



## Job Description: PEARLS Coach for Older Adults

About Pacific Center: Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation, and operates the only sliding scale mental health clinic for LGBTQIA+ and QTBIPOC people and their families in Alameda County. Pacific Center offers low cost individual, couples, and family mental health services; HIV support services; peer support groups; and vibrant youth and older adult programs.

Program to Encourage Active, Rewarding LiveS (PEARLS) is an innovative community-based program that teaches individuals who are experiencing minor depression methods to better manage their depression through problem solving techniques and physical and social activation. It is funded by the University of Washington and training that is required will be facilitated by them. You will be conducting the supportive counseling sessions by meeting in groups with clients. The program consists of eight sessions over the course of 19 weeks. The client will be taught a very proactive and goal-oriented approach to overcoming problems that may be related to depression.

### Primary Responsibilities:

- 8 group sessions over 5-6 months
- Generally, one-hour sessions; first session is typically longer than one hour
- Sessions are weekly, then bi-weekly, then monthly
- Teach problem solving skills; Identify one problem to work on each week and tasks to do between sessions
- Pleasant, social and physical activity planning
- Ability to follow specific protocol and follow study framework

### Qualifications:

- Experience with case management, coaching, and/ or supportive counseling **AND/OR** experience working with the older adult population (55+) and ability to support and motivate individuals
- Able and willing to work with other Pacific Center staff to create a safe, inclusive group space for LGBTQIA+ community and other diverse groups
- Understanding & knowledge of LGBTQIA+ older adult issues
- Experience speaking with groups of older adults and educating them on various topics
- Commitment to confidentiality and strong ethical values
- Willing and able to set appropriate and healthy boundaries

### Commitment:

- The **Older & Out Group Facilitator** is required to participate in up-front training as well as ongoing support and training.

### Compensation:

- Minimum of 5 hours per week/per group at \$30/hour. Includes group facilitation, check-ins, and paperwork. Timesheets to be submitted monthly.

Pacific Center for Human Growth is an equal opportunity employer and is committed to diversity in the workplace. People who will add to this diversity are encouraged to apply. Pacific Center is a 501C3 non-profit organization.

**Interested candidates are requested to send your resume and paragraph of why you are interested in the position to Mae Petti, Older Adult Program Manager at [mae@pacificcenter.org](mailto:mae@pacificcenter.org).**