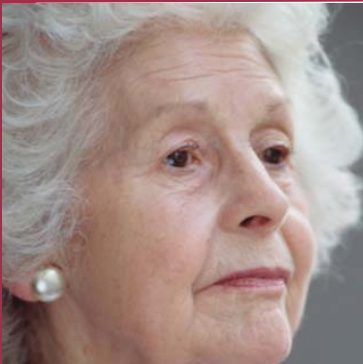




Community-Based Depression Treatment

September 30 -
October 1, 2010

Seattle, WA



Sponsored by:

CHAMMP Training Institute
Center for Healthcare Improvement for
Addictions, Mental Illness, and Medically
Vulnerable Populations (CHAMMP)

Harborview Medical Center

University of Washington
School of Social Work Continuing Education

Course Description

The PEARLS training program teaches participants the knowledge and skills necessary to:

- Identify depression among community-dwelling clients, and
- Assist these clients to effectively manage and decrease their depression

An evidence-based behavioral treatment program, the PEARLS training focuses on two client populations: older adults and individuals with epilepsy.

Research studies have demonstrated that the PEARLS approach is effective at reducing depression symptoms and improving the quality of life for individuals. PEARLS is included in the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-Based Programs.

- Participation in a PEARLS depression treatment program for older adults was shown to be three times as likely as usual care to result in complete recovery from depression.*
- Adults with epilepsy receiving PEARLS were more likely to have reductions in depression and improvements in emotional well-being, as compared to usual care.†

The PEARLS training is a dynamic balance of didactic instruction, demonstration sessions, practice sessions, and group discussion.

*Ciechanowski, P., Wagner, E., Schmalings, K., Schwartz, S., Williams, B., Diehr, P., et al. (2004). Community-integrated home-based depression treatment in older adults: a randomized controlled trial. *JAMA*, 291(13), 1569-1577. (PubMed #15069044)

†Ciechanowski, P., Chaytor, N., Miller, J., Russo, J., Fraser, R., Unützer, J., Gilliam, F., and PEARLS Research Team. PEARLS depression treatment for individuals with epilepsy: A randomized controlled trial. Accepted for publication in *Epilepsy and Behavior*.

Course Objectives

After completing the PEARLS two-day training program, participants will be able to:

- Identify depression using scientifically validated instruments
- Effectively assess depressed individuals and recommend steps to improve their mental health and overall quality of life
- Recognize the psychosocial needs and stressors particular to older adults and to individuals with epilepsy who have depression
- Describe key elements of this comprehensive, multi-component depression management program
- Review the evidence base supporting the effectiveness of the PEARLS treatment program
- Demonstrate practical skills—such as problem-solving treatment, behavioral activation, and pleasant event scheduling—for treating depression in community-dwelling individuals
- Understand the key elements and personnel required to effectively implement PEARLS in their communities

PEARLS Trainers

Paul Ciechanowski, MD, MPH

Associate Professor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
Faculty, CHAMMP, Harborview Medical Center

Stacy Shaw Welch, PhD

Director & Co-Founder, Evidence-Based Treatment Centers of Seattle
Courtesy Clinical Faculty, Department of Psychology, University of Washington

Mark Snowden, MD, MPH

Associate Professor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
Medical Director, Geriatric Psychiatry Services, Harborview Medical Center
Faculty, CHAMMP, Harborview Medical Center

Carl Kaiser, MSW

PEARLS Counselor, Department of Human Services, Division of Aging and Disability Services, City of Seattle

Tom Humphreys, MA

Geriatric Mental Health Counselor, Evergreen Healthcare

Course Location

Bell Harbor International Conference Center

2211 Alaskan Way, Pier 66
Seattle, WA 98121
206.441.6666 or 888.772.4422

Directions & Travel Information will be provided with confirmation.



View from the Rooftop Plaza at Bell Harbor

Local Attractions

The Bell Harbor International Conference Center is located on Pier 66, only blocks from the heart of downtown Seattle.

Local attractions include:

- Pike Place Market – outdoor market
- Seattle Waterfront – Pier 59, Seattle Aquarium
- Seattle Art Museum
- Pioneer Square – Seattle Underground Tour
- Westlake Center – shopping, restaurants
- Convention Center – shopping, restaurants
- Seattle Center – Space Needle, Key Arena, Pacific Science Center, Experience Music Project, Science Fiction Museum
- Woodland Park Zoo

Course Schedule

Thursday, September 30, 2010

8:30 AM - 4:30 PM

Day 1: Sign-in and continental breakfast are available at 8:00 AM

- Depression issues and the PEARLS research study
- PEARLS program components and process
- Demonstrations of PEARLS approach
- Steps in Problem Solving Treatment
- Introducing PEARLS to a participant
- Using the PHQ-9 assessment tool
- Problems vs. Goals vs. Solutions

Training ends at 4:30 PM

Friday, October 1, 2010

8:30 AM - 4:30 PM

Day 2: Sign-in and continental breakfast are available at 8:00 AM

- Recruitment and screening
- Suicide, self-harm, and abuse prevention procedures
- Breakout sessions for participants to develop skills
 - ◊ Separate groups for working with seniors and individuals with epilepsy
 - ◊ Hands-on learning with professional staff input and guidance
 - ◊ Identify the challenges and solutions in working with these populations
- Breakout session for administrators
 - ◊ Common institutional challenges in implementing PEARLS
 - ◊ Counselor monitoring and supervision
 - ◊ Tailoring PEARLS to your community organization
 - ◊ Program evaluation

Training ends at 4:30 PM

Registration Information

Fee: \$395 registration fee if **received by Sep. 10, 2010**

Late registration fee of \$445 if **received after Sep. 10, 2010**

Fee includes tuition, course materials, continental breakfast & lunch.

Mail: Attached registration form and **check** can be submitted to:
Eddie Edmondson
Harborview Medical Center
325 9th Avenue, Box 359911
Seattle, WA 98104

Other Registration & Payment Options:

Contact UWPEARLS@uw.edu or call 206.744.1751.

Confirmation: A letter or email will be sent to you confirming your registration. If you do not receive a confirmation, please call 206.744.1751.

Register before Sep. 10, 2010 for early discount!

Cancellation Policy:

If you register and are unable to attend, you may obtain a refund of the registration fee.

The deadline for refunds is Friday, Sep. 10, 2010.

Costs incurred by the registrant, such as airfare and hotel, are the responsibility of the registrant.

Registration Form

PEARLS Training

Thursday-Friday, September 30-October 1, 2010

To register by **check only**, made out to University of Washington,
complete form and return with payment to:

Eddie Edmondson
Harborview Medical Center
325 9th Avenue, Box 359911
Seattle, WA 98104

PLEASE PRINT CLEARLY:

Name (as it will appear on name tag)

Degree

Address

(circle if: **Home** or **Work**)

City

State

Zip

Email Address

Current/Primary Position

Institution/Agency

Daytime Phone

Please indicate how you found out about PEARLS:

PEARLS Email Colleague Online

Other _____

Please indicate your practice area and client population:

Area: Admin/Superv Clinician Admin/Clinician

Population: Older Adults Adults with Epilepsy

Fee:

Early Registration Fee \$395 **received by Sep. 10, 2010**

Late Registration Fee \$445 **received after Sep. 10, 2010**

Amount Submitted _____

Please do not include payment for CEU credit with registration fee.
Forms will be available at the training.

Hotel Accommodations

The following hotels are located near the conference site. To make your reservation, please contact the hotels directly.

Seattle Marriott Waterfront
2100 Alaskan Way
Seattle WA 98121
800.455.8254 or 206.256.1100

Edgewater Hotel
2411 Alaskan Way, Pier 67
Seattle WA 98121
800.624.0670 or 206.728.7000

Professional Credit

A certificate for **13 contact hours** is available. Application forms will be available at the training.

This training is sponsored by the University of Washington School of Social Work, which is accredited as a provider of continuing education for licensed social workers, psychologists, mental health counselors, marriage and family therapists, and chemical dependency counselors in the State of Washington, and accepted in most states. An application form for contact hours will be available at the training. **There is a separate \$50 fee.**

Sponsor Information



www.pearlsprogram.org



www.chammp.org/training.aspx



www.harborview.org



www.washington.edu

For more information on PEARLS and other training please contact:
Eddie Edmondson, Manager
CHAMMP Training Institute
CTItrain@uw.edu or 206.744.1751 or 206.744.9939 fax

The original PEARLS research study and subsequent dissemination work have been funded in large part by the Centers for Disease Control and Prevention, Prevention Research Centers Program granted to the University of Washington Health Promotion Research Center under cooperative agreements U48/CCU009654 and U48/DP000050.