

## Program to Encourage Active Rewarding Lives (PEARLS) Coach Training

DATE & TIME:

June 5 and 6, 2024

8:30am – 4:30pm

**All registration is completed on the EventsHub prior to the training. Check-in starts at 8:15am.  
All participants must arrive during the Check-in period. Late arrivals will not be admitted.**

PLACE :

DMH Headquarter (In-Person)  
510 S. Vermont Avenue, Terrace Level Conference Room  
Los Angeles, CA 90020

PARKING :

523 Shatto Place, Los Angeles, CA 90020  
Free Parking with validation

The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based depression treatment program for older adults. PEARLS integrates two proven person-centered strategies (Problem-Solving Treatment (PST) and Behavioral Activation (BA) that can be tailored to meet the unique, individual needs of each person you serve. Through lecture, demonstrations and role plays, PEARLS Coach Training prepares participants at community-based organizations to offer this treatment program to older adults in their community. During the two-day in-person training, participants will gain the knowledge and skills necessary to identify depression among community-dwelling clients and assist these clients to effectively manage and decrease their depression. **ATTENDANCE FOR BOTH DATES IS MANDATORY.**

**TARGET AUDIENCE:** Staff from DMH directly operated and DMH contracted older adults programs

**OBJECTIVES:**

1. Describe core program components and explain the reasoning for the program process.
2. Describe the PEARLS evidence-base from community-engaged research and practice.
3. Define depression and use the PHQ-9 to identify, educate, monitor, and assess symptoms.
4. List the Seven Steps of PST and describe how each is used in PEARLS.
5. Explain why pleasant, social, and physical event planning is an effective brief behavioral intervention and describe how it is used in PEARLS.
6. Demonstrate how to introduce and explain PEARLS to a prospective participant.
7. Explain the importance and challenges of clearly defining problems, setting goals, and generating solutions.
8. Demonstrate how to screen for PEARLS eligibility and engage new participants.
9. Demonstrate how to graduate a PEARLS participant and explain the closeout process.
10. List the key elements of a self-harm and suicide protocol & explain how to develop one.
11. Describe the rationale and components for clinical supervision.
12. Discuss facilitators and barriers to PEARLS implementation in diverse communities.
13. Compare options for managing and reporting PEARLS participant data.
14. Identify common implementation challenges and discuss appropriate solutions and tools for evaluation.

**CONDUCTED BY:**

Caitlin M. Mayotte, MS, KeliAnne Hara-Hubbard, MPH and Jennifer Lopez, MS, LMFT  
University of Washington's Health Promotion Research Center

**COORDINATED BY:**

Anna Perne, LCSW, Training Coordinator  
e-mail: [APerne@dmh.lacounty.gov](mailto:APerne@dmh.lacounty.gov)

**DEADLINE:**

May 31, 2024 or when maximum capacity is reached

**CONTINUING EDUCATION:**

14.0 hours for BBS, BRN, CCAPP  
CE for Psychologist

**COST:**

NONE

Contracted and Directly Operated DMH Program Employees  
Register at <https://eventshub.dmh.lacounty.gov/>