



## Community-Based Depression Treatment



Co-provided by:  
**Innovation Learning**  
CoMotion  
University of Washington  
National Association of Social  
Workers, Washington Chapter



April 13-14, 2017 • Seattle, WA  
[www.pearlsprogram.org](http://www.pearlsprogram.org)

### Course Description

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

- Identify depression among community-dwelling clients
- 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 all-aged adults 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, demonstrations, practice sessions, and group discussion.**

\*Ciechanowski, P., Wagner, E., Schmaling, 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., Unutzer, 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
- ▶ Describe 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
- ▶ Discuss the key elements and personnel required to effectively implement PEARLS in their communities
- ▶ Discuss cultural factors that may affect treatment for depression
- ▶ Explore cross-cultural communication issues in using this program.

## Course Location

CoMotion Innovation Center  
4545 Roosevelt Way NE, Suite 300  
Seattle, WA 98105  
206-543-3970

Travel Information will be provided with registration confirmation.

Register before  
March 24, 2017  
for early discount!

## Course Schedule

Day 1: Thursday, April 13 8:30 AM - 4:30 PM

Sign-in and coffee 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

Day 2: Friday, April 14 8:30 AM - 4:30 PM

Sign-in and coffee 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
- Information for administrators
  - Common institutional challenges in implementing PEARLS
  - Counselor monitoring and supervision
  - Tailoring PEARLS to your community organization
  - Program evaluation

There will be a 1-hour lunch period and two 15-minute breaks each day. Lunch is on your own. Restaurant information and maps will be provided.

## PEARLS Trainers

Eddie Edmondson, LICSW

Innovation Learning, CoMotion, University of Washington

Mr. Edmondson combines a broad clinical background with strong training skills. He has used Motivational Interviewing in his clinical practice in several different settings—research studies, psychotherapy, and case management. He designed and implemented MI-based HIV prevention interventions for research projects at the University of Washington. Mr. Edmondson has 20 years of clinical experience.

## Planning Committee

Innovation Learning, CoMotion, University of Washington

Eddie Edmondson, LICSW  
Carl Kaiser, MSW

## Registration Information

<b>Fee</b>	Early Fee: \$445 received <b>by March 24, 2017</b> Late Fee: \$495 received <b>after March 24, 2017</b> Fee includes tuition, CE contact hours, course materials, coffee, and snacks.
<b>Online Registration</b>	Now at <a href="http://www.pearlsprogram.org">www.pearlsprogram.org</a> (Visa & MasterCard accepted)
<b>Questions</b>	Zandra Grissom, Program Coordinator <a href="mailto:colearn@uw.edu">colearn@uw.edu</a> or 206-685-9514
<b>Confirmation</b>	An email will be sent to you confirming your registration. If you do not receive a confirmation, please email <a href="mailto:colearn@uw.edu">colearn@uw.edu</a> .
<b>Cancellation Policy</b>	If you register and are unable to attend, you can apply your fee toward a future training within one year of University of Washington's receipt of cancellation notification. (Costs incurred by the registrant, such as airfare and hotel, are the responsibility of the registrant.) The University of Washington reserves the right to cancel this course twenty (20) days prior to the course date when a minimum enrollment is not met or for other reasons that prevent the University from holding the course. Each registrant will be notified by email and a full refund issued.

## Hotel Accommodations (local hotels)

The Watertown Hotel	4242 Roosevelt Way NE Seattle, WA 98105 206-826-4242
University Inn	4140 Roosevelt Way NE Seattle, WA 98105 206-632-5055
Hotel Deca	4507 Brooklyn Ave NE Seattle, WA 98105 206-634-2000
Silver Cloud	5036 25th Ave NE Seattle, WA 98105 206-526-5200

## Continuing Education

This program has been approved for 15 CEUs by the NASW Washington State Chapter.

Licensed Social Workers, Marriage and Family Therapists and Mental Health Counselors are eligible.

Provider number is #1975-375

## Local Attractions

Downtown	Pike Place Market, Aquarium, Seattle Art Museum, Pioneer Square
Seattle Center	Space Needle, Experience Music Project, Pacific Science Center, Science Fiction Museum
University District	Burke Museum of Natural History, Henry Art Gallery

## Sponsor and Co-Provider Information



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.

The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206-543-6450/V, 206-543-6452/TTY, 206-685-7264 (FAX), or e-mail at [dso@u.washington.edu](mailto:dso@u.washington.edu)

**For more information on bringing PEARLS Program to your facility please contact:**

**Zandra Grissom, Program Coordinator**  
Innovation Learning, CoMotion  
[colearn@uw.edu](mailto:colearn@uw.edu)