



Quarter 3 | 2021

Upcoming Events

ACT Advisory Committee

October 14th 2021
9:30 - 11:00 am (PT)
Teleconference only

ACT Data Advisory Committee

November 24th 2021
1:00 - 2:00 pm (PT)
Teleconference only

TA Call - CommonGround Check-ins

****In an effort to streamline our meetings and training opportunities, for now, OCEACT will be stopping our monthly CommonGround check-ins on the first Thursday of the month and using our regularly scheduled TA call times to do talk about CommonGround.**

October 12th 2021
10am **OR** 3pm (PT)
November 9th 2021
10am **OR** 3pm (PT)

December 14th 2021
10am **OR** 3pm (PT)

OCEACT's ACT Nurse Competencies Special Project

Beyond some general bullet points on the ACT fidelity scale related to the core competencies of the role of the ACT nurse, there is not common consensus on the core duties of the ACT nurse. Community mental health agency leadership is often unaware of the importance of the role of the ACT nurse and all the contributions nurses make to the ACT team. Additionally, there is not a robust and detailed set of core competencies specific to the ACT nurse, nor are there guidelines for ACT nurses to operate from. Neither the ACT literature, nor technical assistance centers around the nation have developed or published standard ACT nursing training materials.

OCEACT would like to change all of this. Starting this November and over the next year, we will be hosting a series of DACUM workshops (Developing a Curriculum) where we will gather experienced ACT nurses together to tell us what they do, and the knowledge, skills and tools needed to effectively perform their job. During the workshop, the DACUM facilitators will lead a discussion that will define core duties and tasks as the ACT program nurse. We will ask the nurses to reach consensus with other ACT nurses on the core duties and tasks of their job.

From the detailed ACT nursing job description developed from this DACUM workshop, we will develop competency-based trainings with the assistance of Nursing Education Consultant Paula Gubrud RN EdD, founder of Nursing Education Connections and professor emeritus from the OHSU School of Nursing and Heather DePolitte RN, ACT Nursing Consultant for OCEACT. Our goal is to assure ACT nurses across Oregon are operating from the same core competencies. OCEACT will then develop and provide trainings both to ACT nurses in those core competencies and to organizational leaders on the importance of the role of the ACT nurse.

Peer Calls

October 11th 2021

Navigating the Dignity of Risk and
the Duty to Care (Part I)
11 am - 12pm (PT)

November 8th 2021

Navigating the Dignity of Risk and
the Duty to Care (Part II)
11 am - 12pm (PT)

December 13th 2021

Using the Recovery Library
11 am - 12pm (PT)

Upcoming Trainings:

ACT 101

Nov 30th - Dec 2nd 2021

8am - 12pm (PT)

[Click to Register](#)

**Hearing Distressing
Voices Simulation**

*None scheduled this quarter.
To resume in 2022*

Coordination

OCEACT recently met with PacificSource to discuss our respective roles in supporting the implementation and ongoing operation of ACT programs. OCEACT staff discussed our focus on ACT program fidelity and policies. PacificSource has hired new staff to support behavioral health programs in their 4 primary regions. PacificSource and OCEACT will start to meet quarterly to discuss system level issues that impact ACT program operation.

ACT fidelity reviews have resumed starting August 2021. We are all still feeling the impacts of the COVID-19 pandemic and the statewide behavioral health care worker shortage. In particular, the shortage of qualified mental health professionals is causing extended staff vacancies on several ACT programs statewide. If ACT programs need extended deadlines to hire staff, the technical assistance timeline may be extended beyond 90 days to meet the Oregon Administrative Rules ACT fidelity requirements.

2021 OSECE Conference Save the Date!

October 26th - 29th

Find details and register here:

<https://osece.org/osece-conference-2021/>

Pat Deegan and Associates Academy + Library



Currently, every person is faced with the choice of getting vaccinated against COVID-19. Some of us are ready to get vaccinated while others are not. Pat Deegan and Associates have created tools and resources to aid in the discussion and decision of getting the vaccine.

Visit the [COVID 19 page](#) in the CommonGround Library to access these resources.

Research on COVID 19 and Individuals with a Psychiatric Disorder:

[Nemani k, Li Chenxiang, Olfson M, Blessing EM, Razavian N, Chen J, Petkova E, Goff DC \(2021\). Association of Psychiatric Disorder With Mortality Among Patients With COVID 19, JAMA, doi:10.1001/jamapsychiatry.2020.4442](#)

[WangQ,XuR,VolkowND.Increased risk of COVID 19 infection and mortality in people with mental disorders: analysis from electronic health](#)

[Taquet M, Luciano S, Geddes JR, H](#)

[arrison PJ. Bidirectional associations between COVID 19 and psychiatric disorder: retrospective cohort studies of 62 354 COVID 19 cases in the USA. Lancet Psychiatry. Published online November 9, 2020. doi:10.1016/ S22150366\(20\)30462](#)

[Hotez, E., Hotez, P. J., Rosenau, K. A., & Kuo, A. A. \(2021\). Prioritizing COVID 19 vaccinations for individuals](#)

Coming Soon!

Certified Personal Medicine Coach (CPMC) Training!

The Certified Personal Medicine Coach Course combines online e-learning, practice and group video coaching over the course of an 11-week curriculum. Once certified, Personal Medicine Coaches will be approved to use Personal Medicine, Personal Medicine Guides and Personal Medicine Cards with individuals and in groups. To learn more, scroll down to the 'OCEACT Statewide Trainings' section for more details on what it means to be a CPMC!

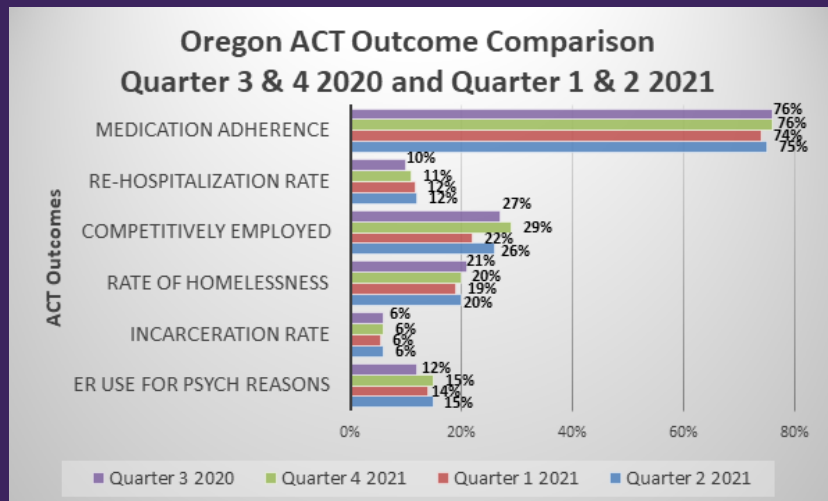
Cohorts starting January 2022!

If interested, email anyone from the OCEACT or OSECE team to get put on the waitlist.

Quarter 2 2021 ACT Outcome Summary

Of the 199 ACT referrals under consideration in Quarter 2 2021 (April - June), 72 individuals were enrolled onto an ACT team.

Oregon currently has 33 certified or provisionally certified ACT teams serving 1,428 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.

Coming Soon!

Certified Personal Medicine Coach (CPMC) Training

The CPMC training was developed by Pat Deegan and Associates and learning cohorts will soon to be offered by OCEACT & OSECE! The Certified Personal Medicine Coach Course combines online e-learning, practice and group video coaching over the course of an 11-week curriculum. Once certified, Personal Medicine Coaches will be approved to use Personal Medicine, Personal Medicine Guides and Personal Medicine Cards with individuals and in groups. A Certified Personal Medicine Coach (CPMC) is an expert in supporting people as they discover and use Personal Medicine in their recovery. CPMCs are dedicated to making sure people discover their own power to get well and to stay well. CPMCs help spread the message far and wide that recovery is real and there are things we can do to help ourselves. CPMCs help to activate people in their own self-care, and this leads to better health outcomes.

Cohorts to begin January 2022

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