

Assertive Community Treatment

ISSUE 10 SPRING 2016

MO ACT NEWSLETTER

Hello from DMH

Burrell Behavioral Health :

Columbia TAY Team
Springfield Adult Team
Springfield TAY Team

Compass Health:

Nevada Adult Team
Raymore TAY Team

Family Guidance Center - St. Joseph

Ozark Center - Joplin:
Adult Team

Places for People

- St. Louis:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

St. Patrick Center - St. Louis

Teams pending Burrell - Columbia TAY MI/DD

Ozark Center—Joplin TAY

Hopewell—St. Louis TAY

As many of you know, *Assertive Community Treatment* is the only evidence based practice that contains other evidence based practices within it. The vocational specialist operates from the principles of *Supported Employment*. The substance use specialist operates from the *Integrated Treatment for Co-occurring Disorders* evidence based practice. Other team members or specialists operate from the principles of *Illness Management and Recovery*, *Family Psychoeducation* or *Permanent Supportive Housing*. Although fidelity reviews aren't performed within ACT teams for any of the other evidence based practices, other than ACT, it is still important that those designated specialists are trained, supervised and operated from the principles of their evidence based practice in the everyday work that they do. It is also essential that these team members cross train other team members on their evidence based practice in order for the team to pool their experience and knowledge. This helps make certain that people have the assistance they need, when it is needed and that the treatment provided is effective. If specialists are new

or need a refresher on the principles of their evidence based practice, technical assistance or training is available to you. We are also extremely fortunate to have national trainers available to us this year for our team leader face-to-face meeting. David Lynde, national expert on *Supported Employment/Supported Education*, and Susan Gingrich, national expert on *Illness Management and Recovery/Individual Resiliency Training*, are presenting information at the meeting this year. We are also arranging webinar/call-in capability so that other team members/specialists can call in and log on to take advantage of our time with the experts as well. Further details will be coming out soon. We thank you for all that you do and look forward to seeing you on May 4th.

To be added to the distribution list for this newsletter, please click to contact lori.norval@dmh.mo.gov requesting the addition of your email address.

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Resources



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<https://raiseetp.org/studymanuals/IRT%20Complete%20Manual.pdf>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Dartmouth Supported Employment Center

<http://www.dartmouthtips.org/>

Missouri Peer Specialist

<http://www.peerspecialist.org/peerspecialist1.0/default.aspx>

SSI/SSDI Outreach, Access and Recovery (SOAR)

<http://soarworks.prainc.com/>

Missouri Recovery Network

www.morecovery.org



2016 SPRING TRAINING INSTITUTE

June 2—3

Tan-Tar-A Resort in Lake of the Ozarks, MO

The Missouri Department of Mental Health's Spring Training Institute brings professionals together in the fields of substance use, mental illness and developmental disabilities to share evidence-based practices and to look ahead at the latest trends in these helping professions. There are two full days of presentations and workshops with 60 separate sessions that will broaden your knowledge and enhance the understanding of the critical services provided to the citizens of Missouri. Sessions will be grouped into subject matter tracks.

Missouri ACT is on the web!

<http://dmh.mo.gov/mentalillness/provider/act.html>



WELCOME NEW FACES AND TEAMS!

We want to welcome those individuals that have recently joined our ACT teams!

St. Patrick Center:
Annette Roach – RN

Family Guidance:
Katee Booth – CSS

Burrell Behavioral Health TAY Springfield
Kevin Lambert – Substance Use Specialist

Ozark Center TAY team:

Jacob Hefner – Team Leader/Substance Abuse Counselor (temp)

Sharon Mason – Peer Specialist

Roselyn Parks – Therapist

Gibril Sesay – Employment Specialist/CSS (temp)

Lauri Wasson-Woodward – Program Assistant

Eric Thomason-- PMHNP-BC, Medication Management Provider



ACT Tips & Tools of the Trade

The full ACT team can support employment goals for clients.

The team can increase interest and motivation in work by

**talking about work, stimulating thinking about work, and raising expectations to work in individual and group and formal and informal interactions*

with clients.

**Finding work opportunities for clients to boost their confidence and help them realize they can work and to determine their work interests and competencies.*

After gaining work experience clients often begin to

**Believe they can work*

**Successfully meet expectations that go with work*

**Feel a sense of accomplishment and belonging*

(taken from A Manual for ACT Start-Up, 2003 Ed.)

TEAM MEMBER SPOTLIGHT



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<http://dmh.mo.gov/men-talillness/transitio nageyouth.html>



Follow PACTwise team solutions' blog for interesting articles written by fellow ACT staff with over 30 year's experience in the field at: <https://pactwiseblog.com/>

Name: Angela Tornatore

Team: St. Patrick Center in St. Louis

Position: Mental Health Specialist

How long have you been on the team? I started as a practicum student in September 2013 and was ecstatic to become a mental health specialist the following February.

What is your favorite food? I eat any and everything, but I really love sushi and Pad Thai.

What is your favorite part about being on an ACT team? I appreciate learning from other team members. Everyone has different skills and strengths, and we help each other grow. It's nice to bounce ideas off others when you're struggling with finding an effective way to help a client. I also love how much we learn from our clients about resiliency and determination. It's amazing to watch clients succeed despite their struggles.

What is something you would like to share with other teams? As we all know, it's so important to focus on the successes rather than the setbacks. Even if the successes may seem small, really they are great achievements for our clients. I think a lot of us (including myself) sometimes forget how much of a difference we are making because we get caught up in the day to day tasks of our jobs. Think about how far your clients have come since you first met them, and don't forget to remind them of their strength and progress.



TMACT Corner

Does your team assume responsibility for providing dual disorder treatment to clients with little need for referring them to treatment outside of the team? Does this include systematic and integrated screening and assessment, interventions tailored to those in early stages of change readiness, outreach, motivational interviewing as well as interventions matching the later stages of readiness? Does the substance use specialist assume the majority of this treatment with support from the team? Is provision of dual disorder treatment reflected across treatment plans, progress notes and assessments as well as team meeting discussion? If so, your team could score high fidelity in this evidence based practice on scale item EP1.

You can receive ACT specific technical assistance from DMH. Contact Lori Norval, Lori Franklin, Kelly Orr or Susan Blume. They are happy to assist!

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Susan.Blume@dmh.mo.gov

Kelly.Orr@dmh.mo.gov

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**ANNUAL ACT
TEAM LEADER
MEETING**

May 4 10am-4pm
**Missouri Coalition
building 221 Metro
Dr., Jefferson City**

**Team leader face to
face meeting with na-
tional speakers David
Lynde and Susan Gin-
grich speaking on Sup-
ported Employment,
Supported Education
and
IMR/IRT**

*** Specialists will be able
to call in for webinar
sessions**

*** Clive Woodward pre-
sents ACT outcome data**

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**Synthetic Marijuana Lands Thousands of Young
People in the ER, Especially Young Males**

Since bursting on the scene a few years ago, synthetic marijuana (MJ)—often called “Spice” or “K2”—has become the second most popular illegal drug among American teenagers, after MJ. It is especially popular among teenage boys. Sometimes touted as a “natural,” “safe,” and (until recently) legal alternative to pot, this very *un-natural* class of designer chemicals has shown itself to be a dangerous threat. Thousands of teens and young adults, mostly young males, are ending up in emergency rooms with severe symptoms that may include vomiting, racing heartbeat, elevated blood pressure, seizures, or hallucinations.

**How Many Teens Are
Using Synthetic MJ?**

**In 2012, 11% of American high
school seniors used synthetic
marijuana in the past year.¹**



**11,406 ER Visits In 2010 Were Associated
With Synthetic MJ.²**

**75% were among adolescents
and young adults ages 12-29.**

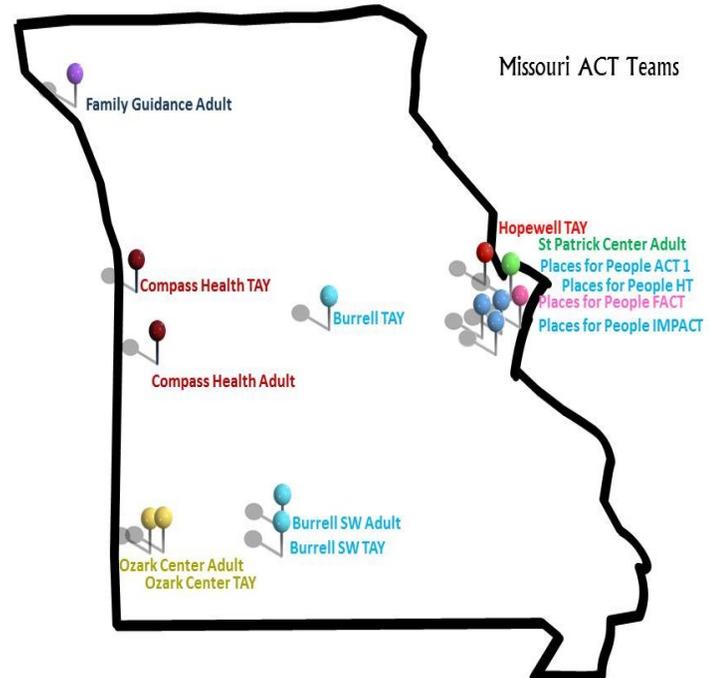
**22.5% of these visits
involved females, and
77.5% involved males.**



1. Monitoring the Future Survey, 2012; 2. Drug Abuse Warning Network, 2012

Missouri is becoming an epicen-
ter for synthetic marijuana use
with an alarming number of peo-
ple presenting in the emergency
departments with serious compli-
cations from use. Recently, a

number of deaths have occurred
from cardiac issues believed to be
a result of K-2 use or overdose.
The St. Louis area has been espe-
cially hard-hit this year. Read
more by clicking [here](#)



Missouri
 Assertive Com-
 munity Treat-
 ment Newsletter
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To access the free and downloadable **Supported Housing Toolkit** on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

[CLICK HERE](#)

Take the free **SOAR online training course** by visiting

<http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training>

Save the date!

August 21-23, 2016

**Real Voices, Real Choices Conference
 Tan-Tar-A Resort and Conference Center**

For questions email consumerconference@dmh.mo.gov

Or check the website at

<http://dmh.mo.gov/constituentservices/consumerconference.html>

ACT Networking

One of the important things about working on an ACT Team is being surrounded by other specialists and feeling that “teamness” in working alongside them. To further replicate this benefit, DMH has made an effort to connect specialists across the state with one another by offering networking conference calls. These calls link together specialists in each role and type of practice on the team. Networking calls are unique to Missouri ACT Teams and allow for information sharing, training, learning and access to specialists on other teams. Calls are set up by DMH and generally last an hour. Each call is by specialty: Team Leaders, Nurses, Mental Health Specialists/Therapists, Vocational Specialists, Substance Use Specialists, Program Assistants and Peer Specialists. The call agendas include introductions, announcements, hot topics and information sharing among the specialists. There is a selected topic for discussion based on current events in mental health or substance use which is covered for the remainder of the hour. The calls can be beneficial to teams in that they allow for critical information sharing in clinical practices, current events in mental health, training opportunities, education of team members’ roles as defined by the ACT Protocol, state code of regulations for ACT as well as the TMACT scoring protocol used to measure fidelity to the ACT Model in

Missouri. Team members can come away from the networking session with new information to apply in their jobs, share at team meetings, leads to find out further information or linkage with other teams/providers in the state. Scheduling of the calls can vary slightly around holidays, etc., but the day of the week and varying months are as follows most often:

Team Leaders—every 2 months on 3rd Monday from 11-12 pm

Nurses—every 2 months on 4th Tuesday 2-3pm

Mental Health Specialists/Therapists—every 3 months on 1st Friday 2-3pm

Vocational Specialists—every 3 months on 2nd Friday from 2-3pm

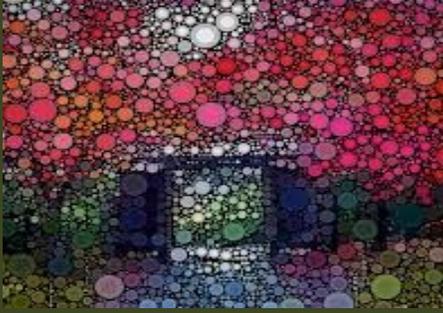
Substance Use Specialists—every 3 months on 4th Thursday from 2-3pm

Peer Specialists—every month but alternating on Monday or Thursdays from 1-2pm

Program Assistants—every 3 months on 3rd Friday from 10-11am.

Program Assistants and Team Leaders are cc’d per email regarding scheduling and a recap of the call is provided afterward for those who miss.

Be sure to take advantage of joining in networking with your co-workers. The time is a great opportunity to keep up to date, link up with your co-workers across the state and get positive affirmation about the great work you do!



Arts & Literature



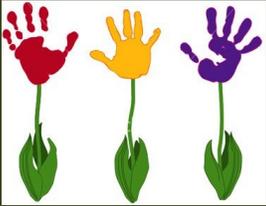
Expression



"Thank you for making me feel better in my head so I can be a good mother and a wife to my family".

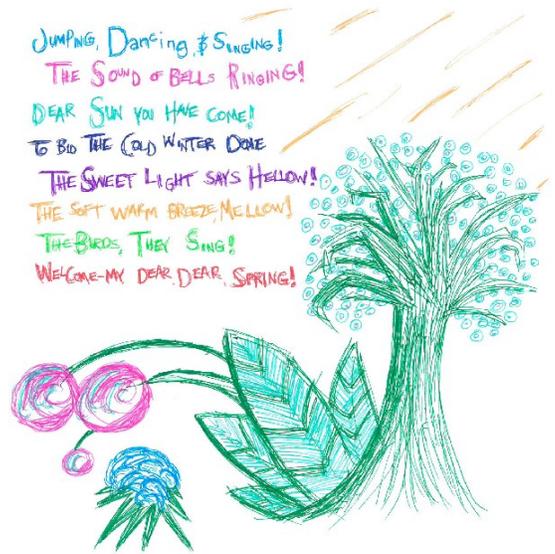
Pamela B.

Joplin ACT Team



Joe the Balloon Man
St Patrick Center

Creativity



JUMPING, DANCING, & SINGING!
THE SOUND OF BELLS RINGING!
DEAR SUN YOU HAVE COME!
TO BID THE (OLD) WATER DONE
THE SWEET LIGHT SAYS HELLO!
THE SOFT WARM BREEZE, MELLOW!
THE BIRDS, THEY SING!
WELCOME-MY DEAR, DEAR, SPRING!

..... YOU ALWAYS COME AGAIN MY, DEAR FRIEND