**Mental Health Evidence Based Programs**

**PEARLS**

Needs Category: Mental Health, Counseling, Support Groups

Taxonomy: Geriatric Counseling (RP-1400.8000-270)

Referred Listings (two available): [Mental Health Clinic (AHSC)](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=530302&geocode=45.4962691|-122.6288659&searchArea=45.514566|-122.586321)

 [Aging & Disability Services - JFCS](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=533367&geocode=45.5199469|-122.6847102&searchArea=45.514566|-122.586321)

Keywords: AHSC, PEARLS, depression, Manage your Health, evidence based

Keywords: JFCS, PEARLS, depression, Manage your Health, LGBTQ, evidence based

Contact: AHSC – Christine Lau, (503)-872-8822, clau@ahscpdx.org

Contact: JFCS – Douglass Ruth, (503)-226-7079 X124, douglassruth@jfcs-portland.org

**ASIST**

Needs Category: Mental Health, Counseling, Support Groups

Taxonomy: Suicide Counseling (RP-1400.8000-825)

Referred Listing: [Applied Suicide Intervention Skills Training (ASIST)](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=537555&geocode=45.5174616|-122.674603&searchArea=45.514566|-122.586321)

Referred Agency: ColumbiaCare Services

Keywords: ASIST, suicide prevention, evidence based

Contact: Rebecca Fuller, (503) 654-7654, rfuller@columbiacare.org

**Caregivers and Family Evidence Based Programs**

**Powerful Tools for Caregivers**

Needs Category: Caregivers and Family

Taxonomy: Caregiver Training (PH-0800)

Referred Listing: [Powerful Tools for Caregivers - Multnomah County](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=530791&geocode=45.5215141|-122.6755048&searchArea=45.514566|-122.586321)

Referred Agency: Powerful Tools for Caregivers - Multnomah County

Keywords: PTC, evidence based

Contact: Loriann McNeill, (503)-988-8210, loriann.mcneill@multco.us

**RDAD**

Needs Category: Caregivers and Family

Taxonomy: Caregiver Training (PH-0800)

Referred Listing: [Reducing Disability in Alzheimer's Disease (RDAD)](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=533501&geocode=45.5215141|-122.6755048&searchArea=45.514566|-122.586321)

Referred Agency: Multnomah County Aging, Disability and Veterans Services

Keywords: ADS, RDAD, Alzheimer’s, Oldtimers; evidence based

Contact: Loriann McNeill, (503)-988-8210, loriann.mcneill@multco.us

**Star Caregiver**

Needs Category: Caregivers and Family

Taxonomy: Caregiver Training (PH-0800)

Referred Listing: [Star Caregiver](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=531211&geocode=45.5215141|-122.6755048&searchArea=45.514566|-122.586321)

Referred Agency: Multnomah County Aging, Disability and Veterans Services

Keywords: ADS, Star-C, Star C, evidence based,

Contact: Loriann McNeill, (503)-988-8210, loriann.mcneill@multco.us

**Health Care Evidence Based Programs**

**National Diabetes Prevention Program**

Needs Category: Health Care

Taxonomy: Diabetes Management Clinics (LT-1750.1750)

Referred Listing: [National Diabetes Prevention Program](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=537557&geocode=33.798625|-84.327293&searchArea=45.514566|-122.586321)-Multnomah County

Referred Agency: Centers for Disease Control and Prevention

Keywords: Healthy Living, manage your health, evidence based

Contact: TBD

**Arthritis Foundation Exercise & Aquatics Programs** *(includes Tai Chi Program)*

Needs Category: Health Care

Taxonomy: Therapeutic Exercise (LR-8400)

Y Search/Taxonomy: Arthritis (YF-3000.0800)

Referred Listing: [Arthritis Exercise & Aquatics Program](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=537559&geocode=45.5283349|-122.657355&searchArea=45.514566|-122.586321)-Multnomah County

Referred Agency: Public Health Department – Oregon

Keywords: manage your health, healthy living, evidence based, tai chi

Contact: see calendar for location, contact information

**Living Well With Chronic Conditions**

Needs Category: Health Care

Taxonomy: Chronic Disease Self Management Programs (LH-2700.1540)

Referred Listing: [Living Well With Chronic Conditions](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=531244&geocode=45.5283349|-122.657355&searchArea=45.514566|-122.586321)

Referred Agency: Public Health Department – Oregon

Keywords: Evidence Based, Living Well, Manage your Health

Contact: Khela Singer, (503)-988-8717, khela.singer@multco.us

**Recreation (Exercise) Evidence Based Programs:**

**Tai Chi: Moving for Better Balance**

Needs Category: Recreation, Education & the Arts

Taxonomy: T’ai Chi Ch’uan (PL-7000.5800-850)

Referred Listing: [Tai Chi - Moving for Better Balance](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=531246&geocode=45.5295528|-122.6463158&searchArea=45.514566|-122.586321)

Referred Agency: Tai Chi - Moving for Better Balance Classes

Keywords: Tai Chi, better balance, exercise; staying active; evidence based

Contact: see calendar for location, contact information

**Walk with Ease**

Needs Category: Recreation, Education & the Arts

Taxonomy: Walking Programs (PL-6600.9450)

Referred Listing: [Walk with Ease](https://adrcoforegon.org/orprovider/consumer/report.do?directoryEntryId=537525&geocode=44.5672132|-123.2796304&searchArea=45.514566|-122.586321)

Referred Agency: OSU Extension Services

Keywords: OSU; evidence based; staying active

Contact: see calendar for location, contact information