

2008 Fact Sheet:

Program of Assertive Community Treatment (PACT) Teams

In 2006, the Washington State Legislature provided funding to develop 10 Program of Assertive Community Treatment (PACT) teams. These teams are part of a plan to transform the delivery of public mental health services in the state of Washington. The PACT teams are expected to reduce overall use of state psychiatric hospitals and improve client services.

What is PACT?

PACT is a nationally proven alternative to long-term hospitalization for individuals with severe and persistent psychiatric disabilities. This includes people with co-occurring substance abuse disorders. PACT services include a holistic approach to treatment that involves professionals in mental health, physical health, substance abuse, housing, and employment with:

- Low staff-to-client ratio (1:10)
- Services delivered in the person's home (at least 75%)
- 24/7 availability of staff support

What is the status of PACT Implementation?

- Nine Regional Support Networks (RSNs) have received PACT funding
- Licensed Community Mental Health Agencies are under contract to provide PACT services
- Regional teams began statewide enrollment in 2007
- 240 consumers were enrolled by January 2008
- PACT will serve a maximum of 800 consumers
- Between Sept. 2008 through Oct. 2009, four State Hospital wards are projected to close due to PACT success

What key steps have been completed?

- Two experts have been hired by the Mental Health Division (MHD) to lead implementation and ensure continued performance
- MHD partnered with Washington Institute for Mental Health Research and Training (WIMHRT) to develop team training and customize national PACT Program Standards for Washington State
- Training and ongoing technical assistance was provided to all 10 PACT teams and RSNs

- A *fidelity tool* was developed to assess whether teams' programs are being implemented as intended
- Fidelity reviews have been completed for the seven western PACT teams

What is fidelity and why is it important?

- Fidelity refers to whether a program is being implemented according to standards
- Research demonstrates high fidelity PACT programs have more successful outcomes

What strengths were identified through the fidelity reviews?

- Washington State PACT teams were advanced compared to other states' during the start-up phase
- The average score was 3.7 out of a 5
- Consumers interviewed were very satisfied with PACT team members and services
- All teams met the standard for providing services to consumers in their homes
- All teams targeted consumers who use state or community hospitals, emergency rooms, or were in jail
- PACT teams found resources such as housing vouchers through competitive bidding

What are future challenges?

- Recruitment and retention of qualified prescribers, nurses, mental health professionals, and chemical dependency professionals
- Secure adequate, safe, and affordable housing for PACT consumers
- Help consumers secure long-term employment
- Assist consumers with substance abuse recovery

What are the next steps?

- Complete baseline fidelity reviews for eastern PACT teams in February and March 2008
- Follow-up fidelity reviews will be conducted every 6 months for all teams
- Provide training & technical assistance on co-occurring disorder treatments and supported employment
- Review, analyze, and report client outcome data
- Analyze the impact on state & community hospital use