



Quarter 2 | 2021

## Upcoming Events

### ACT Advisory Committee

July 8th 2021  
9:30 - 11:00 am (PT)  
Teleconference only

### ACT Data Advisory Committee

August 25th 2021  
1:00 - 2:00 pm (PT)  
Teleconference only

### TA Call

July 13th 2021  
**Beyond the Crosswalk -  
How Supported  
Employment and ACT can  
work together**

10am OR 3pm (PT)

August 10th 2021  
**Peers on the ACT Team**  
10am OR 3pm (PT)

September 14th 2021  
**Becoming a Personal  
Medicine Coach**  
10am OR 3pm (PT)

### Peer Calls

July 12th 2021  
**CommonGround Course  
#3  
Power Statements (Pt 2)**

## OCEACT Statewide ACT Conference

The 2021 OCEACT Conference was an overwhelming success in terms of depth and breadth of national and regional presenters. From Dr. Pat Deegan to Dr. Gabor Maté and all of the wonderful presenters in between we learned more about how to weave recovery based processes into all the services that the ACT team provides. OCEACT Director, Heidi Herinckx, moderated the sessions with great focus and efficacy ensuring smooth transitions and the most complete learning opportunities. The recovery journey was a recurrent theme during the conference and Dr. Janina Fisher was able to explain the impact that trauma can have on that process. Though the conference was held remotely, participants were able to benefit from take away materials that will serve as references as practices are implemented. For instance, the Take Charge workbook by Peggy Swarbrick can be utilized to enhance well-being with the Eight Dimensions of Wellness. ACT clinicians from throughout the state were engaged learners commenting and participating in each session. This was evident in Story Slams by Kyra Baker in which participants were guided through the process of creating a compelling story. The self-expression component of recovery was on display with Shaun McNiff speaking about strategies to unleash creative expression and James Condos explaining his lived experience and the way in which such expressions can assist with the recovery journey. Jacquese Armstrong spoke about her work with the expressive arts through the use of a “virtual café” in which participants can share their perspectives and interact in a safe way remotely. A hearty thanks goes to the Oregon Health Authority and Options for Southern Oregon to produce a truly meaningful conference for 2021.

To view conference details, access recordings, & download shared resources, please go to the 2021 Conference page on our website: <https://oceact.org/2021-conference/>

Pat Deegan and

11 am - 12pm (PT)

August 9th 2021

**Common Ground Course  
#4 – Supporting Choice  
(Part 1)**

11 am - 12pm (PT)

September 13th 2021

**Common Ground Course  
#4 – Supporting Choice  
(Part 2)**

11 am - 12pm (PT)

**CommonGround  
Check- In's**

July 1st, 2021

10am - 11am (PT)

August 5th, 2021

10am - 11am (PT)

September 2nd, 2021

10am - 11am (PT)

**Upcoming Trainings:**

**CommonGround  
Consultation with Pat  
Deegan & Associates**

July 20th, 2021

1pm - 2pm (PT)

**ACT 101**

August 31st - Sept 2nd 2021

8am - 12pm (PT)

[Click to Register](#)

**Hearing Distressing  
Voices Simulation**

August 26th [register](#)

Sept 30th 2021 [register](#)

10am - 11:30a (PT)

**Associates  
Academy +  
Library**



**Check out the Learning Tracks! Go more  
in-depth and learn about specific topics  
and maybe even use them to start a group!**

At the 2021 OCEACT Conference, Dr. Pat Deegan explored a Learning Track called: "What Every Person who Uses Psych Meds Should Know". This learning track shares medication empowerment videos to help support individuals who use psych medications.

Home / Recovery

### What Every Person who Uses Psych Meds Should Know

In this Learning Track, you will learn what every person who uses psych meds should know. You can use this Learning Track to support individuals, family members, or in a group setting.

Complete each task in order.



**#1 What Every Person who Uses Psych Meds Should Know**

In this 2 minute video (transcript), Pat shares four things every person who uses psych meds should know.



**#4 You've Been Prescribed Psychiatric Medication**

It's important to know that meds can be helpful, but they are not magical. In this 3-min animated video (transcript), Pat reflects on the important part we have to play in our healing too. Check out this [Personal Medicine Worksheet](#) (also en español).



**#2 You Are Diagnosed with Mental Illness**

When first receiving a diagnosis of mental illness, it can be confusing. In this 2-min animated video (transcript), Pat reflects on putting a diagnosis into perspective. All of the wonderful things about us are still there. A diagnosis does not define us. Check out this [worksheet](#) (also en español) and poster.



**#5 My Goal for Treatment**

Having a clear goal for medication treatment is helpful. In this 2-minute animated video (transcript) Pat shares how to speak up and share you goal for treatment with the doctor and the team. Use this [worksheet](#) (also en español) to create your Power Statement.



**#3 How to Work with a Doctor**

When working with our doctor, it's important to remember that there are two experts in the room. In this 2-minute animated video (transcript) Pat shares tips for

To access these videos, first go to CommonGround Program and [sign in](#) to your CommonGround Program account and then copy and paste this link into your browser:

<https://recoverylibrary.com/content/60afd0a0478dee4a5b000147>

Free access to the CommonGround Academy + Library is currently offered by OCEACT & OSECE to ACT Teams and Supported Employment & Education Teams in Oregon. if you have not yet signed up, please reach out to someone from the OCEACT or OSECE team to learn how.

**New Publication!**

**OCEACT, in partnership  
with Karen Cellarius at  
Portland State University's**



### Assertive Community Treatment Collaboration with Community Medical Providers

Alyssa Kerlinger · Heidi Herinckx · Karen Cellarius

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# Regional Research Institute, has published another article on ACT!

OCEACT would like to share a recent publication that OCEACT, in partnership with Portland State University's Regional Research Institute, has published about collaboration between ACT teams and community medical providers in Oregon to support improved physical and mental health care for ACT participants.

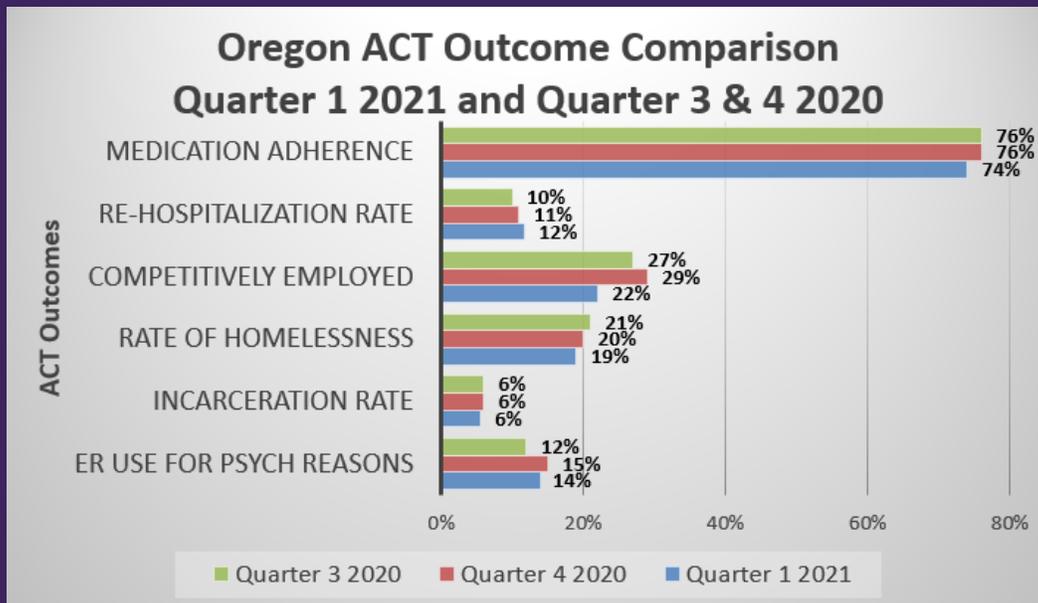
This article highlights the ways that ACT teams and community medical providers in Oregon work together to provide care for shared ACT participants. Additionally, coordination benefits to medical providers are discussed as well as the barriers to successful coordination.

You can find the article in the Journal of Psychosocial Rehabilitation and Mental Health. To purchase and download go [HERE](#), or you can view the article online [HERE](#)

## Quarter 1 2021 ACT Outcome Summary

Of the 179 ACT referrals under consideration in Quarter 1 2021 (Jan-March), 72 individuals were enrolled onto an ACT team.

Oregon currently has 34 certified or provisionally certified ACT teams serving 1,407 individuals.



## 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.

[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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