


Fidelity and Recovery: How Are Ontario ACT Teams Doing?

Lindsey George, MD¹
 Sean A. Kidd, Ph.D.¹
 Maria O'Connell, Ph.D.²
 John Sylvestre, Ph.D.³
 Helen Kirkpatrick, RN, Ph.D.⁴
 Gina Browne, RN, Ph.D.⁴
 Larry Davidson, Ph.D.²
 Adefoyope Oduyungbo, Ph.D.(candidate)⁵

1-McMaster Department of Psychiatry
 2-Yale Department of Psychiatry
 3-University of Ottawa Department of Psychology
 4-McMaster School of Nursing
 5-McMaster Department of Clinical Epidemiology and Biostatistics




Assertive Community Treatment

- Large evidence base on effectiveness in supporting people with serious mental health issues to live successfully in the community
- Intensive community follow up
- Reduce long stay or repetitive hospitalizations
- Improve community integration
- Recovery: Each persons opportunity to live a meaningful and fulfilling life while managing a long term mental health problem




ACT in Ontario

- One of the largest providers of ACT services in the world
- 67/79 teams participated
- Fidelity (are ACT teams doing what ACT teams are expected to do)
- Outcomes (hospitalization, housing, employment, legal involvement)
- Recovery orientation (clients, family members, ACT staff and managers)




Recovery

- Are clients involved in their own care?
- Are services provided that address client's life goals?
- Are services individualized to client's personal recovery goals?
- Is there a range of options provided by the team and do people feel they have choice?
- Is there a respect for client rights and choice (are services non-coercive)?




Recovery: Key Findings

- Overall clients, family members, staff and managers rated recovery orientation as quite high, suggesting most ACT teams have embraced the concept of recovery
- Areas for improvement:
 - Individualized services
 - Diversity of treatment options
 - Consumer involvement



Fidelity: Key Findings

- Overall fidelity is high across teams in Ontario
- Areas for improvement
 - Capacity and continuity of staffing
 - Recruitment of peer specialists, vocational specialists, psychiatrists, addiction specialists
 - Provision of integrated substance abuse services for people with alcohol and other substance abuse problems



Policy Findings

- Outcomes are no different across different types of sponsoring organizations
- Teams with high staff to client ratios are no different in achieving good client outcomes as those with low ratios. Ontario targets of 1:10 (8) should be met.
- 24/7 coverage can be provided through agreements with crisis services without jeopardizing outcomes. Money saved by ACT teams can address other relative weaknesses such as substance abuse treatment and employment.
- Tracking individual client level outcomes will improve the ability to evaluate the effectiveness of ACT. Current MOHLTC data is limited in what it can tell us about client outcomes.

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