



Quarter 4 | 2020

Upcoming Events

ACT Advisory Committee

Jan 14th 2021

9:30 - 11:00 a.m.

Teleconference only

ACT Data Advisory Committee

Feb 3rd 2021

1:00 - 2:00 p.m.

Teleconference only

TA Call

Jan 12th 2021

CommonGround

Consultation for Registrants

10am & 3pm

Feb 23rd 2021

Hearing Distressing Voices

Simulation Workshop

**these will be 90 minute*

workshops

10am & 3pm

Mar 9th 2021

Consultation with Ron Unger on

CBT for Psychosis

10am & 3pm

Peer Call

Jan 11th 2021

Open Forum

11 a.m.

ACT in Oregon

In 2020, Oregon ACT teams faced many challenges to providing ACT level of care in the community while managing the restrictions and safety concerns brought on by COVID-19. OCEACT has been conducting quality assurance assessments over the last 6 months, and we have found that despite these challenges, many ACT teams are still providing high levels of care and creatively working to support participants in their recovery.

Thank you ACT teams for your dedication and resiliency!

Quarter 3 2020 Outcome Summary

Of the 185 ACT referrals under consideration in Quarter 3 2020 (July - Sept), 95 individuals were enrolled onto an ACT team.

Oregon currently has 35 certified or provisionally certified ACT teams serving 1,343 individuals.

- Overall the re-hospitalization rate was 10%.
- ER utilization for ACT participants was 12%.
- 6% of ACT participants had one or more arrests
- 6% spent at least one night in jail.
- 21% were enrolled in Supported Employment (SE) and of ACT participants enrolled in SE, 27% worked in competitive jobs.
- Rate of homelessness was moderate at 21%.
- Alcohol or Drug use: 22% of ACT participants used drugs daily or multiple times a day.
- Medication adherence: 76% of ACT participants who were prescribed psychiatric medications were taking them.

Quarterly ACT 101 Trainings

OCEACT recently hosted an ACT 101 training in December 2020 that was largely attended by about 60 newer ACT staff!

Feb 8th 2021
Common Ground Course #1
(Continued)
11 a.m.

Mar 8th 2021
Common Ground Course #2
11 a.m.

Nurse Calls/Trainings

Jan 5th 2021
Nursing presentation:
"Co-occurring Mental Health
Disorders"
9a-12p & 1p - 4p

Jan 19th 2021
Open nursing call
10a-11a

Feb 16th 2021
Nursing presentation. "Mental
Health psychopharmacology"
(Time is TBD)

Mar 16th
Open nursing call
10a - 11a

Upcoming Trainings:

ACT 101
Mar 2nd - 4th 2021
8am - 12pm

Since these trainings are offered online and there is a need for new ACT staff to have the opportunity to receive this training more frequently, OCEACT has scheduled quarterly ACT 101 trainings in 2021.

These trainings will be held over 3 days, from 8am-12pm. Please view the list of training dates below and click on the registration link next to the date if you would like to register for that training.

March 2nd - 4th [Click to Register](#)

June 1st - 3rd [Click to Register](#)

Aug 31st - Sept 2nd [Click to Register](#)

Nov 30th - Dec 2nd [Click to Register](#)

Being able to plan these trainings ahead of time has allowed us to offer CEUs! Attending all 3 days of the training will result in a certificate for 11.25 CEUs.

****CEU certificates will not be granted for individuals who only attend partial ACT 101 trainings.**

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.

Currently, there are 145 people registered! OCEACT will be hosting consultation calls to discuss and share ideas for how to implement ideas and resources from the Academy + Library. The first one will be the TA call on Jan 12th. To register for the Academy + Library, please reach out to someone from the OCEACT or OSECE team.

Hearing Distressing Voices Simulation

The Hearing Distressing Voices Simulation is a powerful workshop created by Dr Pat Deegan intended to help people better understand what it's like to move through the world hearing distressing voices. In this 90 minute workshop, participants will watch and listen to content, do some activities and then debrief and discuss the experience. Dr. Deegan says that "Even seasoned professionals report the simulation is a life changing experience. They approach their work differently having experienced the simulation. Their enhanced empathy and openness to talking with folks who hear distressing voices improves the quality of services they offer." Learning is described as bypassing the head and going right to the heart!

Participation will be capped at 40. This is a participatory experience. You will need to have 90 minutes, ear phones or buds, virtual connection with camera and audio on, completed consent form to participate in the simulation.

Further Instructions will follow registration. To register please reach out to [Asia Gray](#).

ACT Message Board Forum

Currently, 90 people have enrolled in the forum and 4 teams have their whole team enrolled and active! Since we can't be meeting in person at this time, the forum offers an opportunity to share lessons, knowledge, resources, and successes.

Our incentive to routinely utilize this resource is still a fun opportunity to 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.

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