

Do you ever feel lonely or disconnected from others?

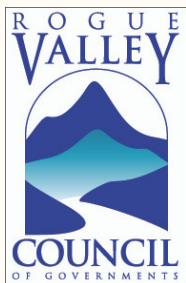
Would you like to explore options to reduce that sense of loneliness or isolation?

OPAL is a free program that helps individuals who experience feelings of loneliness and isolation.

OPAL
Options for People to
Address Loneliness

- **OPAL** is for seniors age 60 and older, and adults with disabilities.
- **OPAL** offers 4 weekly sessions and follow up calls.
- **OPAL** counselors assist participants in finding ways to feel less lonely and isolated while offering encouragement, support, and hope.

**Contact the Aging and Disability
Resource Connection (ADRC) at
541.618.7572**



OPAL

Options for People to Address Loneliness

OPAL is a free program for individuals who are experiencing loneliness and/or isolation.

OPAL counselors partner with participants to address the problems and concerns they experience around loneliness and isolation.

Using behavioral activation, action planning and resource identification, OPAL counselors provide support and encouragement in order to reduce stress, anxiety, depression, and feelings of loneliness and isolation.

REFERRALS

OPAL serves seniors age 60 and older and adults with disabilities regardless of insurance coverage.

Referrals are eligible when they answer Yes to one of the following questions:

- Are you experiencing loneliness or isolation?
- Since the onset of COVID-19, have you been experiencing increased feelings of loneliness or isolation that are causing you worry or concern?

OPAL is not appropriate for individuals with complex mental health conditions, or who have severe dementia or who experience significant alcohol and substance abuse.

OPAL SESSIONS

OPAL includes 4 weekly sessions and two monthly follow-up calls.

OPAL counselors help with referrals to resources, including behavioral health treatment if needed.

Contact/Refer

To make a referral or for more information contact:

Maria Wahl at 541.423.1372 or

Susan Jay Rounds at 541.423.1363

