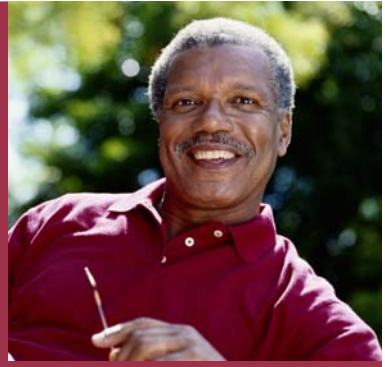




Community-Based Depression Treatment

September
24-25, 2009

Seattle, WA



Sponsored by:

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

Harborview Medical Center

University of Washington
Health Promotion Research Center

University of Washington
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 endorsed by 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 concentration, language and 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)

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
Clinical Faculty, Department of Psychiatry and Behavioral Sciences, 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

Susy Favaro, MSW

Social Worker, Evergreen Enhance Wellness Program, Caregiver Specialist, Northshore Senior Center

Carl Kaiser, MSW

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

Naomi Chaytor, PhD, ABPP-CN

Acting Assistant Professor of Neurology, University of Washington School of Medicine
Director, Regional Epilepsy Center Neuropsychology Laboratory, Harborview Medical Center

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

Hotel Accommodations

A block of rooms has been reserved at the Seattle Marriott Waterfront Hotel. The discounted rate is \$180 + tax for a standard room. To make your reservation, contact Marriott directly at 800.455.8254 or 206.433.5000. The group rate name is "PEARLS." **Space is limited.**

Seattle Marriott Waterfront
2100 Alaskan Way
Seattle WA 98121

Another hotel near the workshop:
Edgewater Hotel
800.624.0670 or 206.728.7000

Professional Credit

This training is sponsored by the University of Washington Social Work Continuing Education Department which will give 14.5 contact hours (CEU). An application form for contact hours will be available at the training.

There is a separate \$35 fee.

Course Schedule

Thursday, September 24, 2009

Day 1: Registration and continental breakfast is open at 7:30 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 5:00 PM

Friday, September 25, 2009

Day 2: Continental breakfast is 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. 3, 2009**

Late registration fee of \$445 if **received after Sep. 3, 2009**

Fee includes tuition, course materials, continental breakfast & lunch (Thu/Fri).

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

Other Registration & Payment Options:

Contact UWPEARLS@u.washington.edu or call 206.744.1764.

Confirmation: A letter or email will be sent to you confirming your registration. If you do not receive a confirmation, please call 206.744.1764.

Register before Sep. 3, 2009 for early registration 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 Thursday, September 3, 2009.

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

Registration Form - payment by check

PEARLS Training

Thursday-Friday, September 24-25, 2009

To register by **check only** complete form and return with payment to:

Allison Waddell
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:

Email Word of mouth Online SAMHSA

Other _____

Fees:

Registration Fee	\$395	received by Sep. 3, 2009
Late Registration Fee	\$445	received after Sep. 3, 2009

Total Submitted _____

Please make checks payable to:
University of Washington

Local Attractions

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

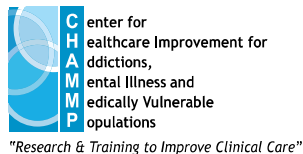
Local attractions include:

- 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

Sponsor Information



www.depts.washington.edu/pearlspr/



www.chammp.org



www.washington.edu



www.harborview.org



www.depts.washington.edu/hprc

We are indebted to the **UW Health Promotion Research Center (HPRC)** for their primary contributions to the development and design of the PEARLS training and implementation materials.

For more information on PEARLS and other training please contact:
Eddie Edmondson
CHAMMP Training Institute
eedmonds@u.washington.edu or 206.744.1751

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.