

PEARLS

Program to Encourage Active, Rewarding Lives

Presenter: Gerri Madden, MSW

The Women's Center

March 18, 2024



The Women's Center

- **General Counseling Department**

- Helps women, men and children address immediate crises and improve problem solving abilities, emotional well-being and healthy functioning.
- Counseling for individuals, couples and families
- Helpline staffed by volunteers and answered 9-5 Mon-Fri 817-927-4000
- Women's Support Group
- Legal Clinics
- Case Management for Homeless children and families in Tarrant County

- **Employment Solutions**

- Helps prepare men and women for employment, advancement in the labor market and financial stability.
- Career coaching and job search assistance
- Resource coaching to help navigate community resources
- Financial coaching to focus on short-term and long-term financial health

The Women's Center

- Rape Crisis & Victim Services

- We serve survivors of all ages and genders who have experienced both non-stranger and stranger abuse/assault
 - 24-hour hotline 817-927-2737
 - Hospital accompaniment for sexual assault survivors
 - In Person Intervention and Advocacy Services available on a walk-in base
 - Counseling for survivors and their families
 - Assistance through the criminal justice process

- Violence Prevention & Education

- Designed to educate individuals of all ages how to recognize, respond to and report abuse
 - Play it Safe! Child Sexual Abuse Prevention Program (Pre-K through 12th grade)
 - Training professionals in victimization issues to best help survivors
 - Training for adults and community organizations to reduce risk and promote safety

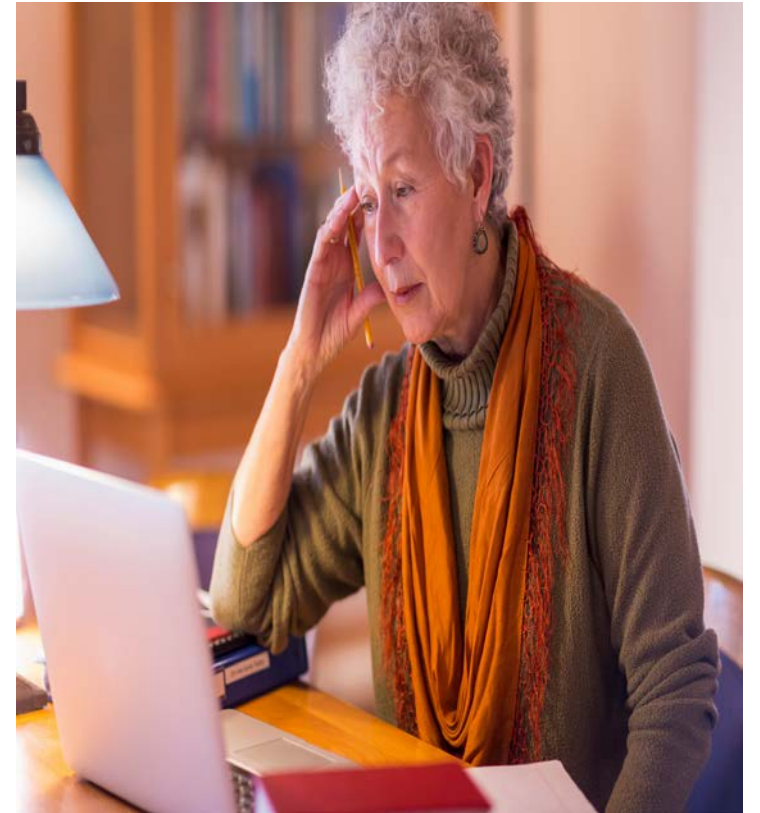
PEARLS

- Evidence based program developed by researchers at University of Washington
- Provides proactive and goal-oriented approaches to overcoming problems
- 8 one-hour sessions taught over the course of 19 weeks
- Can be in-person (preferred), phone sessions or Telehealth
- Designed for individuals dealing with depression, isolation, ongoing challenges or life transitions/changes



PEARLS: Overview of Program

- PEARLS is based on three fundamental principles:
 - What a participant is experiencing are symptoms and the symptoms are due to depression
 - There is a close link between depression and unsolved problems
 - Increasing participation in social, physical, and other physical activities will lead to a decrease in depressive symptoms



- The PEARLS Program is a community-based treatment program using methods of problem-solving, social and physical activation, and increased pleasant activities to reduce depression and isolation in our seniors. PEARLS is an empowering, skill-building approach.
- PEARLS provides a concrete, easy to learn and empowering approach to solving problems and reducing depression.



Components

Pleasant Activities

Problem- Solving
Treatment

Behavioral Activation

All with Clinical Supervision

• 7 Steps of Problem-Solving Treatment

- List problem to work on
 - Set realistic goal
 - Brainstorm solutions with coach
 - Consider pros and cons for each solution
 - Choose the solution that seems best
 - Develop an action plan
 - Review and evaluate your progress
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- Also measure depression and isolation each visit using PHQ-9 and isolation questionnaire

PEARLS

- Eligibility Criteria
 - 60 Years and over
 - May Not have a diagnosis of Alzheimer's /Dementia
 - Does Not have diagnosis of schizophrenia, untreated bi-polar disorder
 - Does Not have untreated substance or alcohol abuse
- We can accommodate Caregivers and will give resources such as James L. West Center for Dementia and Alzheimer's Association for these clients



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- **Connect:** Once a month social event at The Women's Center to meet new friends, play games, light snacks, celebrate the seasons and holidays, to laugh and tell stories.
- **Case Management for clients:**
Referrals to resources/assistance finding needed resources in the community

Thank you!

Please send referrals

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