

UPLIFT Frequently Asked Questions

What is Uplift?

Uplift is an in home, community based program for older adults experiencing symptoms of anxiety, depression, or both.

Who is eligible for Uplift?

Butler County residents who are 60 and older and are experiencing symptoms of depression and/or anxiety.

Who is not eligible for Uplift?

There are several circumstances where an individual may not be eligible for Uplift services. These include...

- *Active Alcohol or Substance Abuse*
- *Psychosis*
- *Nursing home resident*
- *Cognitive Impairment*
- *Schizophrenia*
- *Bipolar Disorder*

What is the PEARLS model?

PEARLS (Program to Encourage Active, Rewarding Lives) is an evidenced-based model focusing on Problem Solving Treatment, Increasing and Improving Social Supports, Increasing Daily Activities, and Pleasant Activity Planning.

How long is the Uplift Program?

Uplift is a short-term program that lasts about 5-6 months. Clients are given 8 sessions (1-3 every week; 4-5 every 2 weeks; 6-8 every 4 weeks).

How do I make a referral?

Referrals for Uplift can be made by contacting (513) -896-7887 extension 2100.

Can someone be referred again who has already been in Uplift?

Clients who have previously been in Uplift may be referred again. Counselors will collaborate to determine appropriateness for Uplift program based upon significant life event/changes, date of discharge from Uplift, and engagement with the PEARLS model.

How to begin services with Uplift?

After a referral is made to Uplift, a counselor will place you on a waitlist. An Uplift counselor will then contact you to discuss your interest in Uplift. The counselor will then assess if appropriate for Uplift services. If appropriate for services the counselor will begin the intake and scheduling process.

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What information is needed to start the intake process?

To begin scheduling for Uplift services there are several pieces of information that the Uplift counselor must collect. These include...

- A photocopy of insurance cards
- A copy of proof of residency (Photo ID, Mail, etc.)
- Monthly income
- Social Security number
- Birthdate
- Address

What happens after the intake process?

Clients will be contacted by an office coordinator to establish insurance coverage and fees associated with Uplift services. Clients will then be scheduled for an assessment with one of the Uplift counselors.

What will the Uplift program entail?

Uplift is a goal-based, participant driven program. The client and therapist will work on problem solving and activity planning during sessions.

What if Uplift services are no longer needed?

Clients are not required to stay in Uplift for the duration of the program. If the client feels that their mental health has improved or feel as if services are no longer needed, clients may withdraw from Uplift services.

What if services are still needed by the end of the Uplift program?

If a client feels that they are still in need of counseling services by the end of the Uplift program, they can be referred to additional services through Butler Behavioral Health Services.

Additional questions?

If you have any more questions you can call (513) -896-7887 extension 2100. An Uplift team member will be happy to help with any questions you may have!