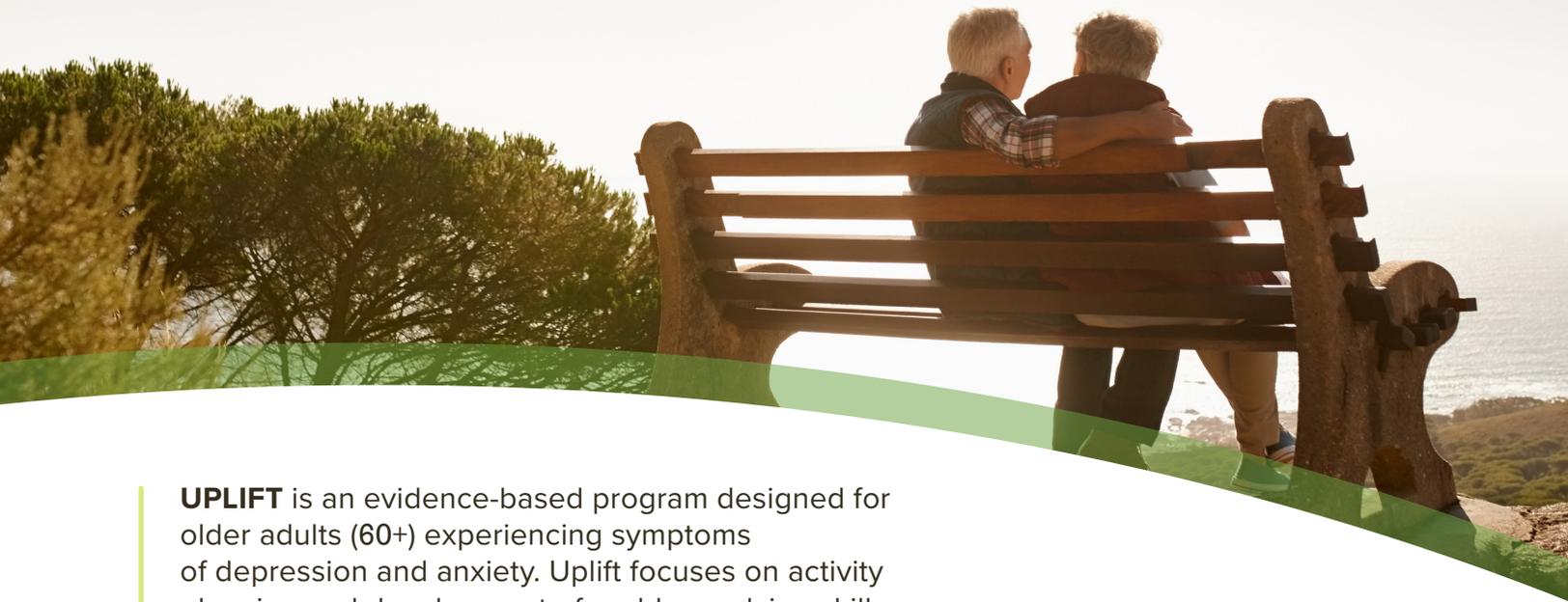


# UPLIFT



**UPLIFT** is an evidence-based program designed for older adults (60+) experiencing symptoms of depression and anxiety. Uplift focuses on activity planning and development of problem solving skills to help improve overall mental health.

Eight one-on-one sessions take place in the comfort of your own home over the course of 5-6 months. Services are billed through insurance and may involve a co-pay. Butler County funds are available for those who qualify.

UPLIFT utilizes the PEARLS evidenced based model of care.

The **PEARLS** model is a **P**rogram to **E**ncourage **A**ctive, **R**ewarding **L**ives. PEARLS brings high quality mental health care into community-based settings to best reach vulnerable older adults.



**Butler  
Behavioral  
Health**

Prevention. Healing. Wellbeing

**Uplift may be a great program for you  
or someone you know**

To learn more or to make a referral, call **513-896-7887**  
or email [uplift.butler@bbhs.org](mailto:uplift.butler@bbhs.org)