



Quarter 3 | 2020

Upcoming Events

ACT Advisory Committee

Oct 8th 2020
9:30 - 11:00 a.m.
Teleconference only

ACT Data Advisory Committee

Nov 4th 2019
1:00 - 2:00 p.m.
Teleconference only

TA Call

October 13th 2020
Substance Use and Harm
Reduction in the Time of
COVID-19
10am & 3pm
November 10th 2020
CommonGround Check-In
10am & 3pm

December 8th 2020
Dignity of Risk (repeat)
10am & 3pm

Peer Call

Oct 12th 2020
11 a.m.
Nov 9th 2020
11 a.m.
Dec 14th 2020
11 a.m.

Meet OCEACT's Registered Nurse Consultant!

OCEACT has recognized for a while that the role of the nurse on the ACT team is critically important and ACT nurse training and consultation is needed. Therefore, we started a special project to increase training and support for ACT nurses statewide. Please welcome Registered Nurse, Heather Depolitte, as OCEACT's new nurse consultant! She will provide training and consulting specific to nurses on ACT teams.



Heather graduated from the University of Portland in 2010 after 17 years of waitressing. During school rotations Heather fell in love with Mental Health Nursing (realizing it was very much like waitressing) and has worked in the field ever since. She has worked in residential treatment facilities, forensic

transitional facilities, sub-acute hospitals, acute hospitals and on an ACT team in St Helens Oregon. Heather is a strong advocate for client rights and the ability for clients to choose what they want their health care to look like. She strongly believes that nursing should be collaborative and that it needs to move away from "top down" nursing styles. Heather has lived in Portland Oregon for most of her life. When not working she enjoys building her business of herbal products, playing with her dogs, and going on adventures. She is always looking for the next travel opportunity of camping, road trips, or visiting other countries.

NURSE TA CALLS:

Heather will be on a monthly TA call with ACT nurses, which will occur on the third Tuesday of each month at least through the end of 2020.

Nurse Call

Oct 20th 2020

10a-12p & 2p-4p (PT)

Nov 17th 2020

TBD

Dec 15th 2020

TBD

OSECE Conference

Oct 27th - 30th

Click [HERE](#) for more details

COVID-19 ACT Leadership Calls

Sept 16th -

10am - 11am &

2pm - 3pm

July 28th -

10 am - 11am &

2pm - 3pm

Upcoming Trainings:

Pat Deegan
CommonGround
1pm-2pm (PT)

Oct 6th - CommonGround
Academy Introduction Webinar

Ron Unger
9am - 12pm

October 7th : Voices, Visions,
and Other Altered Perceptions: A
CBT Approach

October 21st: Trauma,
Dissociation, and Psychosis: CBT
and Other Approaches to
Understanding and Recovery

November 4th: Addressing
Spiritual and Cultural Issues
within Treatment for Psychosis

WEBSITE RESOURCES:

Please visit the new "Nurse Resources and Consultation" page on our website:

www.oceact.org/nurse-resources-and-consultation/ to access nursing resources, stay up to date on upcoming training opportunities, and to contact Heather for one on one consultations.

Pat Deegan's Academy + Library



The Oregon Center of Excellence for Assertive Community Treatment (OCEACT) and the Oregon Supported Employment Center for Excellence (OSECE), in collaboration with the Oregon Health Authority and Options for Southern Oregon, are sponsoring access to Pat Deegan's Academy + Library, which combines thousands of recovery-oriented tools in the Recovery Library with self-paced, online courses that teach the foundations of the CommonGround Program.

An orientation webinar on how to access and navigate the CommonGround Program will held on:

October 6th @ 1pm-2pm

ZOOM LINK: <https://zoom.us/j/97228046638?pwd=Y08xOHhoTWx6d1RjSFINS3RiN294Zz09>

**Currently, access will only be provided to ACT staff and Supported Employment/Education staff.



Message Board Giveaways!

We want to remind everyone of the Oregon ACT Discussion Board! Why not check it out and utilize this space to share lessons, knowledge, resources, and successes?

As an incentive to routinely utilize this resource, check out the giveaways below! You might win a gift certificate to your favorite coffee shop or a bigger prize for your whole team!

Post and Win

- Log on to the forum and start posting
- Ask, or answer a question, collaborate with your colleagues, or share a success story
- **One person's post will be chosen at random** each week
- Every Monday by 5 pm, the moderator will identify and announce the lucky poster from the previous week
- Winner will receive a gift certificate to your favorite coffee establishment (Starbucks, Dutch bros or you tell us)!

Team Registration Giveaway

- All team members log in to the forum
- Post, collaborate, discuss difficult issues, creative solutions, or share success stories
- On the last weekday of the month, any team that has their **whole ACT team registered, and active** on the forum receives a gift of your choosing worth up to \$50

[Message Board Log In](#)

OCEACT Statewide Trainings

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

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

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.

Motivational Interviewing (MI)

The MI training is a one day training that focuses on a collaborative, goal-oriented style of communication with particular attention to the language of change. A series of sessions to

practice skills can also be scheduled based on individual team need. This training will review the basic framework of MI along with the development of micro-skills like open ended questioning, affirmations, reflective listening, and summarizing statements. Role playing is included for skill acquisition.

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.

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