



Project UPLIFT: Using Practice and Learning to Increase Favorable Thoughts

WHAT IS PROJECT UPLIFT?

THE GOAL

Empower people with epilepsy to improve their own mental health through mindfulness and cognitive-behavioral skills.

REASONING BEHIND UPLIFT

- ✓ Our thoughts and activities affect our mood, stress, and anxiety.
- ✓ By attending to our thoughts, we can learn which thoughts affect our mental health.
- ✓ By learning to challenge these thoughts or let them go, we are empowered to improve our own mental health.
- ✓ Increasing participation in pleasant activities will also improve our mental health.

Project UPLIFT teaches participants the skills for managing and improving their mental health and quality of life.

Project UPLIFT was developed with funding from the Centers for Disease Control and Prevention (CDC). The program is highlighted in the 2012 Institute of Medicine (IOM) report entitled *Epilepsy Across the Spectrum*. The results of this program were awarded the Rebecca Goldberg-Kaufman Ethical Neuropsychiatry Award from the American Epilepsy Society in 2012.



PROGRAM SYNOPSIS

GENERAL DESCRIPTION

- Program to teach mental health skills that is delivered by telephone.
- Increases knowledge and skills, reduces depression, and improves quality of life.
- Methods taught include challenging thoughts, behavioral activation, coping, problem solving, and mindfulness.
- Validated mental health measures are used to screen for eligibility for the program, and other measures are used throughout the program to monitor change in mental health.



TARGET POPULATIONS

- People with symptoms of depression, stress, or anxiety co-morbid with epilepsy
- People with symptoms of depression, stress, or anxiety who provide support or care to people with epilepsy.
- Found to be culturally acceptable among African Americans
- Culturally adapted for Hispanic Americans
- Mental health professionals interested in learning to deliver Project UPLIFT.



ESSENTIAL PROGRAM COMPONENTS

- Trained group facilitators teach mindfulness-based cognitive therapy skills in distance-delivered telephone or Web groups
- Co-facilitated by a person with epilepsy
- Delivered to the participants' location rather than a health facility

DESIRED OUTCOMES

- Teach participants skills for enhancing mental health
- Reduce/eliminate symptoms of depression and anxiety
- Improve quality of life

MEASURES AND EVALUATION ACTIVITIES

- ✓ UPLIFT-specific knowledge and skills
- ✓ Measure of symptoms of depression (PHQ-9)
- ✓ Measure of symptoms of anxiety (GAD-7)
- ✓ Client satisfaction (CSS)

PROGRAM REACH

- Year Program First Implemented in Community Settings: 2012
- Currently offered in 5 states.
- Providers have been trained in 31 states.



PROGRAM COSTS

- Costs of Project UPLIFT vary based upon staffing and number of participants in the group.
- The overall cost of the program is heavily dependent upon the cost of the facilitator.
- Assuming facilitation led by a staff member who is paid at the rate of \$50/hour, the cost of the 8-week program with 6 participants is \$220.48 per participant.
- Assuming facilitation led by a mental health professional who is paid \$150/hour, the cost of the 8-week program with 6 participants is \$420.48 per participant.
- Using these figures, the total cost of running a group of 6 would range between \$1323 and \$2523.
- Recent work funded by the Epilepsy Foundation indicates that it is feasible to run two groups on a budget of \$5,000. This includes administrative costs of recruitment, scheduling, reminders, and sending of materials.



RESOURCE REQUIREMENTS

- Telephone conference line
- In low-income populations, may need to reimburse participants for telephone minutes
- 2 facilitator manuals
- Participant manuals and CDs



TRAINING REQUIREMENTS

- 10-hour facilitator training delivered by telephone
- If other than a licensed mental health professional, clinical supervision by a licensed mental health professional
- Training content
- Overview of Project UPLIFT & Evidence of its Effectiveness (training session 1)
- The 8 sessions of Project UPLIFT (training sessions 2-9)
- Program Logistics (training session 10)



LENGTH/TIMEFRAME OF PROGRAM

- 8 sessions over an 8-week period
- Telephone sessions last one hour



RECOMMENDED GROUP SIZE

- 5-7 participants per telephone group.

Health Outcomes and Evidence Supporting Health Outcomes

Project UPLIFT Contact Information

For general information, or to register for training, email us at: uplift@emory.edu.

Information about Project UPLIFT and trainees by state can be found at:

http://managingepilepsywell.org/programs/uplift_training.html

For information about the Spanish translation of Project UPLIFT, please call the NYU School of Medicine research team at 646-501-2617.

Emory University first developed and tested Project UPLIFT, funded by the CDC. A randomized, controlled trial (RCT) took place in the community setting between 2007 and 2009. The study assessed the effect of Project UPLIFT on participants' knowledge/skills and depressive symptoms. Participants were 40 people with epilepsy who received care at the Emory Epilepsy Center and screened positive for depression. They were randomly assigned to take part in the usual medical care (50%), or in Project UPLIFT (50%). Of those assigned to Project UPLIFT, half took part in telephone groups and half in Web groups. Participants assigned to usual care received Project UPLIFT after about a 10-week waiting period. This study showed that knowledge and skills increased more ($p = 0.036$) and symptoms of depression decreased more ($p = 0.001$) for the people who took part in Project UPLIFT than for those receiving usual care.

- <http://www.epilepsybehavior.com/article/S1525-5050%2810%2900532-9/abstract>
- <http://www.ncbi.nlm.nih.gov/pubmed/20851055>

Between 2009 and 2012, researchers from Emory University, the University of Michigan, the University of Texas Health Sciences Center at Houston, and the University of Washington conducted a second RCT of Project UPLIFT, funded by the National Institutes of Health. This study tested the effectiveness of Project UPLIFT for preventing depression among people with epilepsy. Participants were 118 people with epilepsy and mild-to-moderate symptoms of depression recruited from Georgia, Michigan, Texas, and Washington. During the 10-week study period, the incidence of major depressive disorder among those receiving usual care was 10.7%, compared to 0.0% among those taking part in Project UPLIFT ($p = 0.028$). Participants were selected for low levels of depression symptoms, yet participation in Project UPLIFT further reduced their depression when compared to usual care ($p = 0.036$). This decrease was mediated by a greater change in knowledge/skills ($p = 0.016$). Satisfaction with life improved more among those attending Project UPLIFT than among those in usual care ($p = 0.006$).

- <http://psycnet.apa.org/psycinfo/2014-54993-001/>
- <http://www.ncbi.nlm.nih.gov/pubmed/?term=Expanding+the+efficacy+of+project+UPLIFT>

Project UPLIFT has been culturally adapted for African Americans and Hispanic Americans by researchers from Emory University/Morehouse School of Medicine and NYU School of Medicine, respectively, with funding from the CDC. Two RCTs to test the efficacy of Project UPLIFT in these populations are currently underway.

REFERENCES

- Project UPLIFT program website: <http://managingepilepsywell.org/programs/uplift.html>
- Project UPLIFT training: http://managingepilepsywell.org/programs/uplift_training.html
- Epilepsy Foundation link to Project UPLIFT: <http://www.epilepsy.com/get-help/managing-your-epilepsy/self-management-programs/uplift>
- CDC Prevention Research Centers: <http://www.cdc.gov/prc/prevention-strategies/Promising-Distance-Delivered-Intervention-Among-People-with-Epilepsy.htm>
- American Epilepsy Society self-management resources: https://www.aesnet.org/clinical_resources/treatments/self_management_resources
- Epilepsy Talk Radio UPLIFT Trial: <http://www.blogtalkradio.com/epilepsy/2013/03/13/uplift-trial>



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