



# Neighborhood House

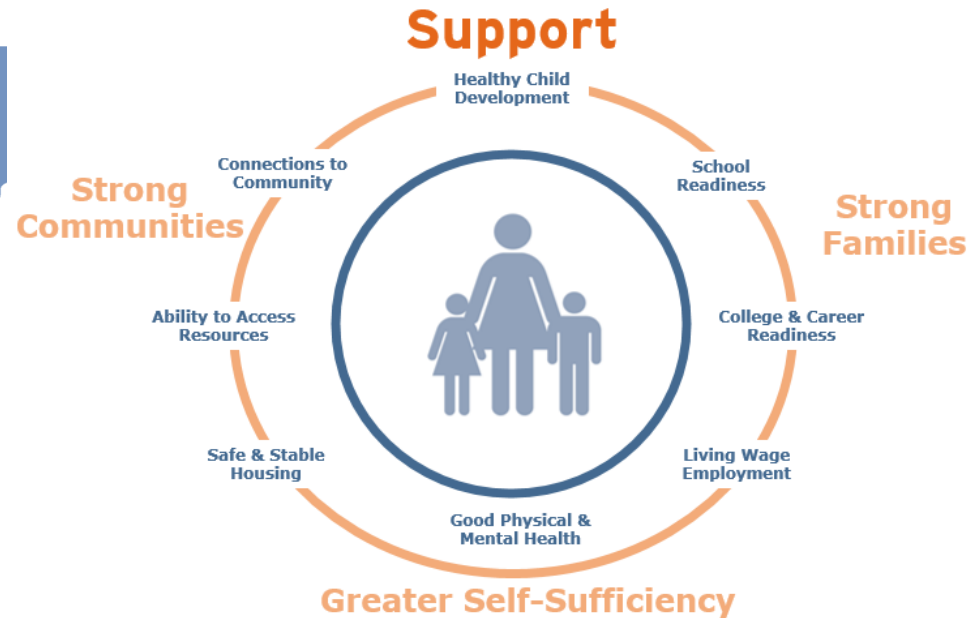
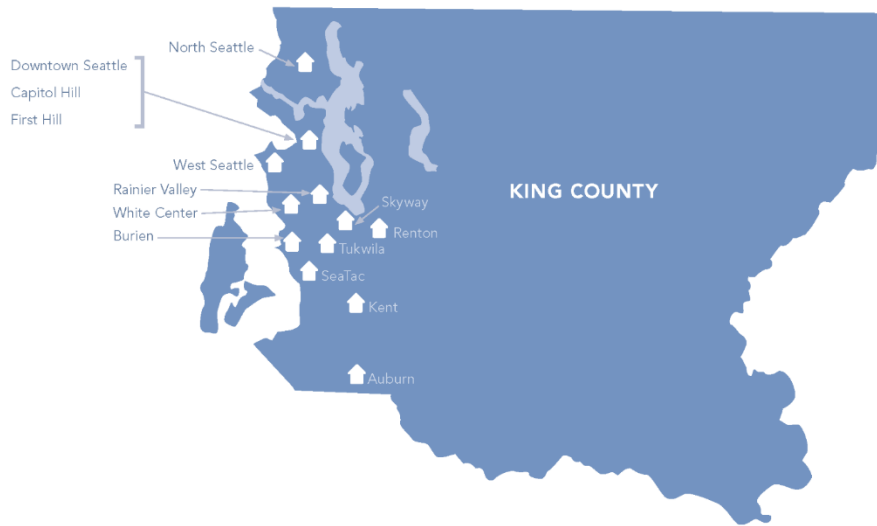
*Strong Families. Strong Communities. Since 1906.*



Community Resources Team



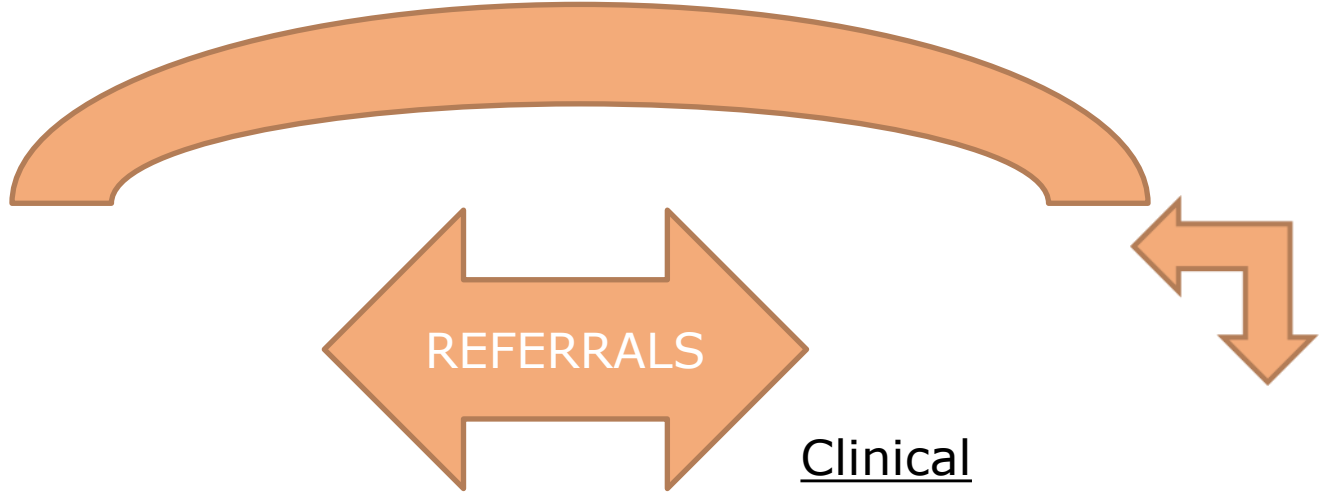
Neighborhood House  
Strong Families. Strong Communities. Since 1906.



Languages spoken by our Resource Team: Amharic, Arabic, Cambodian (Khmer), Chuukese, Kosraean, Marshallese, Russian, Somali, Spanish, Tigrinya, Ukrainian, Vietnamese



## Community Resources Team



### Outreach

#### Resource Specialists

- ✓ Offices at Seattle Housing Authority, King County Housing Authority and Renton Housing Authority
- ✓ Attend community meetings and events
- ✓ Provide Resource navigation i.e. DSHS applications, Insurance Plans, Utility Assistance etc
- ✓ Soft touch case management
- ✓ Lead Workshops

### Clinical

#### Care Coordinators

- ✓ Home Visitation
- ✓ Provide ongoing case management for caregiver and care receiver
- ✓ Conduct bi annual TCARE/Assessments- evaluating the caregiver burden
- ✓ Provide accessibility to respite, in home service needs and food delivery
- ✓ Lead Support Groups for caregivers and care receivers

# PEARLS

## Program to Encourage Active Rewarding Lives (PEARLS)

- Evidence-based mental health counseling program designed to treat older adults with disabilities, suffering from minor depression
- Focuses on potential challenges the client may have and identify activities that will bring joy and happiness into their lives
- Problem Solving Treatment
  - 7 steps
    - 1. identify one problem
    - 2. Set a realistic goal
    - 3. Brainstorm solutions
    - 4. Considering the advantages and disadvantages for each potential solution
    - 5. Choose the solution that seems the best
    - 6. Develop an Action Plan
    - 7. Review and evaluate your progress
- Eligibility Population Caregivers & Care receivers
- 6 private counseling sessions-Launched September 2021

# PEARLS Client Story