



AUBURN UNIVERSITY MENTAL HEALTH RESOURCES

UNIVERSITY SENATE MEETING
APRIL 16, 2024

ANN SHORE
*EXECUTIVE DIRECTOR, PAYROLL &
EMPLOYEE BENEFITS*



AUBURN



MENTAL HEALTH RESOURCES (UPRISE HEALTH)

- Current Employee Assistance Program
- New Employee Assistance Program Benefits
- Coverage Under Managed Health Coverage on AU Health Plans





EMPLOYEE ASSISTANCE PROGRAM (EAP)

EAP benefits are available to all full-time employees and their eligible dependents at **no cost**:

- Six free visits per year per employee/eligible dependent are available.
- Services are confidential.
- The care team offers support and practical solutions to real-life difficulties such as relationship and family issues, stress, anxiety, and other common challenges.
- Call 1-800-925-5327 or visit the Uprise website at members.uprisehealth.com (access code: AUBURN) for more information.





WORK-LIFE SERVICES

Work-life services are available to employees/eligible dependents. In addition to six confidential counseling sessions per employee/eligible dependent, the EAP provides:

- 24-hour crisis help (1-800-386-7055)
- Online peer support groups on topics such as addiction recovery, anxiety and depression, grief and loss, parenting, and more
- Tess - An AI chat box that is available 24/7 and offers emotional support and check-ins to boost wellness
- Resources on financial help/literacy, online legal forms, child and parenting information, adult and eldercare services
- Webinars, trainings, and a resource library

Each day, life presents us with challenges at work and at home. You do not have to face these challenges alone; Uprise's EAP program can help.



DIGITAL RESOURCES - WELLBEING APP NEW BENEFIT!!

- Via mobile app
- Download the iPhone or Android app-Uprise Health
 - Create an account using the access code: AUBURN.
 - 24/7
 - Confidential
 - Take wellbeing assessments
 - Access relevant courses and webinars
 - Work with health coaches to set and achieve health and wellbeing goals



DIGITAL PROGRAM- NEW BENEFIT!

- Via desktop
- Visit the Uprise webpage: <https://members.uprisehealth.com/>
 - Create an account using the access code: AUBURN.
 - 24/7
 - Confidential
 - Take Wellbeing assessments
 - Access relevant courses and webinars
 - Work with health coaches to set and achieve health and wellbeing goals



NEW! COACHING SESSIONS

- Six **coaching** sessions per employee/eligible dependent per year
- In addition to the six EAP sessions per employee/eligible dependent per year
- Coaching sessions focus on personal growth, coping skills, and stress management
- 30-minute phone call session - **Free** and confidential
- Choose your own coach based on your needs and preferences.
 - Phone, video or chat
 - 24/7
- Call Uprise at 1-800-925-5327.
- Visit the [Uprise website](#). (Access code: AUBURN)
- Visit the [thrive! website](#) for information on other resources available to employees.



MANAGED BEHAVIORAL HEALTH THROUGH AU HEALTH PLAN COVERAGE

COVERED THROUGH AU HEALTH PLANS

- Therapy sessions for mental health/substance abuse diagnoses
- Diagnosis, treatment and healing
- \$30 co-pay applies to PPO plan/ negotiated fee applies to HDHP
- No limit on number of sessions due to Mental Health Parity Act

APPOINTMENTS

- Call 1-800-925-5327
- List of counselors provided by Uprise or chose your own
- In-network and out of network providers
- The member can schedule their own appointment, or the Uprise Health care team can assist with scheduling.

COVERED PROVIDERS

- Licensed clinical therapists
- Neuropsychologists
- Psychiatrists
- Psychiatric nurse practitioners
- Psychologists



HUMAN RESOURCES PAYROLL & EMPLOYEE BENEFITS

EMAIL: BENEFIT@AUBURN.EDU

(334) 844-4145