

**NEW YORK STATE OFFICE FOR THE AGING
2011 FALL WEBINAR SERIES:**

**Evidence-Based Intervention Models for
Depression among Older Adults**

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| 1. Healthy IDEAS | November 14, 2011 | 3:00-4:30pm |
| 2. PEARLS | November 16, 2011 | 3:00-4:30pm |

These webinars were developed for Area Agencies on Aging (AAA's), their subcontractors, and other staff, administrators, and volunteers of senior centers and aging network organizations that are interested in providing community based, evidence based programs that assist older adults with managing depression. NYSOFA encourages AAA's to support health promotion in their communities by assisting in the implementation of self-management evidence based programs that improve the lives of older adults.

Description: These webinars will provide an overview of **Healthy IDEAS** (Identifying Depression, Empowering Activities for Seniors) and **PEARLS** (Program to Encourage Active, Rewarding Lives for Seniors), two evidence-based intervention models used to alleviate depression among older adults. Topics to be addressed in the presentations include: the evidence base for the effectiveness of Healthy IDEAS and PEARLS, the major structural components of each program, including staffing suggestions, the core interventions used in the models and the funding requirements necessary to implement them successfully. Additional information will also be provided about how Healthy IDEAS and PEARLS have been implemented in New York State and other localities.

Learning Objectives: After attending these webinars, participants will be able to:

1. Describe the evidence base for Healthy IDEAS and/or PEARLS
2. Summarize the core elements of Healthy IDEAS and/or PEARLS interventions
3. Identify at least one community based organization that has successfully implemented Healthy IDEAS and/or PEARLS
4. Identify appropriate resources for more information about Healthy IDEAS or PEARLS and how to implement these models in their own localities

Instructors

Healthy IDEAS: Nancy Wilson, LCSW
Healthy IDEAS Program Director
Baylor College of Medicine

PEARLS: Christine Peck, LMSW
Assistant Director and PEARLS Program Manager
Lifespan-Eldersource Program

Co-Sponsored By:

The New York State Association of Area Agencies on Aging



The New York State Coalition for the Aging (NYSCA)



The Geriatric Mental Health Alliance of New York



Please click the links below to register:

Healthy IDEAS: <https://www2.gotomeeting.com/register/891183730>

PEARLS: <https://www2.gotomeeting.com/register/884448594>