



Quarter 1 | 2021

## Upcoming Events

### ACT Advisory Committee

April 8th 2021  
9:30 - 11:00 am (PT)  
Teleconference only  
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### ACT Data Advisory Committee

May 26th 2021  
1:00 - 2:00 pm (PT)  
Teleconference only  
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### TA Call

April 13th 2021  
**Primer on Strengths-based  
Assessments**  
10am OR 3pm (PT)

May 11th 2021  
**COVID Updates**  
10am OR 3pm (PT)

June 2021  
**June call cancelled due to  
conference**  
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### Peer Calls

April 13th 2021  
**CommonGround Personal  
Medicine pt 2**  
11 am - 12pm (PT)

May 11th 2021  
**CommonGround Power**

## Celebrating ACT in Oregon

OCEACT would like to share with you a recent publication that OCEACT staff published about all the wonderful work ACT programs across Oregon have accomplished to implement high fidelity and recovery oriented services.

This article highlights some of the innovative strategies that Oregon has used to make ACT accessible to as many Oregonians as possible in urban, rural and frontier communities.

It is the results of your hard work and dedication that makes the success of ACT programs thrive.

OCEACT looks forward to our continued partnership to improve the quality of lives of individuals living with Serious Mental Illness by offering them ACT services and other evidence based practices. Helping individuals served by ACT programs live their best, most rewarding lives is our shared mission.

Click [HERE](#) to read the article celebrating ACT implementation in Oregon.

### Quarter 4 2020 Outcome Summary

Of the 196 ACT referrals under consideration in Quarter 4 2020 (Oct - Dec), 93 individuals were enrolled onto an ACT team.

Oregon currently has 35 certified or provisionally certified ACT teams serving 1,393 individuals.

## Statements

11 am - 12pm (PT)

June 2021

**June call cancelled due to  
conference**

## Nurse Calls/Trainings

### Nursing Notes Training

April 20th 2021 @ 9am

OR

April 21st 2021 @ 1pm

### Open Forum Consultation

May 18th 2021

10am - 11am

OR

May 19th 2021

2pm - 3pm

### Nursing De-Escalation Training

June 15th 2021 @ 10am

OR

June 16th @ 1pm

## CommonGround Check- In's

May 6th 2021

June 3rd 2021

10a -11a (PT)

## Upcoming Trainings:

### ACT 101

June 1st - 3rd 2021

8am - 12pm (PT)

[Click to Register](#)

### Case Consultation with Pat Deegan and Associates

April 27th 2021

1pm -2pm (PT)

### Hearing Distressing Voices Simulation

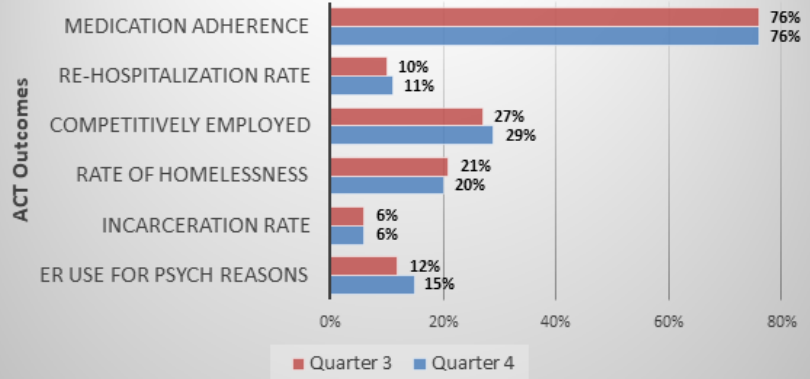
April 29th & May 27th 2021

10am - 11:30a (PT)

Both Sessions are full. More sessions  
will be scheduled in July.

## Oregon ACT Outcome Comparison

### Quarter 3 & 4 2020



## OCEACT Statewide ACT Conference

### Get ready for the 2021 OCEACT Statewide ACT Conference!

The conference will be the week of **June 14th**, but specific times and days have not yet been confirmed.

We have several exciting speakers already lined up, such as Patricia E. Deegan, PhD, Shawn McNiff, PhD & Dr. Gabor Maté!

Stay tuned for details by checking our [website](#) and looking out for an email containing the registration link.

## Pat Deegan and Associates Academy + Library



Currently, there are 238 people registered! OCEACT will be hosting monthly consultation calls to discuss and share ideas for how to implement ideas and resources from the Academy + Library. These will be on the first Thursday of each month. Zoom links will be sent out via email prior to the call.

May 6th 10a - 11a

June 3rd 10a-11a

Starting in April, OCEACT & OSECE plan to begin training to become Personal Medicine

**Coach trainers.**  
**By the fall, ACT team staff can be trained as  
Personal Medicine coaches by OCEACT.**

**Stay tuned for more details!**

## ACT Message Board Forum

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 101

The ACT 101 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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## OCEACT Staff

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