

Overview of interventions provided with State ADRC mental health funds 2019-21

12-19 update

Program	AAAs/CILs Implementing Program	Program Overview	Enrollment (completion) goals this biennium
* PEARLS	Community Connection of Northeast Oregon Community Action Program East Center Oregon Douglas County Senior & Disabilities Services Lane Council of Governments Multnomah County Aging Disability & Veterans Services (for metro area) Oregon Cascades West Council of Governments Rogue Valley Council of Governments Umpqua Valley disAbilities Network	<ul style="list-style-type: none"> • Home-based/individual program – 6-8 in-home sessions over 19 weeks using problem-solving therapy and behavioral activation. Follow-up calls for 3-6 months after intervention • Targets older adults with minor depression or dysthymia 	469 (322)
* Healing Pathways	Abilitree Eastern Oregon Center for Independent living HASL Independent Living Resources SPOKES Unlimited	<ul style="list-style-type: none"> • Group program – 14-18 weekly 2½ hour sessions • Developed to address depression in women with physical disabilities (work underway by OHSU to develop Journey’s program for men) 	170 (156)
HOPE Senior Peer Counseling	Northwest Senior & Disability Services	<ul style="list-style-type: none"> • Home-based/individual program – approximately 10 weekly visits or calls by a peer mentor • Focus on reducing depression and anxiety through use of workbooks 	132 (67)

WISE (Wellness Initiative for Senior Education)	Community Action Program East Center Oregon Harney Count Senior & Community Services	<ul style="list-style-type: none"> • Group program - 6 weekly 2-hour sessions • Substance abuse prevention and wellness program. 	20 (15)
Working Well with a Disability	Lane Independent Living Alliance	<ul style="list-style-type: none"> • Group program – 6-7 weekly 2-hour sessions • Focus on helping people maintain health and balance in obtaining employment. Sessions address values, goal setting, problem solving, stress management, maintaining health, 	56 (40)
Living Well in the Community <i>(formerly 'Living Well with a Disability')</i>	Abilitree	<ul style="list-style-type: none"> • Group program - 10 weekly 2-hour sessions • Focus on goal setting, problem solving, emotional health, and physical activity and healthy eating. 	20 (20)

* Primary programs approved for implementation.