



ASSERTIVE COMMUNITY TREATMENT

the evidence-based practice

Implementation Guide

Facilitating Organizational Change

At-A-Glance



CENTER FOR EVIDENCE-BASED PRACTICES

& its Ohio Assertive Community
Treatment Coordinating Center
of Excellence

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www.centerforebp.case.edu/resources/tools/act-implementation-guide



	1.	2.
Stage of Change	Pre-Contemplation	Contemplation
Stage of Implementation	Unaware or uninterested	Consensus building



THE PROCESS



The five Stages of Change & Implementation outlined in this resource are designed to organize the process of implementing ACT and tracking your progress.

We encourage you to use this resource not as a procedural manual but as a guide to and checklist for your activities.

While some steps are essentially sequential, within a given stage there may be some variation to the order in which these steps are completed.

- A. Ask Important Questions**
 - What are my organization's current and desired outcomes for people with severe and persistent mental illness?
 - Are we achieving these outcomes? If not, why not?
 - Are there people in our organization who believe there is an evidence-based practice that can improve these outcomes?
 - Who in this organization might be willing to explore the benefits of ACT?
- A. Conduct a Needs Assessment**

Include your target outcomes for clients with severe and persistent mental illness
- B. Develop Awareness of Available Options**

What service models or approaches might improve outcomes for clients with severe and persistent mental illness?
- C. Identify Current Practices and Rationales**

Have you thought about doing things differently?
- D. Examine Your Mission, Values, Goals, and Vision**

Explore the alignment of your organization's mission, values, and goals with the ACT model
- E. Check It Out**

Learn more about the ACT model
- F. Explore and/or Engage Technical Assistance**
- G. Assess the Pros and Cons of Implementing ACT**
- H. Develop Informed Consent for ACT Model Implementation**
- I. Explore Concerns**

3.	4.	5.
Preparation	Action	Maintenance
Motivating	Implementing	Sustaining

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> A. Conduct a Readiness Assessment <input type="checkbox"/> B. Identify Financial Resources to Implement and Sustain the ACT Model <input type="checkbox"/> C. Define Your Implementation Rationale <input type="checkbox"/> D. Decide to Implement or Not <input type="checkbox"/> E. Find “Champions” of ACT in Your Organization <input type="checkbox"/> F. Identify Stakeholders in Your Community and Other Systems of Care <input type="checkbox"/> G. Develop Systems & Methods to Monitor Outcomes <input type="checkbox"/> H. Build Consensus for Implementation throughout Your Organization <input type="checkbox"/> I. Assemble a Steering Committee <input type="checkbox"/> J. Develop a Model-Based Implementation Plan
Include continuous quality-improvement processes (CQIP) <input type="checkbox"/> K. Develop a Structure for Clinical Supervision <input type="checkbox"/> L. Recruit a Team Leader | <ul style="list-style-type: none"> <input type="checkbox"/> A. Develop Eligibility, Continued-Stay, and Step-Down Criteria for Your ACT Services <input type="checkbox"/> B. Assemble the Multi-Disciplinary Service Team <input type="checkbox"/> C. Engage in Model-Based Consultation
Decide when to have initial fidelity assessment <input type="checkbox"/> D. Acquire ACT-Model Training and Integrate It into Services <input type="checkbox"/> E. Develop Competency in Engagement Skills <input type="checkbox"/> F. Begin to Collect and Report Outcomes Data <input type="checkbox"/> G. Conduct Initial Fidelity Assessment <input type="checkbox"/> H. Revise Your Model-Based Implementation Plan
Use the results of your initial fidelity assessment to guide the process <input type="checkbox"/> I. Continue to Educate and Train Stakeholders <input type="checkbox"/> J. Address Barriers to Implementation <input type="checkbox"/> K. Address Unintended Consequences | <ul style="list-style-type: none"> <input type="checkbox"/> A. Maintain Oversight <input type="checkbox"/> B. Monitor Fidelity <input type="checkbox"/> C. Monitor Outcomes <input type="checkbox"/> D. Continue to Network with Others <input type="checkbox"/> E. Provide Ongoing Training <input type="checkbox"/> F. Engage in Ongoing Consultation <input type="checkbox"/> G. Sustain the ACT Team |
|---|---|--|



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the evidence-based practice

ACT | Implementation Guide

Facilitating Organizational Change



RECOMMENDED CITATION

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www.centerforebp.case.edu/resources/tools/act-implementation-guide



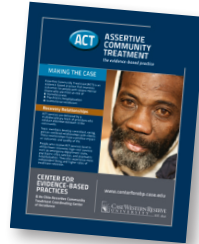
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OTHER RESOURCES

ACT | Making the Case

\$0 / Free PDF / This mini-poster introduces organizations to the benefits of implementing Assertive Community Treatment (ACT), the evidence-based practice. Use this resource to educate policymakers, community stakeholders, service providers, and advocates about the benefits of ACT services. Build consensus in your organization and community.

www.centerforebp.case.edu/resources/tools/act-making-the-case



ACT | Getting-Started Guide

\$0 / Free PDF / This 20-page booklet helps organizations prepare to implement Assertive Community Treatment (ACT), the evidence-based practice. This planning document is organized in 7 sections that include frequently asked questions about ACT, answers, recommended reading, and next steps for your organization.

www.centerforebp.case.edu/resources/tools/act-getting-started-guide



ABOUT ACT

Assertive Community Treatment (ACT) is an evidence-based practice that improves outcomes for people with severe mental illness who are most at-risk of homelessness, psychiatric hospitalization, and institutional recidivism.

www.centerforebp.case.edu/practices/act

The "stages of change" on pages 2 and 3 are based upon the following:

James O. Prochaska, John C. Norcross, Carlo O. DiClemente (1994). Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward. New York: Harper Collins.

The "stages of implementation" on pages 2 and 3 are based upon the following:

Dean L. Fixsen, Sandra F. Naoom, Karen A. Blase, Robert M. Friedman, and Frances Wallace (2005). Implementation Research: A Synthesis of the Literature. Tampa: University of South Florida, Loius de la Parte Florida Mental Health Institute, The National Implementation Research Network (FMHI Publication #231).

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