



PEARLS Virtual Session

Tuesday, October 1, 2024 @ 2:00 p.m. ET

Webinar Notes and Resources

- Meeting Recording: <https://vimeo.com/1016268838>
- Website link: <https://actiononarthritis.chronicdisease.org/monthly-webinars/>

Presenters

- Lesley Steinman, PhD, MSW, MPH, University of Washington Health Promotion Research Center - [PRESENTATION](#)
- Nirmala Dhar, LCSW, ACSW, Older Adult Behavioral Health Lead Strategist with the Behavioral Health Division of the Oregon Health Authority - [PRESENTATION](#)
- Alisa West Cahill, LSW-Adm, Aging Services, Oklahoma Department of Mental Health and Substance Abuse Services
- CREOKS Health Services (a Certified Community Behavioral Health Clinic partner in OK) team - [PRESENTATION](#)
 - Johna Madden, LPC-S, PEARLS Supervisor
 - Pamela Sharp, PRSS, PEARLS Coach
 - Clayton Perry, PRSS, PEARLS Coach
 - Dylan Brennan, Certified CWII.

Resources

- Program to Encourage Active, Rewarding Lives (PEARLS) webpage: <https://depts.washington.edu/hprc/programs-tools/pearls/>
 - PEARLS has been implemented in 211 organizations, 35 states and has 1000+ trained leaders
 - There is a distance training option for those interested in delivering PEARLS. Learn more here: <https://depts.washington.edu/hprc/programs-tools/pearls/get-started-with-pearls/>
 - There are office hours for PEARLS on Fridays from 1-3pm ET (email uwpearls@uw.edu for more information)
 - Sign up for a 30 minute 1:1 support session here https://calendly.com/uwpearls/ta_support
 - Links to PEARLS video stories shared during the webinar:
 - [PEARLS providers and participant from 3 CBOs](#) (4 min, English with some Tagalog)

- [An older caregiver and her spouse who participated in PEARLS](#) (3 min, Spanish)
 - [PEARLS program developers, providers, and a participant](#) (1:30 min, English)
 - [PEARLS provider, participants, and a researcher/evaluator](#) (20 min, English and Spanish)
- October 2023 resource sheet: <https://actiononarthritis.chronicdisease.org/wp-content/uploads/2023/10/PEARLS-AAEBI-Roundtable-handout-2023-10-19-PRINT.pdf>
- Oklahoma Mental Health and Substance Abuse is elevating the awareness about PEARLS on both their new [Age-Informed Training and Resource Page for Providers, Individuals, and Families](#) and also by listing PEARLS on the main ODMHSAS Website under [Sponsored and Partnership Trainings](#)
- Oregon implements PEARLS as a component of their 5-year [CDC Comprehensive Suicide Prevention Grant](#) that sits within the Oregon Health Authority
 - Read more about the CDC Comprehensive Suicide Prevention Grants in states (including programs in MI, NC, OR and VT) <https://www.cdc.gov/suicide/csp-profiles/index.html>

Participants

27 total participants (including presenters)

- 8 states (DE, IA, MT, NH, OK, OR, VT, WA)
- 4 national partners (including CDC, NACDD, NRPA, OAAA)

Evaluation

Poll Question: I gained skills related to my organization's ability to support the implementation of PEARLS.

- 100% Strongly Agree or Agree

Poll Question: Please provide additional information on the specific skills that you gained as a result of attending today's webinar. (Select all that apply)

- 88% - New ideas/ways of thinking about my programs current approach to increase arthritis public health strategies
- 75% - New partners to engage with to address arthritis
- 50% - Knowledge about tools that can be used to advance our work
- 13% - Strategies to sustain arthritis efforts

Follow-up

- Additional discussion on PEARLS will occur during the [Arthritis Council](#) Strategy 1 workgroup meeting on October 10, 2024. A summary of this call will be posted on the [NACDD Action on Arthritis](#) website.