



Implementing Evidence Based Behavioral Health Care in Oregon: The ACT Model

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Community Treatment

Why ACT?: ACT as an evidenced based practice

- Reducing re-hospitalizations and ER utilization
- Increasing housing stability
- Improving quality of life
- More independent living
- Better substance abuse outcomes
- Higher rate of competitive employment
- Greater consumer and family member satisfaction
- Higher rate of treatment retention

ACT in the Continuum of Care

Less Intensive

More Intensive



Residential
Treatment

Psychiatric Hospital
Crisis Resolution
Secure Residential

Community Care

Institutionalized Care

ACT: Target Population

ACT is designed to serve persons with:

- Severe mental illness/psychotic disorders
- Significant functional impairments
- High utilization of psychiatric hospitals
- History of criminal justice involvement
- Inability to participate in traditional services or those who do not engage in any mental health services
- Coexisting substance abuse disorder
- History of homelessness

ACT Staffing Recommendations

Position	Large (serves 80-100) FTE level	Small (serves 40-80) FTE level	Micro (serves 10-39) FTE Level
Team Leader (QMHP + 2 years)	1	1	.5 - 1
Psychiatrist/Psychiatric Nurse Practitioner	1	.5	.25
RN	2	1	.5
Peer Specialist	1	1	.5
Mental Health Clinicians (QMHP and QMHA)	2	2	.5 - 1.5
Substance abuse specialist	2	1	.5
Supported Employment Specialist	2	.5-1	.5
Program Admin Assistant	1	.5	
Total FTE	10-12 FTE	7.5-8.5 FTE	3.25-5.75

Required Services

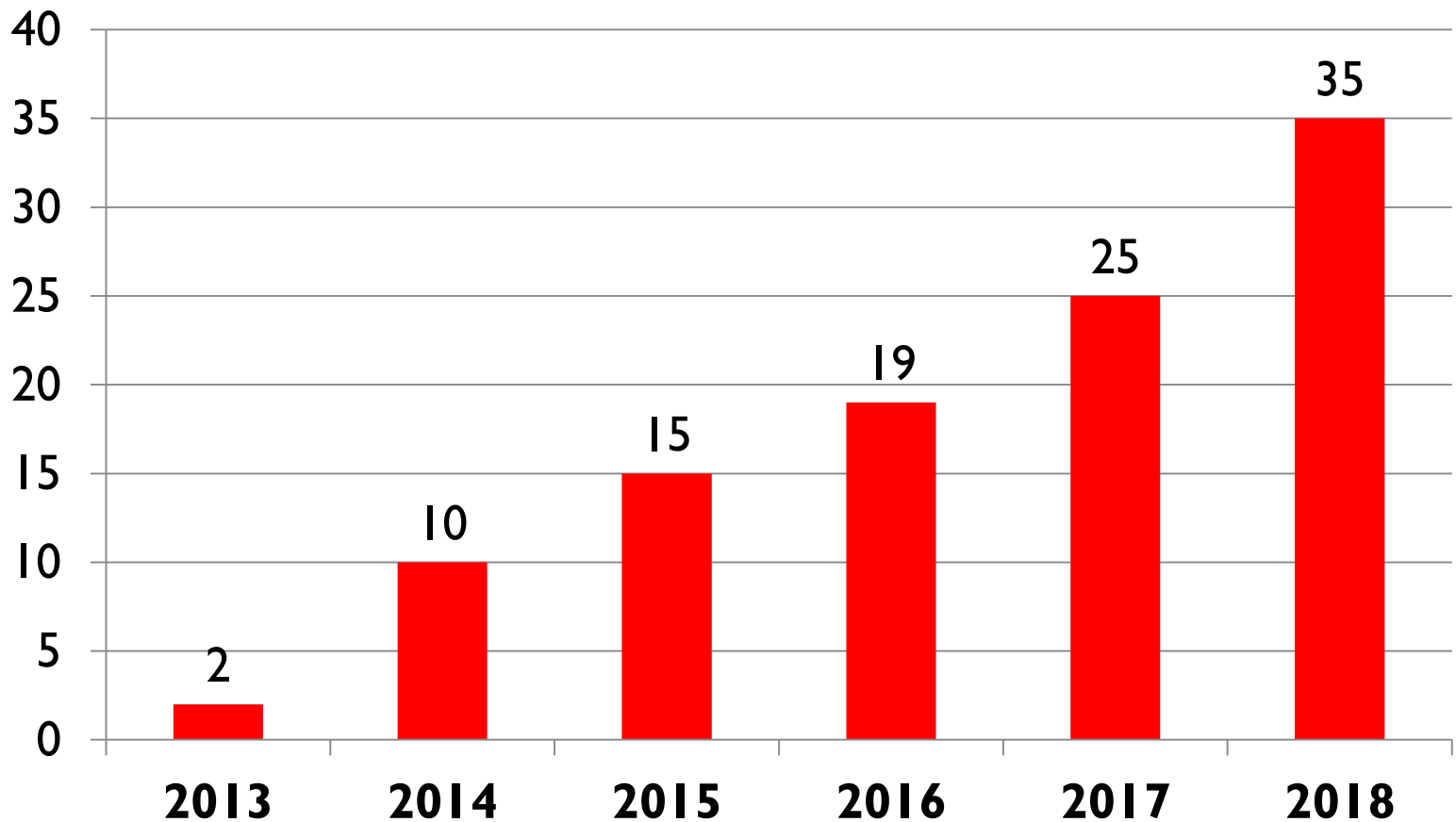
- Team approach: most if not all services provided by the ACT team.
- 24 Hour Crisis Assessment and Intervention
- Symptom Assessment and Management
- Medication Prescription, Administration, Monitoring, and Documentation
- Dual Diagnosis Substance Abuse Services

Required Services – cont'd

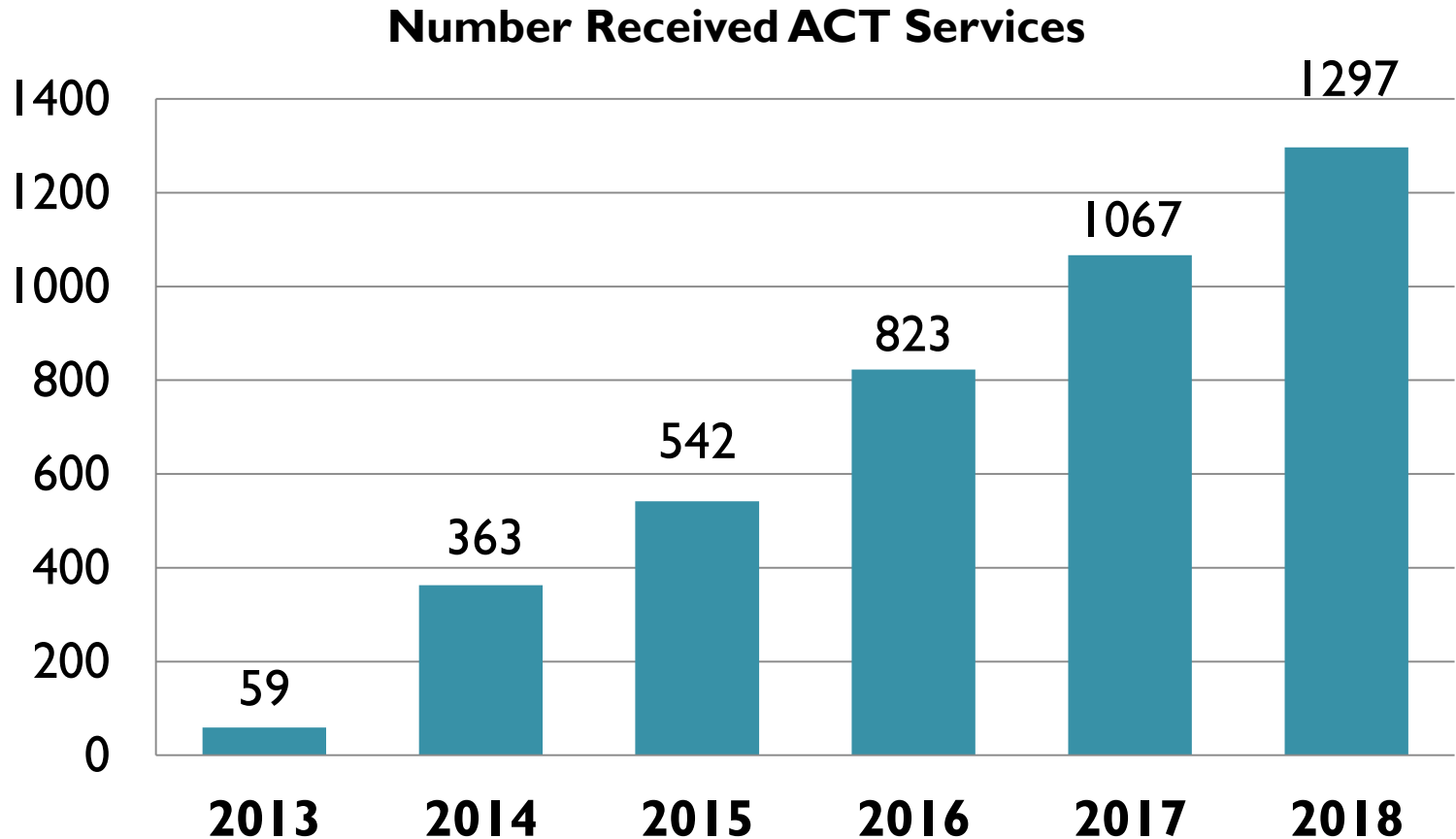
- Employment Services
- Social/Interpersonal Relationship and Leisure-Time Skill Training
- Peer Support Services
- Work with natural supports and community integration

Growth in Oregon ACT Programs

Certified ACT programs in Oregon

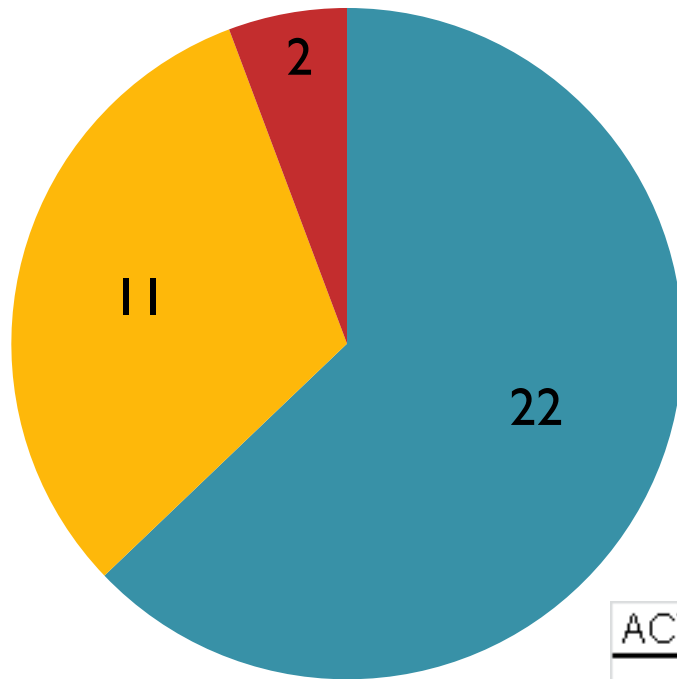


Number Individuals in ACT Services



Number served reflects the number of individuals enrolled in ACT services in Quarter 4 of each year

ACT Program by Size



■ Small (serving <39)

■ Medium (serving 40-79)

■ Large (serving 80-120)

ACT programs by size	2018	
	N	%
Small (serving <39)	22	63%
Medium (serving 40-79)	11	31%
Large (serving 80-120)	2	6%
TOTAL	35	100%

Definition of Population Density Categories

- Frontier: Less than 6 people per square mile.
 - Rural: City sizes that have up to 50,000 people.
 - Urban: City sizes >50,000 people.
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- Sources: US Census Bureau & US Office of Management and Budget, Economic Resource Center

ACT programs by Population Density

Frontier

Community Counseling Solutions

Lifeways Malheur

Symmetry Care

Wallowa Valley Center for Wellness

Rural

Lutheran Community Services NW

Mid-Columbia Center for Living

Klamath Basin Behavioral Health

Center for Human Development

Curry Community Health

Compass/ADAPT

Lifeways Umatilla

Tillamook Family Counseling Center

Options for Southern Oregon

Columbia Community Mental Health

Polk County Behavioral Health

Yamhill County Mental Health

Cascadia Clackamas

Clatsop Behavioral Health Care

Coos Health and Wellness

Urban

Linn County Mental Health

Deschutes County Health Services

Jackson County Mental health

Laurel Hill Center

Benton County Behavioral Health

Marion County Mental Health

South Lane Mental Health

NARA Northwest

Cascadia FACT

Outside In

Telecare Inc.

Central City Concern

Lifeworks Northwest

ACT is thriving in Oregon's rural and frontier communities

- Myth busting:
 - ACT is successfully operating at high fidelity in the 22 small and 11 medium size ACT programs in the state.

Learning Collaborative

- We learn from each other as part of the OCEACT state-wide annual conference
- Building relationships with our national colleagues
 - ACT Institute at the Center for Practice Innovation at Columbia University in New York
 - University of Washington's Washington Institute for Mental Health Research and Training.

UW ECHO Clinic

- ECHO is Extension for Community Healthcare Outcomes
- Telementoring
- A collaborative model of medical education and care management that empowers clinicians to provide better care to more people through ongoing education and case consultation.
- Topics so far:
 - risk assessment tools
 - Cardiovascular health

Next steps

- Continue to implement ACT programs statewide, capacity to serve 1400 currently. We need capacity to serve 2000.
- Focus on sustainability
 - A key to sustainability will be sufficient funding for ACT level of services.



Sustainability and ongoing quality improvement: OCEACT Mission

- Ongoing training and annual conference
- Annual ACT fidelity reviews
- Measure and report ACT participant outcomes quarterly and annually
- Establish benchmarks for program improvement
- Monitor progress on benchmarks
- Participate in OCEACT advisory committee to inform policy, the Oregon Health Authority and other stakeholders of key system issues

Questions????????????????????

- A big thank you to all the ACT programs who are contributing their expertise to improve the quality of lives of people living with severe and persistent mental illness.

