Program to Encourage Active, Rewarding Lives for Seniors (PEARLS)

PROGRAM FUNDING SOURCE(S): OAAIIID

PROGRAM AUTHORITY:

Specific Authority

Rulemaking Section 430.08, F.S.

Program Funding

OAAIIID Older Americans Act, Title III, Part D

A. DESCRIPTION: The Program to Encourage Active, Rewarding Lives for Seniors (PEARLS) was designed to reduce depressive symptoms and improve quality of life in older adults. The depression intervention takes place in the client’s home over a six-month period, and includes problem-solving treatment, behavioral activation, and pleasant activities scheduling. Throughout the intervention, there is ongoing clinical supervision provided by a psychiatrist. PEARLS is designed to be deliverable by staff typically in an Area Agency on Aging or in senior centers.

Program website: www.pearlsprogram.org

Contact Information:
Eddie Edmondson, LICSW
Manager, CHAMMP Training Institute
University of Washington at Harborview Medical Center
325 Ninth Ave, Box 359911
Seattle WA 98104
206.744.1751
206.744.9939 fax
eedmonds@uw.edu

B. DELIVERY STANDARDS/SPECIAL CONDITIONS: Program to Encourage Active Rewarding Lives for Seniors (PEARLS) is conducted over six to eight sessions during a six-month period at the client’s home. Before regular counseling sessions can begin, a process of recruiting and screening prospective clients for depressive orders must take place first. During the course of the PEARLS treatment, the counselor must pay attention to different ways of conducting sessions depending whether it is a first, middle or last session. Clinical supervision must be conducted on a weekly or biweekly basis.
The PEARLS program consists of the following 11 distinct components:

(each component is billed separately)

- **Screening (PEARLS)**: This involves recruiting clients from referral sources and screening these clients to determine eligibility for the program.

- **Enrollment (PEARLE)**: After determining eligibility enroll client in the program.

- **Session 1 (PEARL1)**: The first session is meant to establish rapport and trust and incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling.

- **Session 2 (PEARL2)**: The second session is meant to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling.

- **Session 3 (PEARL3)**: The third session is meant to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling.

- **Session 4 (PEARL4)**: The fourth session is meant to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling.

- **Sessions 5 (PEARL5)**: The fifth session is to continue to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling in addition to consolidating the skills the client has learned during the program and transitioning the client to a self-directed approach to depression management.

- **Session 6 (PEARL6)**: The sixth session is to continue to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling in addition to consolidating the skills the client has learned during the program and transitioning the client to a self-directed approach to depression management.

- **Session 7 (PEARL7)**: The seventh session is to continue to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling in addition to consolidating the skills the client has learned during the program and transitioning the client to a self-directed approach to depression management.

- **Session 8 (or last session) (PEARL8)**: The eighth session is to continue to incorporate problem-solving treatment, behavioral activation, and pleasurable activity scheduling in addition to consolidating the skills the client has learned during the program.
and transitioning the client to a self-directed approach to depression management. This final session will include a summary of the client’s achievements.

- **Followup/Disenrollment (PEARLD):** After completing all of the client sessions, there is a series of follow-up and wrap up of the program to include one phone call per month for three or four months before the client is discharged from the program.

This service is provided in an evidence-based program which meets the following AoA’s Highest-level Criteria:

- Undergone Experimental or Quasi-Experimental Design.
- Full translation has occurred in a community site.
- Dissemination products have been developed and are available to the public

### C. PROVIDER QUALIFICATIONS:

1. The PEARLS program requires a collaborative effort among several key roles, starting with an organizational leader who will provide and support an infrastructure for implementation. The organizational leader will also supervise the work done by the PEARLS manager, the clinical supervisor, Data Coordinator, and Pearls counselor. Below is a brief description of each role:

   a. **PEARLS Manager:** The person in charge of managing the PEARLS program may be a project manager, a planner, a case manager, a case management supervisor, or another appropriate staff member. The specific duties of the PEARLS manager may vary in different organizations or locations, but may include supervising PEARLS staff members, assigning eligible PEARLS clients to counselors who will deliver the program, and managing the activities and results of the data coordinator. In some cases, the PEARLS manager will also handle recruitment.

   b. **Clinical Supervisor:** The person providing clinical supervision to the counselor(s). The supervisor meets regularly with the PEARLS counselor in person or on the phone to review client cases and provide guidance on the sessions.

   c. **Data Coordinator:** The data coordinator is responsible for managing the data that comes from the PEARLS sessions, as well
as from the program evaluation instruments (Baseline and Follow-up Questionnaires). Duties also include tracking and reporting the number of clients who are eligible, enrolled, and completed.

d. **PEARLS Counselor:** The PEARLS counselor is the heart of PEARLS, as this individual works directly with clients to implement the program. This role includes recruitment and screening, conducting the sessions and follow-up activities, and providing data (for screening, baseline and follow-up) to the data coordinator.

2. Provider must maintain program fidelity to the original program design by The University of Washington PRC.

### D. RECORD KEEPING AND REPORTING REQUIREMENTS:

1. As stated in the implementation requirements, the data coordinator is responsible for managing the data pertaining to the PEARLS sessions, and the program evaluations instruments. Templates and Samples of the forms needed to collect this data are provided in the PEARLS toolkit. Website to access this toolkit is provided under the program description above. It is the responsibility of the provider to implement the program as it was designed and to collect all the appropriate data requested.

2. The provider shall maintain all appropriate documentation as set forth by the program (i.e. summary notes for each contact, copy of assessment, treatment plan, participant data, telephone log sheets (which includes the time started, time ending, date, location, funding source, title of evidence-based program, evaluations, workshop information, etc.

3. The contractor must verify and maintain documentation of provider qualifications for service.

4. **Unit of Service Individual:** One episode of direct service with or on behalf of a client. Each component (Screening, Enrollment, Sessions 1-8, and Discharge) equals one episode, and may be billed upon successful completion of the component.

5. CIRTS reporting requirements are included on the next page. ↓
# CIRTS Reporting Requirements

<table>
<thead>
<tr>
<th>Program</th>
<th>Service Description</th>
<th>Reporting of Services</th>
<th>OAA Client Requirements</th>
<th>Max Units</th>
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<tr>
<td>OA3D</td>
<td>PEARLS – Screening</td>
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<td>OA3D</td>
<td>PEARL D – Discharge/Followup</td>
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