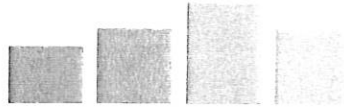




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A CDC PREVENTION RESEARCH CENTER

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PEARLS PROGRAM



PEARLS

Welcome to PEARLS! This website can help you consider if PEARLS is a good fit for your organization—with information about training and implementation, research evidence and participant stories, frequently asked questions, and how to learn more about the PEARLS program.

The Program to Encourage Active, Rewarding Lives (PEARLS) is a national evidence-based program for late-life depression. PEARLS brings high quality mental health care into community-based settings that reach vulnerable older adults.

During six to eight sessions that take place in the client's home and focus on brief behavioral techniques, PEARLS counselors empower individuals to take action and make lasting changes so they can lead more active and rewarding lives.



THE PEARLS PROGRAM:

- Focuses on teaching each client the skills necessary to move to action and make lasting life changes
- Is delivered in the client's home or other accessible community setting
- Is designed to be delivered in the community through social service or other trusted community-based organizations
- Takes a team-based approach, involving the PEARLS counselor, clinical supervisor, and health provider
- Aims to improve quality of life, as well as reduce depressive symptoms
- Is well-suited for individuals with chronic illness, including people with epilepsy

All these skills helped me to realize I have a life I can enjoy. Before PEARLS, I did not see beyond a day."

- PEARLS participant

PEARLS Program: in-home treatment for dep...



HISTORY

The Program to Encourage Active, Rewarding Lives (PEARLS) began in the late 1990s when the director of the Seattle-King County area agency on aging (Aging and Disability Services (<http://www.agingkingcounty.org/>)) approached the University of Washington Health Promotion Research Center (HPRC). She was looking for a way to serve older adults with depression, including those served by the agency's home- and community-based services (HCBS) program. Depression in this population is high; when we analyzed data from 16,032 elders receiving HCBS in Washington state in 2005, two-thirds met criteria for clinical depression.

This academic-community partnership between the university and local aging service providers resulted in PEARLS, a brief, home-based program to teach people tools to effectively tackle the overwhelming issues in their lives, and to, in turn, improve their depressive

symptoms. PEARLS was developed by a team led by Dr. Ed Wagner, primary developer of the Chronic Care Model, which summarizes core elements for improving care in health systems at the community, organization, practice, and patient levels.

Today, PEARLS continues to be disseminated by HPRC in close partnership with local, state, and national organizations working to improve the health and well-being of older adults.

Read about a new study on PEARLS, funded by the AARP and just launched by HPRC. (<https://depts.washington.edu/hprc/pearls-connect-study-update/>)

ABOUT THE DEVELOPERS

The PEARLS Program was developed by researchers at the University of Washington (UW), and various UW organizations remain actively involved with PEARLS.

UW Health Promotion Research Center (<http://depts.washington.edu/hprc/>)

One of the original Prevention Research Centers of the Centers for Disease Control and Prevention.

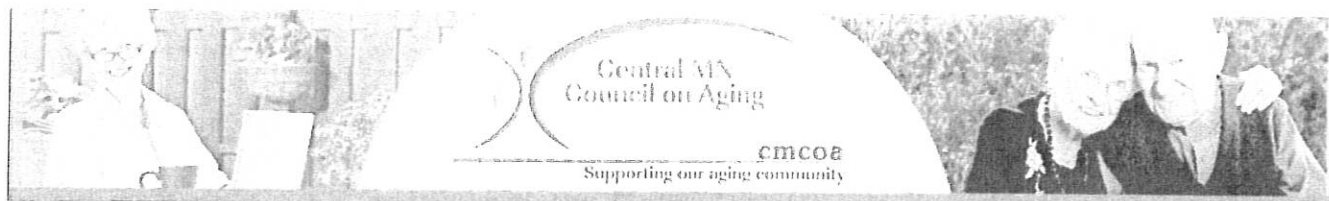
Other UW Partners

HPRC has worked with several other UW organizations to develop and now disseminate PEARLS. We worked closely with investigators and staff from the Department of Psychiatry and Behavioral Sciences (<https://sharepoint.washington.edu/uwpsychiatry/Pages/default.aspx>) in the UW School of Medicine to design and evaluate the PEARLS model and to create practical, skills-based trainings. CoMotion (<http://comotion.uw.edu/>) at the University of Washington managed PEARLS offsite trainings and developed the PEARLS online training, and the Northwest Center for Public Health Practice (<http://www.nwcphp.org/>) now manages the online and master training modules. We also partner with the AIMS Center for Advancing Integrated Mental Health Solutions (<https://aims.uw.edu/>) to provide PEARLS coaching through the Care Partners initiative (<http://aims.uw.edu/care-partners-bridging-families-clinics-and-communities-advance-late-life-depression-care>) for late-life depression.

Centers for Disease Control and Prevention (CDC)

The Centers for Disease Control (<http://www.cdc.gov/>) provided the funding for the PEARLS research projects. Additionally, the CDC continues to support efforts to disseminate the PEARLS Program.

PEARLS Program Home (<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/>) | Launch the PEARLS Program (<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/launch-the-pearls-program/>) | PEARLS Evidence (<https://depts.washington.edu/hprc/evidence-based-programs/pearls-program/pearls-evidence/>) | PEARLS Success (<https://depts.washington.edu/hprc/evidence-based->



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Title III Funding



Text Size



2019 Special Title III Funding

Central Minnesota Council on Aging (CMCOA) has issued a special competitive procurement (Request for Proposal) process for 2019 funding in the following Older Americans Act Title III service categories:

Title III-D Preventive Health (Programs must meet AoA's highest tier of evidence):

- Examples of possible services are: Evidence Based Health Programs such as Chronic Disease Self-Management, Walk with East, A Matter of Balance, SAIL, Aging Mastery, PEARLS, Stepping on, Diabetic Self-Management
- 0% match is required
- Simplified Mini-Grants available for requests between \$1,500—\$4,999



Title III-E National Family Caregiver Support Program Services

- Examples of eligible services are: Respite and Information Services
- 25% match (non-federal cash or in-kind) will be required on the amount of Federal Title III E funds included in the award to the successful proposer.
- Simplified Mini-Grants available for requests between \$1,500—\$4,999

2019 Special Title III Funding Timeline

Date	Activity
Wednesday, May 29th, 2019	Older Americans Act Title III information available on-line at www.CMCOA.org To Obtain the Zip file for the 2020 Request for Proposal, once they are released, please e-mail Amanda Schindele at Amanda.schindele@cmcoa.org and include: <ul style="list-style-type: none"> • Your Name • Organization • Which funding year(s) • Funding Source(s) Title III B and/or Title III E
Monday, July 8th, 2019 by 3:00 p.m.	All applications due to CMCOA office.
July 18th, 2019	Funding Review Committees meet and compile funding recommendations.
August 8th, 2019	CMCOA Board makes special 2019 funding decisions
After August 8th, 2019	CMCOA staff complete negotiations with approved projects and all contracts finalized and mailed for signature.

For 2019 Special Request for Proposals: The time period of the contracts is August 8, 2019 through December 31, 2019

2020 Title III Funding

Central Minnesota Council on Aging (CMCOA) has issued a competitive procurement (Request for Proposal) process for 2020 funding in the following Older Americans Act Title III service categories:

Title III-B Supportive Services:

- Examples of possible services are: Legal Assistance, Legal Education, Chore, Homemaker, Transportation, Assisted Transportation, Consultation/Support Planning, Health Assessment/Screening, Personal Care, Visiting, Self-Directed Supportive Services, Home Modification, Guardianship and Technology
- 15% match (non-federal cash or in-kind) will be required on the amount of federal Title III B funds included in the award to the successful proposer.
- Approximately \$500,000 is available
- Complete Request For Proposals available for those applying for \$1,500

Title III-D Preventive Health (Programs must meet AoA's highest tier of evidence):

- Examples of possible services are: Evidence Based Health Programs such as Chronic Disease Self-Management, Walk with East, A Matter of Balance, SAIL, Aging Mastery, PEARLS, Stepping on, Diabetic Self-Management
- 0% match is required
- Approximately \$65,000 is available
- Complete Request For Proposals available for those applying for \$5,000+
- Additional Simplified Mini-Grants available for requests between \$1,500—\$4,999

Title III C Nutrition Program Services:

- C1 Congregate Meals and Self-Directed Respite —Approximately \$1.1 million of combined Funding is available
- C2 Home Delivered Meals — Approximately \$1 Million of combined Funding is available
- 15% match (non-federal cash or in-kind) will be required on the amount of federal Title III C1 and C2 funds included in the award to the successful proposer.

Title III-E National Family Caregiver Support Program Services

- Examples of possible services are: Caregiver Consulting, In-Home Respite, Out-of-Home Non-Facility Respite, Self-Directed respite and caregiver education and training including "Powerful Tools for Caregivers", Information Services and Support Groups
- 25% match (non-federal cash or in-kind) will be required on the amount of Federal Title III E funds included in the award to the successful proposer.
- Approximately \$450,000 is available
- Complete Request For Proposals available for those applying for \$5,000+
- Simplified Mini-Grants available for requests between \$1,500—\$4,999

2020 Title III Funding Timeline

Date	Activity
Wednesday, May 29th, 2019	Older Americans Act Title III information available on-line at www.CMCOA.org To Obtain the Zip file for the 2020 Request for Proposal, once they are released, please e-mail Amanda Schindele at Amanda.schindele@cmcoa.org and include: <ul style="list-style-type: none">• Your Name• Organization• Which funding year(s)• Funding Source(s) Title III B, Title III D, Title III C and/or Title III E• If you would like the Complete (\$5,000+) or Simplified (\$1,500 - \$4,999) (III D and III E Only)
Wed. June 19th, 2019 2:00 – 4:00 pm	2020 in person Applicant Conference (Not Mandatory) at the Central MN Council on Aging 250 Riverside Avenue North, Suite 300 Sartell, MN 56377
Friday, June 21st, 2019	2020 Request for Proposal Questions Due in writing by 3:00 pm CST
Wednesday, June 26th, 2019	2020 Request for Proposal Questions posted to website http://www.cmcoa.org/titleiii.shtml
Thursday, July 25th, 2019 by 3:00 p.m.	All applications due to CMCOA office.
Thursday, August 22nd, 2019	Written questions emailed to applicants for any clarifying information in application materials.
Tuesday, Sept. 10th, 2019	Answers to written questions due back to CMCOA offices electronically by 3:00 p.m.
October 7th, 8th, 9th, 2019	Funding Review Committees meet and compile funding recommendations to CMCOA Board.
November 7th, 2019	CMCOA Board makes final 2020 funding decisions
November - December 2019	CMCOA staff complete negotiations with approved projects and all contracts finalized and mailed for signature.

For 2020 Requests for Proposals: The time period of the initial contracts is January 1, 2020 through December 31, 2020. CMCOA provider may have the opportunity to apply for future contracts in one-year increments for up to two additional years for Title III E, D and/or E and for up to 4 additional years for Title III C. Contract application for continued funding are contingent upon acceptable contractor performance, the continuing availability of Older Americans Act Title III funds, the priority of funding for Title III program(s) in the Central PSA, and mutual agreement on contract terms between the CMCOA and the contractor. After a maximum of three years the procurement process must be completed again

The above is not a complete list of possible services and is informational only.

Who is eligible to receive Title III services:

- People who are age 60 and older are eligible to receive OAA services.
- For Title III E—Adult informal caregivers providing care to individuals 60 years of age and older or older individuals with Alzheimer's disease and related disorders with neurological and organic brain dysfunction.
- Please see each Request for Proposal for Targeting Information

To Obtain the Zip file for the 2019 or 2020 Request for Proposal, once they are released, please e-mail Amanda Schindele at Amanda.schindele@cmcoa.org and include which funding year(s) and Funding Source(s) Title III B, Title III D, Title III C and/or Title III E you would like sent to you.

The Central MN Council on Aging, Inc. (CMCOA) has been designated by the Minnesota Board on Aging (MBA), the State Unit on Aging to administer Older Americans Act funds in the Central Minnesota Planning and Service Area (PSA) comprising the counties of Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena and Wright. In partnership with public and private organizations, the CMCOA helps seniors age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness and linking people with information.



A national membership organization of philanthropies: a network, resource, and champion amplifying the voices of older people and issues of aging.

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Care Partners: Late-Life Depression Care

"Conversations with GIA": Care Partners: Bridging Families, Clinics, and Communities to Advance Late-Life Depression Care

According to the National Alliance on Mental Illness, depression affects more than 6.5 million of the 35 million Americans age 65 and older. In 2014, Archstone Foundation launched its Depression in Late-Life Initiative, awarding a four-year grant to the University of Washington (UW), and the University of California, Davis (UC Davis), to support the Care Partners: Bridging Families, Clinics, and Communities to Advance Late-Life Depression Care project.

Care Partners is testing innovative approaches to treating depression through community-engaged partners working together to strengthen the involvement of family, friends, and community-based organizations (CBOs) in providing enhanced collaborative care for depressed older adults offered in the primary care setting or in the community.

In this webinar co-sponsored by Grantmakers In Aging and Grantmakers In Health, hear from Archstone Foundation and the Care Partners team. Speakers will share their successes and challenges in implementing these Collaborative Care interventions and discuss next steps to build on these models to improve late-life depression care in California.

Speakers:

Laura Rath, Senior Program Officer, Archstone Foundation

Ladson Hinton, MD, Investigator, University of California Davis

Moderated by John Feather, CEO, Grantmakers In Aging. Thank you to Archstone Foundation for supporting this webinar.

Webinar date: June 3, 2019

View it below or at <https://youtu.be/dMO6oRtvWtA> (<https://youtu.be/dMO6oRtvWtA>)

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Help us pursue our mission and strengthen grantmaking to support the needs and potential of older people.

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