

Assertive Community Treatment (ACT) Best Practices

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What is Assertive Community Treatment?

Assertive Community Treatment (ACT) is a team-based behavioral health model of care designed to help people with severe mental illness live in the community, reach their self-identified goals, and improve their quality of life.



What is Program Fidelity to the ACT Model?

Practicing with fidelity to the ACT program model means teams are delivering services in a way that is 'true to' or aligned with the way ACT was intended to be delivered.

High-fidelity teams use practices & principles outlined in the model that have been shown to lead to good client outcomes.

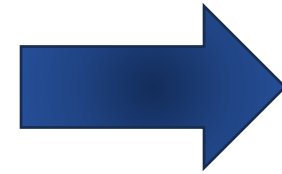
What does Fidelity to ACT Entail?



**Program Operations &
Structure**



**Core & Specialist Team
Staffing**



ACT Core Practices

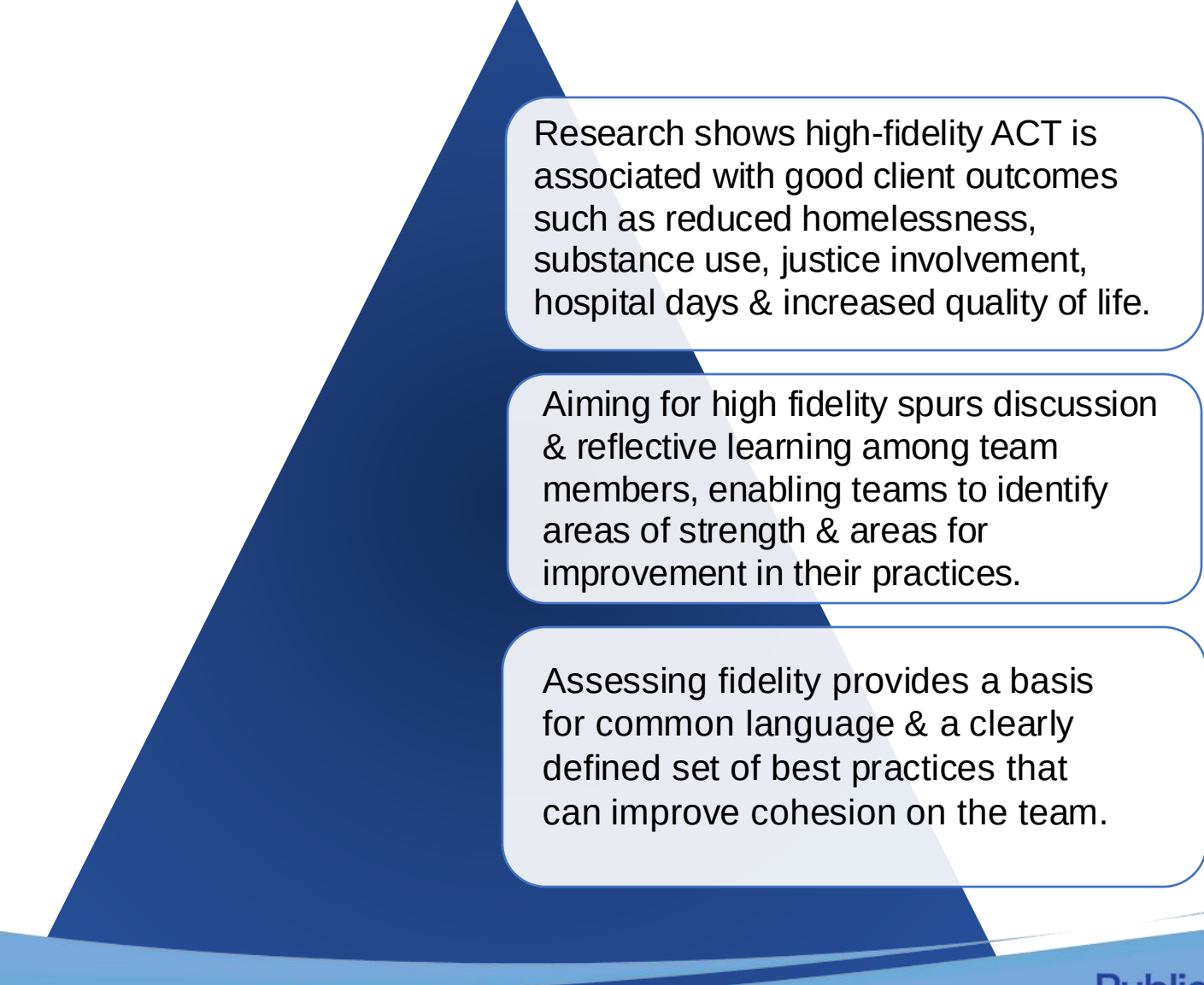


Evidence-Based Interventions



**Person-Centered Planning
Practices**

Why Aim for High ACT Program Fidelity?



Research shows high-fidelity ACT is associated with good client outcomes such as reduced homelessness, substance use, justice involvement, hospital days & increased quality of life.

Aiming for high fidelity spurs discussion & reflective learning among team members, enabling teams to identify areas of strength & areas for improvement in their practices.

Assessing fidelity provides a basis for common language & a clearly defined set of best practices that can improve cohesion on the team.

High-Fidelity ACT

Stefancic, A & Tsemberis, S., 2022. Applying Fidelity to FSPs to Enhance Services [PowerPoint Slides]



No ACT program is perfect!

- Can we understand in what areas the team faces challenges to high-fidelity practice?
- How do we support cross-learning within and across ACT programs to move towards greater fidelity?

Stefancic, A & Tsemberis, S., 2022. Applying Fidelity to FSPs to Enhance Services [PowerPoint Slides]



But, removing too many or essential components...



Stefancic, A & Tsemberis, S., 2022. Applying Fidelity to FSPs to Enhance Services [PowerPoint Slides]

How Do We Engage in a Fidelity Assessment in Our ACT Program?

- The Public Mental Health Partnership will be working with ACT teams in California to:
 - Assess teams' fidelity to ACT guidelines
 - Give individualized team feedback about strengths & areas for improvement to achieve high-fidelity
 - Provide training & technical assistance to support effective ACT implementation

Our partnership with ACT programs supports quality mental health care in California