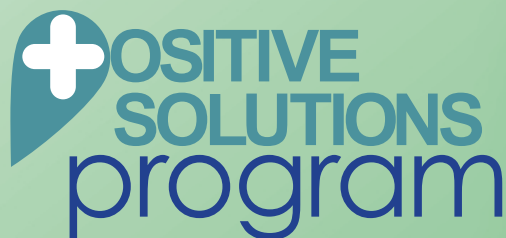


**UPAC Positive Solutions Program serves:**

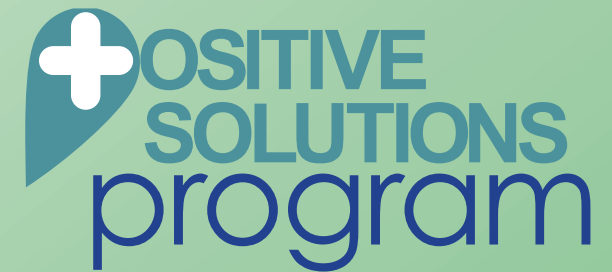
- ◆ Homebound or socially isolated seniors (60+ years old)
- ◆ Seniors who are at risk of becoming depressed or with symptoms of depression
- ◆ All cultural backgrounds and ethnicities

**We have a multicultural and multilingual team to serve the community. Professional interpreters are used to provide services as needed.**

Please Call:  
**Program Information: 619-481-2652**  
**Referrals: 619-481-2651**



**The Union of Pan-Asian Communities (UPAC)  
3569 College Ave, San Diego, CA 92115  
Program Information: 619-481-2652  
Referrals: 619-481-2651**



Funded by the County of San Diego

**We Serve With Passion...**

## PROGRAM GOALS & OBJECTIVES

Positive Solutions Program is funded by County of San Diego, Mental Health Services Act, Prevention and Early Intervention. The overall goal of the program is to provide outreach, mental health prevention and early intervention to **homebound / socially isolated seniors (60+)** who are at risk of becoming depressed or with minor depression from **all cultural backgrounds in all areas of San Diego County**

Our goal is to help homebound seniors to:

- ◆ Reduce feelings of isolation
- ◆ Increase social support
- ◆ Reduce and/or resolve depressive symptoms
- ◆ Reduce substance abuse
- ◆ Reduce medication abuse
- ◆ Increase and maintain individual self-sufficiency
- ◆ Increase the skills to cope with life challenges
- ◆ Reduce senior suicide attempts or completions throughout San Diego County
- ◆ Reduce or eliminate stigma of mental health issues and utilization of services

## SERVICES

We provide the following services to homebound seniors in their homes at **no charge**.

- ◆ Outreach to underserved isolated homebound seniors.
- ◆ Psychoeducation on depression (including causes, triggers, ways to prevent it, coping strategies, **effective treatments, etc.**)
- ◆ Minimum **care management** services to link homebound seniors to appropriate resources.
- ◆ Providing a problem solving intervention using **PEARLS** model (**P**rogram to **E**ncourage **A**ctive **R**ewarding **L**ive**S**).



**PEARLS** includes 8 home visits over five months (session 1 - 3: weekly session; session 4 - 5: biweekly session; session 6 - 8: monthly session). Each hourly session includes the following emphasis:

### **Problem Solving Therapy**

With collaboration between the staff and the participant, an action plan will be developed for a current/real-life problem.

### **Social and Physical Activation**

### **Pleasant Activities**

## PARTNERSHIP

We develop, implement, and operate the program in partnership with many community partners, using their in-home meal service drivers and other in-home workers as **“gatekeepers”** to assist in identifying homebound or socially isolated older adults who are at risk of depression or are currently suffering depression.

## TARGET POPULATION & SERVICE FOCUS AREA:

- ◆ Homebound / socially isolated seniors (60+) of all cultural backgrounds with depression or symptoms of depression.

### **Definition of Homebound**

*...unable to get out of one's home due to physical or mental health issues, and only go out for less than 3 times a month for self-initiated recreation activities.*

### **Service area:**

- ◆ **All areas of San Diego County**

