



Oregon Center of Excellence for
Assertive Community Treatment

Tools for Positive Change

OCEACT Quarterly News & Updates

Welcome to the first OCEACT quarterly newsletter of 2019! We use this venue to share important information and announcements with ACT teams across Oregon. If you would like to have a job listing, success story, or announcement appear, please contact a member of our team.

Upcoming Events:

Advisory Board

April 11th 2019
9:30 - 11:30 a.m.
Broadway Commons
1300 Broadway ST NE
Salem, OR 97301

Monthly TA Calls

April 9th 2019
10am - Health at Every
Size

3pm - Health at Every
Size

May 14th 2019
10am - TBA

3pm - TBA

July 12th 2019
10am - Cognitive
Remediation

3pm - Cognitive
Remediation

Monthly Peer Calls

April
8th 2019
10am

May
13th 2019
10am

July
8th 2019
10am

2019 OCEACT Conference

Registration is now open for the 2019 OCEACT Conference! The conference will be held on June 11th and 12th, 2019, at CH2M HILL Alumni Center at Oregon State University. This year, we are excited to announce a Pre-Conference Workshop for Team Leaders that will take place on June 10th.

To register for the conference, please use the link below.

[2019 OCEACT Conference](#)

Announcing the ACT New Data Advisory Committee

This new ACT Data Advisory Committee is an opportunity for program managers, team leads, administrative assistants, and/or anyone who uses or enters data into the Oregon ACT Database (OAD) to discuss the data entry procedures and outcomes generated by OAD. Based on recommendations from the quarterly OCEACT advisory committee, the decision was made to create a separate Data Advisory Committee to provide a platform to have in-depth conversations about the quarterly ACT referral, utilization and outcome report produced by OCEACT on a quarterly basis. These meetings will also allow individuals who work with OAD data to come together to share success stories and program outcomes, problem solve, and discuss decision rules and best practices for gathering and entering quarterly data into OAD. We hope that the ACT Data Advisory Committee representatives will share the OAD data reports back to their organizations and provide feedback to OCEACT regarding additional analyses to be conducted or assist in interpretation of the findings.

Beginning May 1st 2019 @ 1pm-2:30pm, the ACT Data Advisory Committee will meet quarterly on the first Wednesday of the month after that, OCEACT will host the ACT Data Advisory Committee at the Broadway Commons in Salem in the China Room. If you would like an invitation to join, please reach out to Alyssa Kerlinger at akerlinger@optionsonline.org These committee meetings will

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also be available to join via the OCEACT conference line 1(800)920-7487 participant code: 4365143#. The ACT Data Advisory Committee meetings after the May 1st meeting will be held on August 7th and November 6th 2019.

FREE ACT Training and Case Consultation Opportunity for Oregon ACT Teams

Oregon ACT teams are invited to join Washington State ACT teams for an ECHO Clinic pilot starting in April 2019.

Background and Training Opportunity: The University of Washington ACT Training Team currently uses an ECHO Clinic teleconsultation model to provide ongoing training and consultation to ACT teams in Washington State. ECHO Clinics occur monthly, typically on the 2nd Wednesday via web-based meetings from 12-1:30 pm. Each ECHO Clinic is composed of the following format:

- *Didactic training (tentative didactics schedule attached)*
 - o Topics are mutually selected by ACT teams in collaboration with training team and based on fidelity reviews that indicate common training needs
 - *Case presentation by one ACT team, followed by consultation recommendations from other ACT teams and the training team*
 - o Provides an opportunity for in-depth consultation from other teams with similar clinical or situational challenges
 - o Facilitates a learning community for ACT practice
 - *Ad hoc consultation to any ACT team with consultation questions*
- *Opportunities to share other announcements, team updates, and informal networking with fellow ACT teams*

Participation Details: We are looking to host up to 8 Oregon ACT teams on our current ECHO Clinic calls so that we can learn more from you, you can learn from us and try out this approach to consultation, and we can think together how we can best meet the training needs of ACT teams in our region by leveraging training tools like ECHO.

Participation includes:

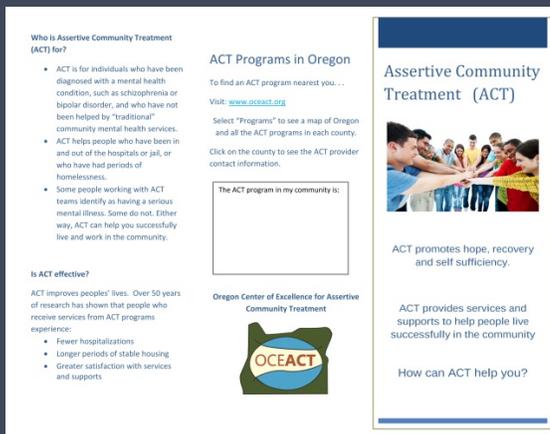
- An orientation call with Washington ACT trainers to better understand the ECHO clinic and case presentation protocol. Feedback gathered at the orientation will help tailor the didactic training schedule to your teams' needs during this pilot trial.
- Participation in a brief survey of your team's IT needs. We will send you all needed equipment free of charge.
- Active participation by the majority of your team members in monthly consultation calls April through September, 2019 (6 months).
- Completion of at least one case presentation and/or ad hoc consultation over the course of the six-month pilot.
- Completion of an evaluation questionnaire of your training experience and what you learned toward the end of the six-month trial, and 30 days after completion.

Participants will receive 6 continuing education contacts hours at completion of the six-month ECHO Clinic pilot.

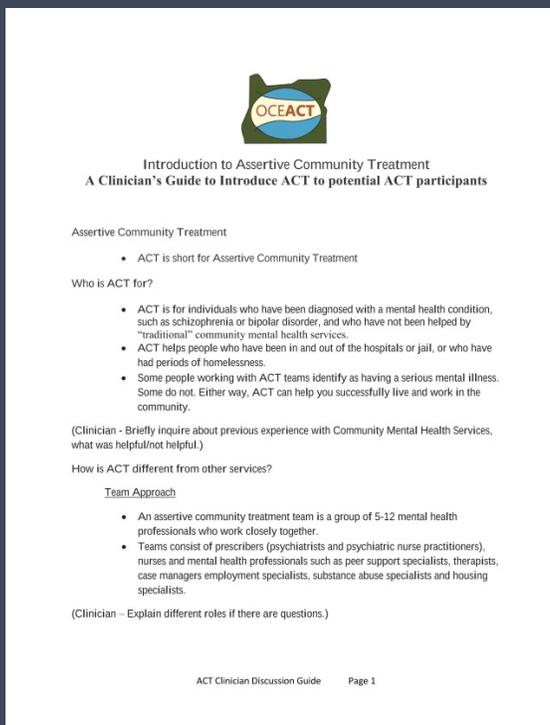
Please contact Maria Monroe-DeVita at mmdv@uw.edu for more information

ACT Brochure

OCEACT has been working on developing tools to help participants and their families understand more about ACT and how it may be able to help them in their recovery. Several members of OCEACT have been working together in order to develop a brochure and a clinician's guide that are available for use by all ACT teams in Oregon. If you would like these materials for your team's use, please contact a member of OCEACT or find the ACT Brochure [here](#) and the Clinician's Guide [here](#). You can also find both of these on our website at <https://oceact.org/>



The brochure is divided into several sections. On the left, it defines 'Who is Assertive Community Treatment (ACT) for?' and lists bullet points: 'ACT is for individuals who have been diagnosed with a mental health condition, such as schizophrenia or bipolar disorder, and who have not been helped by "traditional" community mental health services.', 'ACT helps people who have been in and out of the hospitals or jail, or who have had periods of homelessness.', and 'Some people working with ACT teams identify as having a serious mental illness. Some do not. Either way, ACT can help you successfully live and work in the community.' Below this is a section 'Is ACT effective?' which states 'ACT improves peoples' lives. Over 50 years of research has shown that people who receive services from ACT programs experience:' followed by bullet points: 'Fewer hospitalizations', 'Longer periods of stable housing', and 'Greater satisfaction with services and supports'. The middle section is titled 'ACT Programs in Oregon' and includes a link to 'www.oceact.org' and a map of Oregon. Below that is a box for 'The ACT program in my community is:' with a blank space. The right side of the brochure features the title 'Assertive Community Treatment (ACT)' above a photo of a diverse group of people. Below the photo, it states 'ACT promotes hope, recovery and self sufficiency.' and 'ACT provides services and supports to help people live successfully in the community'. At the bottom right, it asks 'How can ACT help you?'.



The guide features the OCEACT logo at the top center. Below the logo is the title 'Introduction to Assertive Community Treatment A Clinician's Guide to Introduce ACT to potential ACT participants'. The text is organized into sections: 'Assertive Community Treatment' with a bullet point 'ACT is short for Assertive Community Treatment'; 'Who is ACT for?' with three bullet points: 'ACT is for individuals who have been diagnosed with a mental health condition, such as schizophrenia or bipolar disorder, and who have not been helped by "traditional" community mental health services.', 'ACT helps people who have been in and out of the hospitals or jail, or who have had periods of homelessness.', and 'Some people working with ACT teams identify as having a serious mental illness. Some do not. Either way, ACT can help you successfully live and work in the community.'; '(Clinician - Briefly inquire about previous experience with Community Mental Health Services, what was helpful/not helpful.)'; 'How is ACT different from other services?'; 'Team Approach' with two bullet points: 'An assertive community treatment team is a group of 5-12 mental health professionals who work closely together.' and 'Teams consist of prescribers (psychiatrists and psychiatric nurse practitioners), nurses and mental health professionals such as peer support specialists, therapists, case managers employment specialists, substance abuse specialists and housing specialists.'; and '(Clinician - Explain different roles if there are questions.)'. At the bottom, it says 'ACT Clinician Discussion Guide Page 1'.

2018 ACT Fidelity Reviews

At the end of 2018, OCEACT is pleased to announce that we had 34 high fidelity ACT teams across the state at the end of the 4th quarter. We wanted to thank all of those teams for the hard work that they have put forth this year in providing a high quality service to ACT participants throughout the state.

We look forward to a successful year in 2019!

OCEACT Statewide Trainings

One of the main services that OCEACT can provide to ACT teams is providing trainings in evidence based practices. Below you will find a list of trainings and a brief description of the training.

ACT in Action - The ACT in Action training is a one day training offered by OCEACT where your team will learn the basics of ACT. We will cover everything from the history of ACT, the make up of an ACT team, and the steps of implementing ACT. The training covers all the key components of the ACT model, including: the team approach; community based services, 24/7 crisis coverage; integrated dual disorder treatment; and integrated care.

Enhanced Illness Management and Recovery (EIMR) - The EIMR training is a one and a half day training that focuses on the EIMR material and how to implement it in one-on-one sessions and in groups.

Cognitive Behavioral Social Skills Training (CBSST) - The CBSST training is a half day training that focuses on the tools needed to implement CBSST and how it fits in with other modalities that your team is currently using.

If there is a training you would like to receive, or if there is a training that is not listed above that you would like to learn more about, please contact a member of the OCEACT team.

[Visit our Website](#)