

**Referrals to the  
PEARLS Program**

To refer an individual to the PEARLS program please call (760) 351-2821, or mail the PEARLS Referral Form to 220 Main Street, Suite 201, Brawley, CA 92227, Attn: PEARLS Program Supervisor. The PEARLS Referral Form may also be faxed to (760) 351-7702.



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**PEARLS Program**

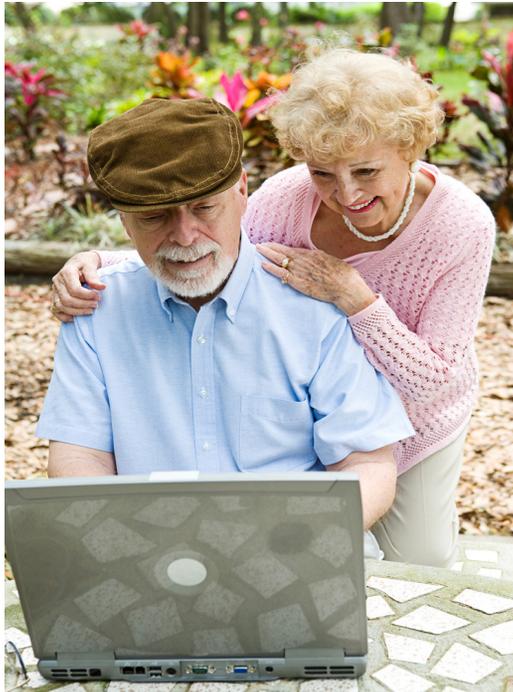
(760) 351-2821

220 Main St. Suite 201,

Brawley, CA 92227

Fax: (760) 351-7702

**Program to  
Encourage Active  
Rewarding Lives  
(PEARLS) Program**



**Cultural and Linguistic  
Services**

Language assistance and interpreter services are available to all clients who request such assistance. American Sign Language Interpretative Services are available for beneficiaries with speech and/or hearing impairments.



The PEARLS program is funded by the Mental Health Services Act (MHSA) Prevention and Early Intervention.

## **The PEARLS Program**

The PEARLS program will provide services to older adults age sixty (60) and older. This program is a community-based treatment program using methods of problem solving treatment, social and physical activities, and increased pleasant events to reduce depression in physically impaired and socially isolated people. The PEARLS program is based on three fundamental principles:

- What a client 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 pleasant activities will lead to a decrease in depressive symptoms.

The PEARLS program was designed to help the older adult define and solve their problems, become more socially and physically active, and experience more pleasant activities. PEARLS provides a concrete, easy-to-learn and empowering approach to solving problems and reducing depression.



The key to the success of the PEARLS program is that it is client-driven. Imperial County Behavioral Health staff encourages the client to define and select problems that the client wants to address, and then support the client in selecting his or her preferred solution. One problem is addressed during each session, so that approximately eight problems (if needed) are covered during the course of treatment. Commonly selected problems include financial concerns, social isolation, health care needs, and housing related issues.



### **The Goals of the PEARLS Program**

- Increasing an individual's understanding of the link between their current symptoms and their current problems
- Increasing an individual's ability to clearly define their problems and set concrete and realistic goals
- Teaching individuals a specific, structured problem solving procedure
- Producing positive experiences for individuals through their ability to solve problems, and thereby increasing their confidence and sense of control



### **The Basic Components of PEARLS Treatment**

The basic components of PEARLS treatment are:

- Problem Solving Treatment
- Social Physical Activation
- Pleasant Activity Scheduling

### **Who is PEARLS for and Where is it Implemented?**

PEARLS is designed for older adults with minor depression or Dysthymia (an ongoing, low-grade depression of two (2) or more years in which depressive symptoms are present more days than not).

The PEARLS program is intended to be a home-based program. When conducted as a home-based program, PEARLS is conducted by an Imperial County Behavioral Health Clinician in the individual's home for eight (8) sessions (or less) over a nineteen (19) week period.