

# **Assertive Community Treatment (ACT)**

# Overview of ACT

**Purpose:** Provide high quality, coordinated, and comprehensive services to individuals who are experiencing serious mental illness using a multidisciplinary team approach.

# Overview of ACT

- Multidisciplinary team approach
- Small, shared case loads
- Flexible comprehensive service delivery
- Assertive outreach
- 24/7 availability for crisis prevention/intervention
- Fixed point of responsibility for service
- Time unlimited service

# ACT Services

- Services are often provided in the home and can include:
  - medication management
  - activities of daily living
  - health and wellbeing services
  - benefits enrollment
  - transportation
  - substance use reduction or elimination
  - employment
  - social skills

# ACT Standards

SAMHSA advises a fully staffed ACT Team consists of:

- A mental health provider (leader)
- Psychiatrist
- Registered nurse
- Employment specialist
- Substance use disorder treatment provider
- Consumer/peer specialist

# Iowa Code ACT Standards

Per Chapter 77 of Iowa Administrative Code

- ACT Teams are supervised by a psychiatrist
- At a minimum, teams are made up of:
  - A registered nurse
  - A licensed mental health service provider
  - A substance use disorder treatment provider
  - All should have experience working with individuals with an SMI

# ACT Population

- Persons with serious mental illness
- Highest utilizers of health care resources
- Persons transitioning from residential care to the community
- Persons with frequent acute hospitalization and ER visits
- Persons who are homeless/jailed

# ACT Outcomes

- Fewer hospitalizations
- Reduced homelessness and greater housing stability
- Improved employment
- Fewer contacts with law enforcement
- High satisfaction in clients and families
- Cost effective



# ACT in Iowa

1996

First Team - IMPACT Iowa City

1998

Teams in Des Moines, Cedar Rapids

2004-  
10

Technical Assistance Center

2004

Fort Dodge Team

2006

Council Bluffs Team

2009

ACT Officially Medicaid Service

# ACT in Iowa

- Iowa Providers with ACT Teams:
  - Abbe Center Community Mental Health Center, Cedar Rapids
  - Eyerly Ball Community Mental Health Center, Des Moines
  - Heartland Family Services, Council Bluffs
  - University of Iowa IMPACT Program, Iowa City
  - Berryhill Community Mental Health Center, Fort Dodge

# ACT in Iowa

- ACT Technical Assistance Center at the University of Iowa
- Provided the following services:
  - Readiness assessments
  - Fidelity Reviews (using DACTS)
  - Quarterly outcome monitoring of all teams through 2010
- The TA Center has maintained informal connections with ACT Teams

# ACT Readiness Assessment

- Assess the level of familiarity and support for ACT among community stakeholders
- Estimate number of eligible clients
- Identify funding issues
- Assess agency readiness
- Predict start-up costs based on the results

# ACT Fidelity Process

- Fidelity in Iowa previously reviewed with the Dartmouth Assertive Community Treatment Scale (DACTS)
- A new measurement tool has been developed called the Tool for Measurement of Assertive Community Treatment (TMACT)

# ACT Fidelity Process

- New teams typically reviewed every six months until fidelity achieved
- Annual reviews for the first three years for all teams
- After that any team with a mean score of over 40 moved to an every other year review
- Review requires an 8 hour site visit, interviews with staff, client interview, and chart review
- Review uses protocols in either DACTS or TMACT

# Challenges to Implementation

- Funding for costs to train ACT teams
- Shortage of psychiatrists and care providers in Iowa
- Non-standard work for psychiatrists
- Resistance to change - it is hard to change entrenched practices

# **Psychiatric Rehabilitation Process Model**



# Psychiatric Rehabilitation

- Focuses on helping individuals develop skills and access resources needed to increase their capacity to be successful in the living, working, learning and social environments of their choice.
- Rehabilitation is used when the person's desired outcome is improved role functioning
- Psychiatric rehabilitation promotes:
  - recovery
  - full community integration
  - improved quality of life

# Psychiatric Rehabilitation Trainer Requirements

- Train-the-Trainer network:
  - Trainers must have two years experience as practitioners and complete a training entrance exam
  - Three day program in Iowa
  - After successful completion attendees are certified to train staff at their own organizations

# Psychiatric Rehabilitation Model in Iowa

- Intensive Psychiatric Rehabilitation (IPR) is one model used in Iowa that meets fidelity standards and is based on the Boston University model
- Agencies that are Chapter 24 accredited in IPR must have staff that have completed 60 training hours in IPR
- Individuals using IPR receive 4 – 10 hours per week of psychiatric rehabilitation services
- IPR model is considered an Evidence Based Practice

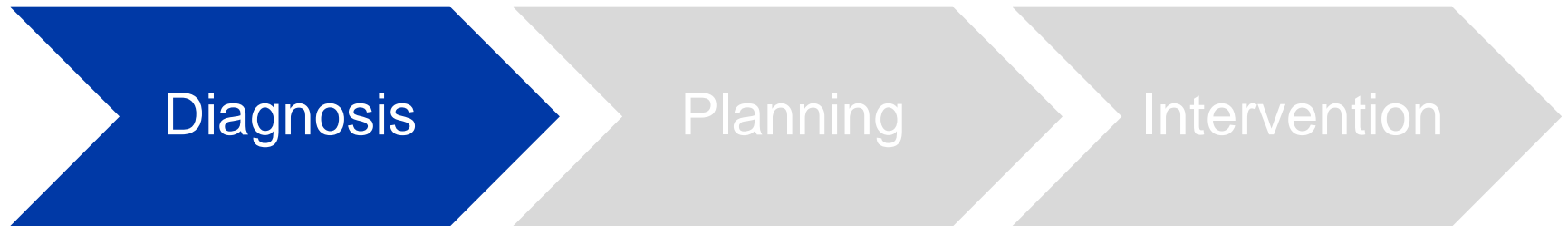
# IPR Providers in Iowa

- Eight providers are accredited through Chapter 24 to provide IPR:
  - Abbe Center – Community Mental Health Center (CMHC)
  - Central Iowa Recovery – Mental Health Service Provider (MHSP)
  - First Resources - MHSP
  - Hillcrest Family Services- CMHC
  - Hope Haven – MHSP
  - Myrtue – MHSP
  - Optimae Life Services - MHSP
  - Siouxland – CMHC
- Additional providers in the state have received some level of IPR training

# IPR Process

- IPR has specific phases practitioners follow (Diagnosis, Planning and Intervention)
- Each phase emphasizes client choice in:
  - environment
  - goal setting
  - skills and supports needed to reach goals

# The IPR Process



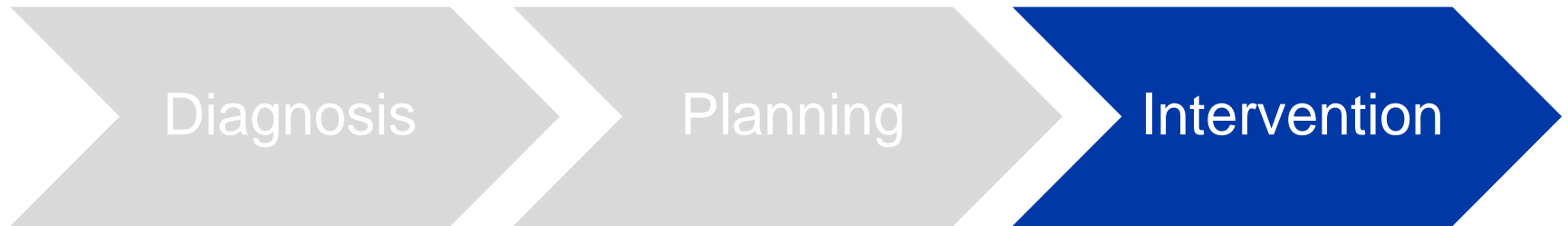
- Readiness Assessment
- Goal Setting
- Functional Assessment
- Resource Assessment

# The IPR Process



- Skill Prioritization
- Responsibility Assignment

# The IPR Process



- Skill Teaching
- Skill Programming
- Resource Coordination
- Resource Modification



# IPR Fidelity

- Providers meet the IPR standards in Chapter 24
- Agency trainers are certified
- Staff are experienced and demonstrate competencies in all components of Psychiatric Rehabilitation

# Challenges to Implementation

- Cost effective access to training for trainers and practitioners
- Integrity review process is not currently in place outside of Chapter 24 Accreditation
- Funds for annual follow up trainings and retesting of trainers and practitioners

# **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**

# Overview of TF-CBT

**Purpose:** A psychosocial treatment model designed to treat psychological trauma and accompanying emotional and behavioral challenges.

# Overview of TF-CBT

- Structured, short term treatment model
- Typically used with children and adolescents and their parent or caregiver
- Studies document improvement in child's trauma related symptoms
- Improvements documented in parent/caregiver's stress and parenting skills

# TF-CBT Process

- Psychoeducation and Parenting Skills
- Relaxation
- Affect Expression and Regulation
- Cognitive Coping and Processing
- Trauma Narrative
- In Vivo Mastery of Trauma Reminders
- Conjoint Child-Parent Sessions
- Enhancing Future Safety and Development

# TF-CBT Certification

## Training requirements:

- Licensed, master's level or above mental health professionals
- Completion of 10 hour web-based introductory course
- In person training conducted by a nationally approved trainer
- Follow-up consultation and supervision
- Pass TF-CBT Therapist Certification Test

# TF-CBT Certification Timeline

In person training:

- Two day training option, OR
- An approved “TF-CBT Learning Collaborative” at least six months in duration

Follow-Up Phone Case Consultation:

- Twice monthly for 6-12 months



# TF-CBT Fidelity

- Fidelity maintained by conducting all TF-CBT components in sequence
- Sequence should be completed within a reasonable time period
- Fidelity monitored with a self-report practice checklist

# TF-CBT in Iowa

- Certified therapists listed on the TF-CBT national registry:
  - Cedar Rapids, Ames, Council Bluffs, Iowa Falls, Anamosa, and Burlington
- Trained therapists are also practicing in other areas of the state