

How Do I Sign Up?

Step 1: Submit a referral to UPRISE using the QR code or referral form.

For assistance completing the referral form, speak with a school counselor or UPRISE team member.

Step 2: A member of the UPRISE team will reach out to schedule an Intake.

What is an Intake? An intake is a psychodiagnostic evaluation to evaluate a student's psychological functioning and mental health status. It involves using various tools and techniques, including interviews, observations, and standardized measures to gather information about a student's thoughts, emotions, behaviors, and overall mental well-being.

The Intake usually takes place across two separate meetings.

Step 3: Attend Intake one and Intake two.

If the student is under 18 years of age, a legal guardian is required to attend the first visit to consent for services and participate in the clinical interview.

If the student is over 18 years of age, they are not required to have a guardian present and can consent for their own services.

Step 4: Within one week, student and/or guardian will be informed if they are appropriate for UPRISE services.

If not appropriate for UPRISE services, student and/or guardian will be provided with alternative referrals.

Step 5: If appropriate for UPRISE services, the student will be assigned a Primary Individual Therapist and will begin treatment.

Referral to Services

If you're interested in receiving UPRISE services, submit a referral by scanning the QR code or visiting mshs.co/UPRISEreferral, or by completing the referral form.

Referral forms can be submitted to an UPRISE staff member or via email to

UPRISE@mountsinai.org



Contact Us

UPRISE

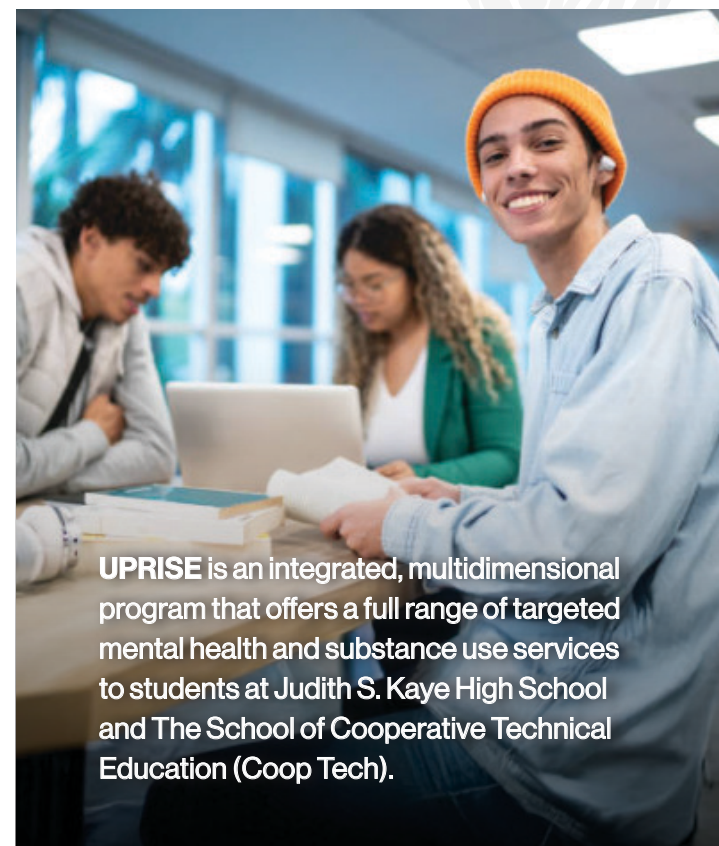
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UPRISE

Use Prevention, Recovery
Intervention Services,
and Education



UPRISE is an integrated, multidimensional program that offers a full range of targeted mental health and substance use services to students at Judith S. Kaye High School and The School of Cooperative Technical Education (Coop Tech).



Our Mission

UPRISE staff is committed to connecting students and young people to high-quality mental health and substance use services.

UPRISE is an offshoot of the Comprehensive Adolescent Rehabilitation and Education Service (CARES), a program of The Addiction Institute of Mount Sinai (AIMS) that has served adolescents and young adults for more than 20 years. These institutions work collaboratively with UPRISE to provide the necessary resources and a talented group of clinical staff for delivering confidential services on-site at Judith S. Kaye High School and Coop Tech. We provide a full range of targeted mental health and substance use services—both in-person and virtually.

1 in 5 

young people experience mental health difficulties, yet many remain underdiagnosed and untreated.









History of UPRISE

Born out of a recognition that New York City adolescents and young adults have the lowest access to psychiatric and substance use treatment, Use Prevention Recovery Intervention Services and Education (UPRISE) offers a novel solution. By providing services within academic institutions, UPRISE offers accessible

Our Staff

UPRISE staff is comprised of a devoted group of clinicians, including: psychologists, social workers, psychiatrists, and doctoral-level trainees. Staff members work closely with Department of Education clinical, administrative, and academic staff members.

Our Services

-  Individual Psychotherapy
-  Family Psychotherapy
-  Group Psychotherapy
-  Medication Management
-  Substance Use Treatment
-  Psychoeducation Workshops
-  Services for Significant Others
-  Drop in Services

Services are designed to restore, rehabilitate, and support an adolescent's/adult's developmentally appropriate functioning to promote optimal functioning in one's family, community, school, and place of employment.

UPRISE services can be helpful for students experiencing: depression or low motivation, anxiety about the future or social situations, substance use, academic difficulties, ADHD, low self-esteem, loneliness, stress, transitions or life changes, grief/loss, sleep disturbances, and/or difficulty managing emotions and/or maintain relationships with friends, families, or significant others.

Our services are:

- Confidential
- Offered in-person or remotely via telehealth
- Designed and tailored to your personal needs

