



Target audience

- Low-income older adults and adults with multiple chronic conditions with depression and social disconnectedness

Reaching diverse populations

- Black (African American, Somali, Ethiopian), Indigenous, Asian (Chinese, Vietnamese, Korean, Filipino, Cambodian, Indian, Pakistani), Pacific Islander (Micronesia, Marshall Islands), Latine (Mexican, Cuban, Peruvian, Dominican, Honduran, Puerto Rican), Russian, Ukrainian, Portuguese
- Caregivers, veterans, rural, disabilities, multiple chronic conditions (including arthritis), LGBTQIA+

Accessibility

- Designed to be done in setting that is accessible for traditionally underserved older adults (e.g., homes)
- Currently developing accessible materials with UW and the Society for the Blind, Sacramento, CA

Recruitment and Marketing Strategies

- Videos: <https://youtu.be/ym0juZz56L8>, <https://youtu.be/G-Eh6AN0dk>, <https://youtu.be/XnSaDx0O2I0>, <https://www.youtube.com/watch?v=DSqojzhW1Y>
- [Success Stories; Creating Inclusive Depression Care for Older Asian Americans: What Community Organizations Can Do](#)
- Flyers, brochures, newsletters, community and partner presentations: templates and examples

Peer sharing opportunities or a Community of Practice for AAEBI trained leaders

- Community of practice: Free monthly technical assistance calls for trained PEARLS providers
- Phone and email support + peer networking with potential, new and current PEARLS organizations

How PEARLS can be paired with other evidence-based programs to address continuity of care

- PEARLS can be both first stop (e.g., connects with Walk with Ease or Tai Chi to support physical activity goals) or referral to other AAEBIs (e.g. EnhanceFitness participant who is struggling with depression)
- Problem-Solving approach supports sleep, pain, and health management; social connectedness and needs

Examples of organizations who have trained leaders in your AAEBI

- Senior centers, area agencies on aging, public health departments, low-income senior housing, cultural and faith-based organizations, YMCAs, community mental health agencies, home health agencies

How much does it cost to become a trained leader / what is the time commitment?

- \$500/person for distance training. 8 hrs: 6.5 self-paced + 1.5 live Zoom practice. \$600 for train-the-trainer training

Mode of delivery

- In-person, phone, video-conferencing, hybrid (in-person → remote or vice versa)

Engagement and Referral to your AAEBI

- Internal and external referrals via agencies that reach isolated older adults – e.g., Meals on Wheels driver, AAA case managers, senior housing residential services coordinator, hospital discharge planner

Engaging allied health care as leaders of your AAEBI

- Designed to train existing or new staff with varied backgrounds and education-e.g. community health workers, peer support specialists, recovery specialists, case managers. Link btw social services, health care, public health.

Partnering with community care hubs to deliver program

- AAAs delivering/funding local CBOs reaching underserved populations: AAA4 CA, AgeOptions IL, MAC MD, Juniper MN

Medicaid Waivers, cost sharing, business case, reimbursement, and sustainability funding options

- Reimbursement through Medicaid waiver (WA) or Medicare or Medicaid if covered provider and entity
- PEARLS outcomes (PHQ-9 response/remission) align with national quality assurance screening + treatment
- [Recent article](#) found lower inpatient hospitalizations, nursing home stays, mortality

How to find trained leaders in the states

- Contact uwpearls@uw.edu for the most up-to-date contact information (annual updates in January)
- **Michigan:**
 - Zach Elders, Training Center Coordinator / Recreational Therapist, Evergreen Commons, Holland, MI, eldersz@evergreencommons.org, (616) 355-5146
 - Melissa Draughn, Hannan Center, Detroit, MI, mdraughn@hannan.org, (313) 833-1300
- **Minnesota:**
 - Glenda Bechtold, PEARLS Coach, VINE Faith in Action, glendab@vinevolunteers.com, Mankato, (507) 386-5571
 - Steven Hoover, Healthy Aging Coordinator, Whitney Senior Center, St Cloud, MN, steve.hoover@cmcoa.org, 320-255-7245
 - Lori Paulson, Senior Citizens Advocate, Winona Friendship Center, Winona, MN lpaulson@ci.winona.mn.us, (507) 454-7369
 - Alexandria Roskoski, Friendly Visit Coordinator, Arrowhead Economic Opportunity Agency, Virginia, MN, alexandria.roskoski@aeoa.org, 218-749-2912
 - Kathy Scheid, Exec Director, Elder Network, Olmstead, Wabasha, Winona, kathys@elder-network.org, (507) 285-5272
 - Jessica Drecktrah, Chief Nursing Officer, Faith Community Nurse Network, Mahtomedi, jessica@fcnntc.org, 612.237.4639
 - Jane Buffie, Senior Therapist, Family Service Rochester, Rochester, MN, jbuffie@familyservicerochester.org, 507-287-2040 ext. 1026
 - Kristine Hoheisel, Horizon Health, Pierz, MN, khoheisel@horizonhealthservices.com, 320-468-6451 ext: 330
 - Loryn Fox, Medical Social Worker, Olmsted Medical Center, Olmstead, MN, lfox@olmmed.org
 - Kenneth Dennis, Psychologist, Private Practice: PEARLS/UPLIFT Treatment, Stillwater, MN, ken.dennis@juno.com, (612) 845-3258
 - Chersten Keillor, Program Developer, Southeastern Minnesota Area Agency on Aging, Chersten@semaaa.org, (507) 288-6944 - funding for MN PEARLS providers
- **North Carolina:**
 - Vivian Gettys, Chronic Disease Project Specialist, North Carolina Center for Health and Wellness, Asheville, NC, vgettys@unca.edu, 828-251-6511
- **Oklahoma:**
 - Alisa West Cahill, Admn. Aging Services Project Manager, OK Dept of Mental Health & Substance Abuse Services, AlisaWest.Cahill@odmhsas.org – funding PEARLS training for OK organizations (Family & Children Services, Lighthouse, NorthCare, Red Rock Behavioral Health, CREOKS, Grand Hope, Counseling & Recovery Services of OK)
- **Oregon:**
 - Susan Jay Rounds, PEARLS Coordinator, Senior & Disability Services, Rogue Valley Council of Governments, Central Point, OR, sjayrounds@rvcog.org, (541) 423-1363
 - Deb Dermata, Suicide Prevention Coordinator, Oregon Health Authority, Health Systems Division – Adult Mental Health, Debra.Darmata@dhsosha.state.or.us, 503-602-2597 – they are funding 12-14 older adult behavioral health specialists to deliver PEARLS at senior centers throughout OR
 - Christine Lau, COO, Asian Health and Service Center, Portland, OR, clau@ahscpx.org, (503) 772-5901
 - Sharon Kuehn, Community Counseling Solutions / Oregon Senior Peer Outreach, NE OR counties, sharon.kuehn@ccsemail.org, (510) 593-4966
 - Douglass Ruth, Jewish Fam & Child Service, Portland, douglassruth@jfccs-portland.org, 503.226.7079 x124
 - Maiya Burbank, PEARLS Manager, Marjorie Stewart Senior Community Center, Sherwood, OR and Washington County Disability, Aging and Veteran Services, Hillsboro, OR, burbankm@sherwoodoregon.gov, (503) 625-4218
- **Vermont:**
 - Thom Simmons, Council on Aging for SE Vermont, Springfield, tsimmons@seniorsolutionsvt.org, (802) 885-2679
- There are currently no active PEARLS programs in **Iowa, Montana, New Hampshire, Utah, Virginia** or **West Virginia**.