



El Sol Neighborhood Educational Center

Care Partners: Bridging Families, Clinics, and Communities to Advance Late-Life Depression Care

Despite recent advances, older adults suffering with depression often do not seek or receive effective treatment. Older adults are at particularly high risk for not receiving effective depression care. One of the most promising approaches to improving the reach and effectiveness of late-life depression care is through the systematic involvement of community-based organizations (CBOs), and primary care clinics that work with older adults.

Through an **Archstone Foundation** initiative, El Sol Neighborhood Educational Center implemented the PEARLS version of collaborative care in partnership with Professional Family Counseling to address late-life depression. To date, El Sol has successfully engaged and treated depression symptoms in their older adult population as measured in part by the PHQ-9, a standard depression screening tool.

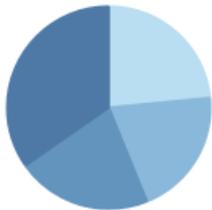


Program to Encourage Active, Rewarding Lives (PEARLS): a national evidence-based program for late-life depression that delivers brief behavioral techniques and problem solving skills within the client's home.

DEMOGRAPHICS

101 TOTAL PATIENTS ENROLLED

August 1, 2017 through September 7, 2018



Age
 80+
 75-79
 70-74
 65-69

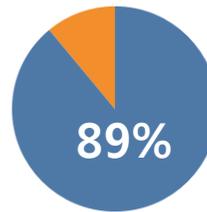
Race/Ethnicity
 Asian
 Black
 Hispanic
 Multiple reported
 White, non-Hispanic



Gender
 Female
 Male

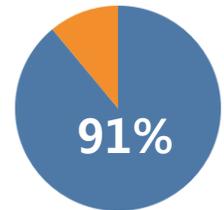
Preferred Language
 English
 Spanish

CLINICAL OUTCOMES



With treatment, 89% of patients saw a PHQ-9 score < 10*

*PHQ-9 score of < 10 is considered a "response" to treatment



With treatment, 91% of patients saw a >50% improvement in PHQ-9 score[†]

[†]Compared to benchmark goal of ≥54%; shorter timeframe for Care Partners to reach goal vs benchmark



Mean PHQ-9 reduction from baseline score with treatment

PROCESSES OF CARE

TOTAL PATIENTS WITH AT LEAST 1 FOLLOW-UP CONTACT: **100**

TOTAL PATIENTS WITH AT LEAST 3 SESSIONS WITH EL SOL: **98**

TESTIMONIAL

Latina woman, pre: PHQ-9 = 19, post-PHQ-9 = 2. *I was able to learn to solve my own problems. Even my social worker noticed that I am more active than before and even said I'm glowing. I showed her the worksheets and she said it seemed like a great program for me, especially because of the changes I made. I now walk everyday, and before I knew PEARLS I never walked.*