



# JUMP BACK INTO LIFE WITH PEARLS

## MENTAL WELLNESS FOR OLDER ADULTS



PEARLS is an evidence-based program offered by COA to reduce symptoms of depression and improve quality of life for older adults. PEARLS provides confidential high-quality mental health coaching for those who want to improve the way they feel. During 6-8 sessions over a 6-month period, participants work with a PEARLS coach on learning problem-solving skills and behavioral techniques to enhance their overall mental wellness.

### WHO QUALIFIES?

Anyone 50+ living in Sonoma County who is encountering different kinds of depression: dysthymia, minor depression, and/or major depression. Eligibility screening is required to assess depression symptoms and appropriateness for the program.

### HOW DOES IT WORK?

- **Problem Solving Treatment:** Participants are guided in a seven-step process to define and select problems they want to address. One problem is addressed at each session.
- **Social and Physical Activation:** Increased activity leads to decreased depression. At each session the coach works with participants to increase social and physical activities.
- **Pleasant Activity Scheduling:** At each session, coaches encourage participants to select an activity that they would enjoy as homework. Skydiving anyone?

### WHAT DOES IT COST?

- This program is FREE for participants.

 council on aging

To Learn More, Call Gloria Ramirez at 707-525-0143 x139 or Email [gramirez@councilonaging.com](mailto:gramirez@councilonaging.com)