

# *Healthy Aging for Women*

Mental Health Evidence-Based Practice  
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Program

# PEARLS

- What is PEARLS?
- What is the population to be served under Prevention Early Intervention (PEI)
- Older Adults with minor depression and dysthymic disorders in adults aged 60 and older.

# PEARLS

- Exclusionary Criteria: should not be used with clients who screen for psychosis, Major Depression, Bi-polar disorder, Alcohol or Substance Abuse or significant Cognitive Impairment.
- Screening Tools used : Patient Health Questionnaire-9 (PHQ-9), Dysthymia Screening , Mini-Mental State Examination (MMSE)

# Screening tools

Patient Health Questionnaire-9 (PHQ-9)

Nine questions with four categories

Dysthymia Screening (two specific questions)

Mini-Mental State Examination (MMSE) 30 question screening tool.

# PEARLS

## frequently asked questions

- What is the length of treatment?
- How often should PEARLS sessions be conducted?
- What are the required staffing patterns for PEARLS?
- What is the staff-to-client ratio?

# PEARLS

## frequently asked questions

- Where can PEARLS be implemented?
- Is there a Fidelity Scale for PEARLS?
- Are Outcome Measures required ?
- How often do they need to be completed?

# PEARLS cont.

- Services that can be provided under PEARLS
  - Assessment
  - Individual Psychotherapy
  - Family Psychotherapy
  - Group Psychotherapy

# PEARLS cont.

- Collateral
- Individual Rehabilitation Services
- Team Conference
- Targeted Case Management
- Med. Support
- Crisis Intervention

# Genesis/FACTS Older Adult Program

- Contact Information

GENESIS

(213) 351-7284

- ACCESS

Mental Health Emergency Services

1-800-854-7771

- Adult Protective Services (APS)

1-877-477-3646