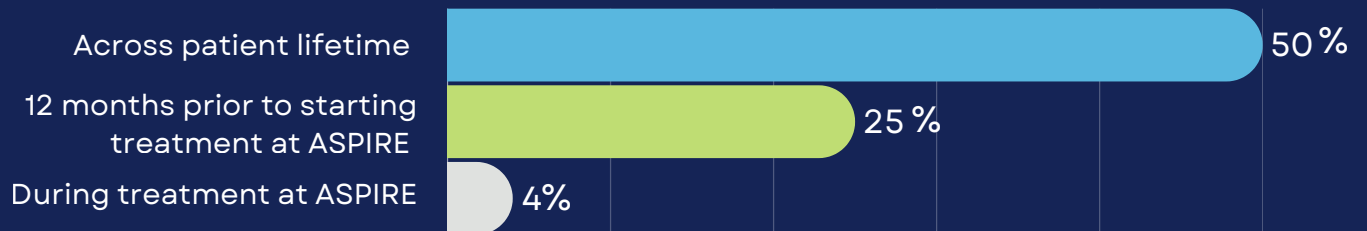
Since opening- 97 discharged patients

Percent of patients who had 1+ suicide attempts



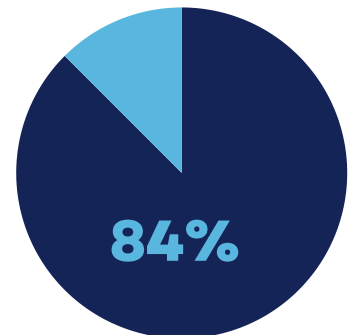
*Note: Patients requiring medical attention for suicide attempt.

Percent of patients who had 1+ hospitalization



Suicide Attempts

Relative Reduction in Risk
Comparing the Year Prior to
Starting Treatment at ASPIRE
and the Patients' Time in
Treatment at ASPIRE



Psychiatric Hospitalizations

24

Average Number of Treatment
Sessions Upon Discharge

8.5

Average Number of
Months in Treatment

SOCIAL DETERMINANTS OF HEALTH

Representing one of the many facets of the comprehensive care model for suicide prevention at the David Farber ASPIRE Center, the Patient Support Fund commenced with a generous gift from the **I AM the Vine Foundation** and was fully implemented on June 16, 2025. The Patient Support Fund aims to demonstrate the impact of supporting patients' social determinants of health (SDOH) needs on clinical outcomes.

Currently, every patient at the Center is evaluated for SDOH needs at their intake assessment, as well as at follow-up assessments one, three, six, nine, and twelve months after starting treatment. SDOH needs include areas such as food and housing insecurity, health and environmental issues, transportation concerns, utility needs, financial challenges for basic necessities, unemployment or underemployment, and daily support needs. The average number of reported SDOH needs was three.

Utilizing data collected from patients at their intake, we found that patients with an increasing number of SDOH needs often presented for treatment initially with more complex and challenging clinical concerns. This includes elevations in baseline scores of depression for both youth and adults, as well as suicidal ideation in youth. The number of SDOH needs were also associated with more suicide attempts prior to starting treatment across all patients, but unrelated to the number of prior psychiatric hospitalizations.

These initial findings further highlight the complexity of our patient population and have assisted the Center in securing support from the Johnson & Johnson Foundation to extend our vital work in this area.

The Patient Support Fund is a clear example of the collaborative efforts of the clinical and research teams as we seek to answer important questions about the impact of supporting these SDOH needs on near- and long-term clinical outcomes, such as reductions in suicidal ideation, suicide attempts, and psychiatric hospitalization.

158

Number of patients screened since June 16, 2025

124

Patients who indicated need

56

Patients who requested case management services

30

Patients receiving SDOH funding support

\$ 628.99

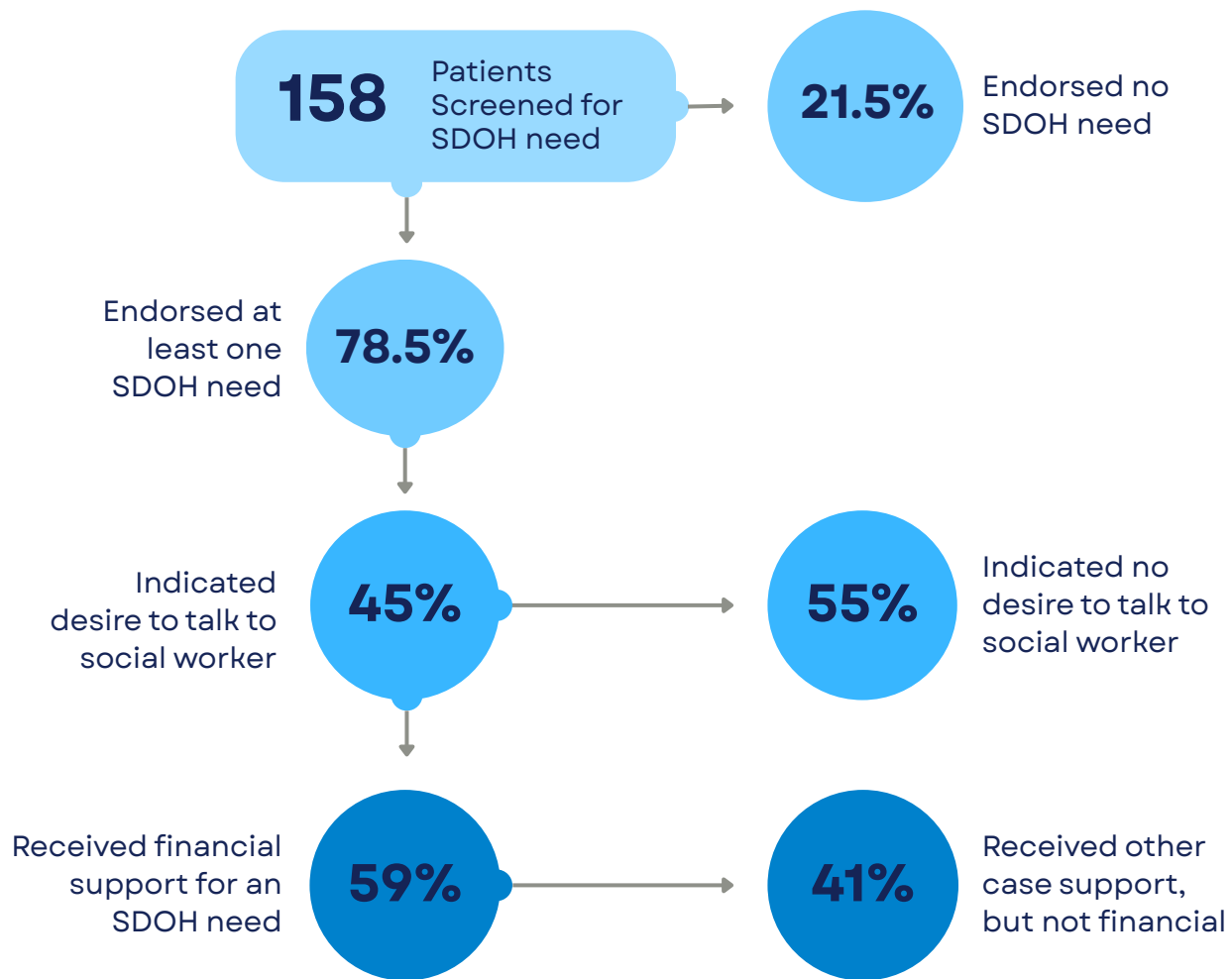
Average amount of funding received per patient

\$ 18,869.65

Total funds distributed in fiscal year 2026

PATIENT NEEDS MET

44%	Housing
40%	Food/Grocery
11%	Utilities
4%	Transportation
<1%	Other



The Angel Fund provides critical financial assistance to patients whose access to care is disrupted by a loss or change in insurance coverage. For many individuals receiving treatment for suicidal ideation or other acute mental health concerns, continuity of care is essential to maintaining stability and supporting healing.

Unfortunately, unexpected insurance changes can create immediate barriers to treatment, leaving patients worried about how they will continue accessing the care they need.

The Angel Fund helps bridge this gap by covering the cost of therapy sessions for eligible patients who can no longer use their insurance at the ASPIRE Center. This support ensures that vulnerable individuals can continue receiving care during periods of transition and uncertainty, rather than experiencing interruptions that could negatively impact their progress.

At the David Farber ASPIRE Center, we understand that healing requires consistency, trust, and ongoing support. The Angel Fund helps ensure that financial or insurance-related challenges do not prevent patients from continuing to access lifesaving mental health treatment.

To make a clinical referral, please call 215-503-7077
or go to [Jeffersonhealth.org/ASPIRE](https://jeffersonhealth.org/ASPIRE)

To support the important
work of the David Farber
ASPIRE Center, scan here:



David Farber ASPIRE Center
834 Chestnut St, Suite 400
Philadelphia, PA
215-503-7077

Monday-Friday: 8:00 am-5:00 pm
Clinic Hours: 9:00 am-6:00pm
[Jeffersonhealth.org/ASPIRE](https://jeffersonhealth.org/ASPIRE)

