



PEARLS Implementation Experiences

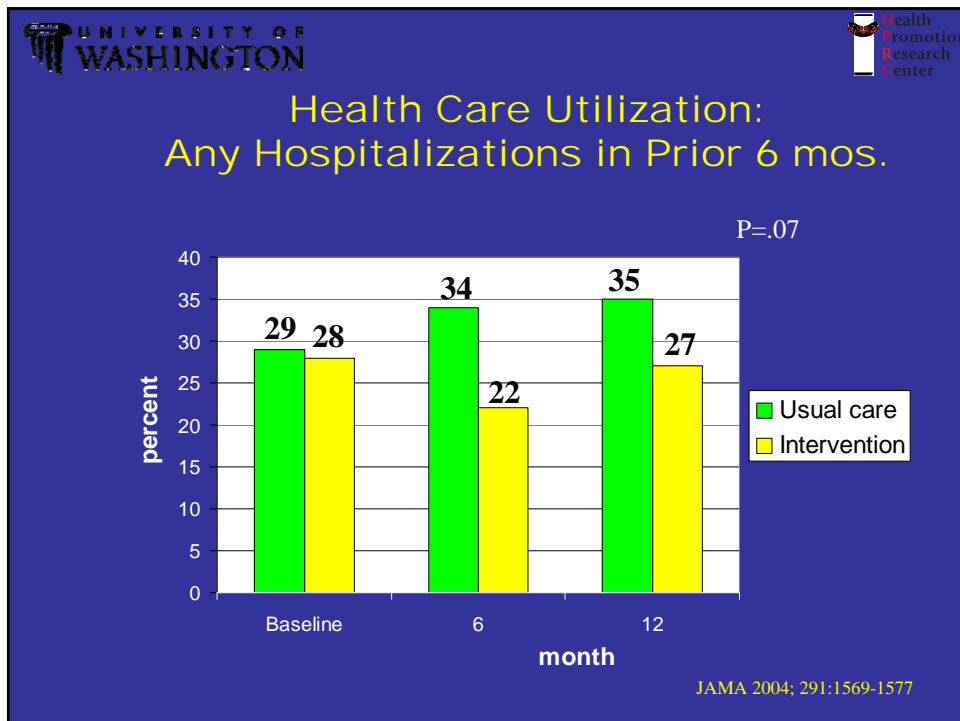
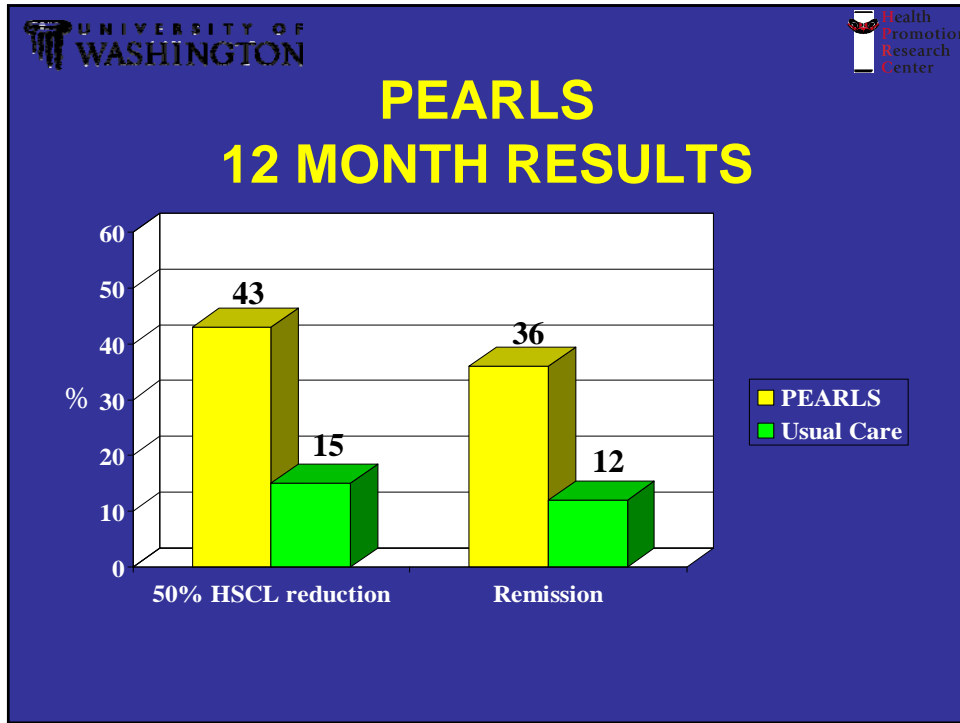
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PEARLS Intervention

Conducted in the home of participants, in 8 sessions over a 19 week period:

- Problem-solving treatment
- Social and physical activation
- Pleasant events scheduling
- Clinical supervision by a psychiatrist
- If necessary, recommendations for medication management via phone contact with physician and/or participant
- Follow-up phone calls (1/month, for 6 months)





Implementation Challenges

- Individuals: Adapting to Reality
 - Working with psychiatric supervisors
 - Case presentations
 - Medical Problems
 - Antidepressants
 - When clients don't use PST
 - Homework not done
 - "No problems" to address
 - Focusing more on Physical Activity, Pleasant Events
 - Client directed vs Counselor directed sessions



Implementation Challenges

- Program: Fidelity vs. Expansion
 - Age less than 60
 - Non-English Speaking Clients
 - Major depression
 - Clients with problems but not depressed