

**Virginia's Programs of
Assertive Community Treatment (PACT)
PACT Outcomes**

**Michael Shank, Director
Community Support Services
DMHMRSAS**

**Women In Government (WIG)
Mental Health Task Force Meeting**

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PACT is a self-contained clinical team that:

- Assumes responsibility for directly providing needed treatment, rehabilitation, and support services to identified clients with severe and persistent mental illnesses.
- Minimally refers clients to outside service providers.
- Provides services on a long-term care basis with continuity of caregivers over time.

PACT is a self-contained clinical team that:

- Delivers 75 % or more of the service visits outside program offices.
- Emphasizes outreach, relationship building, and individualization of services.
- Has a minimum of 10 FTE clinical staff persons, one program assistant, and a psychiatrist.
- Has no more than 10 clients to one clinical staff member.

PACT Outcome Monitoring

- Virginia's PACT has been collecting client-level data since July, 2000
- We keep track of :
 - Demographic and diagnostic information
 - Hospital episodes (local and state)
 - Housing (types of residence, number of moves)
 - Criminal Justice involvement (arrests, jail)
 - Employment (PT or FT jobs)

PACT Consumers in FY2008

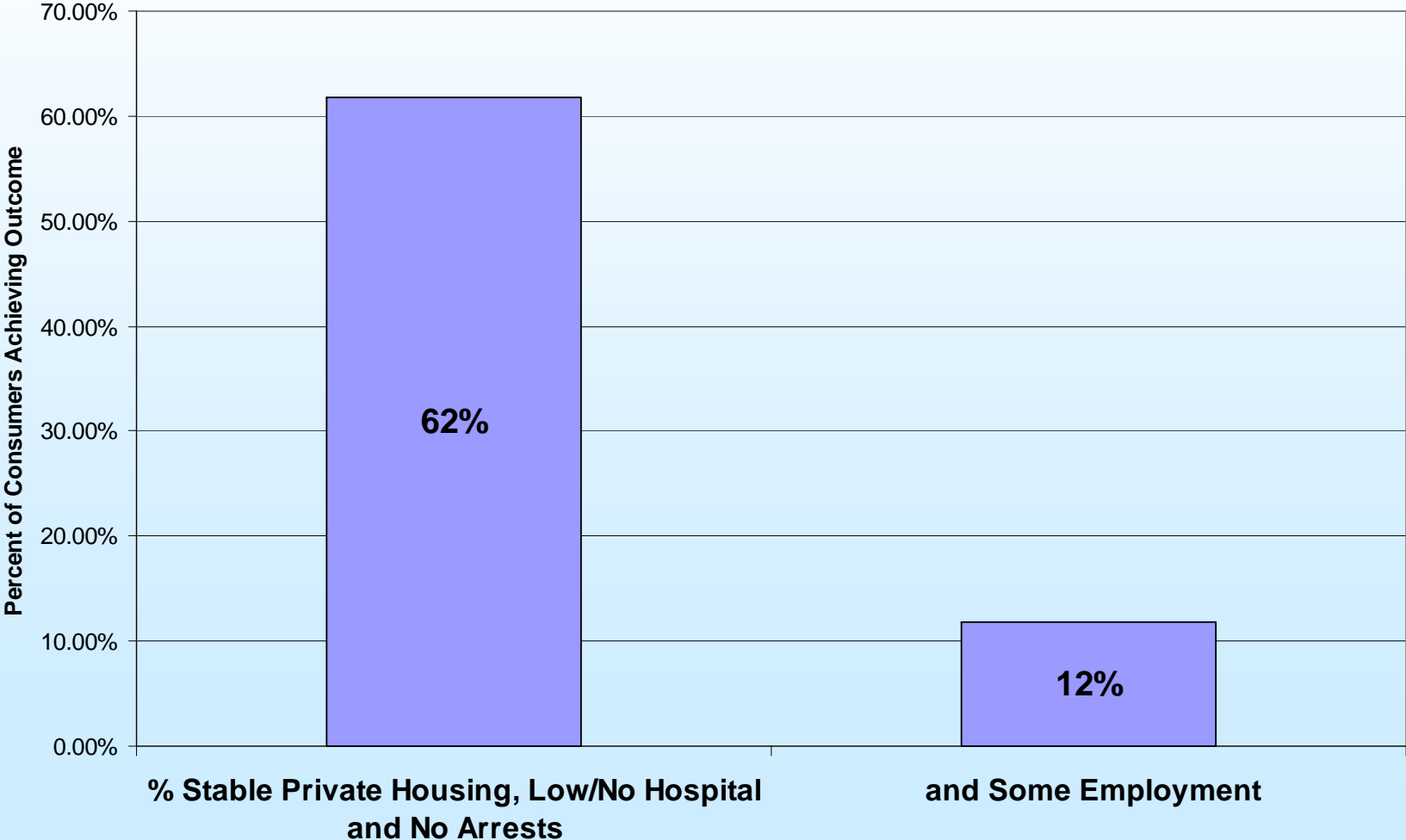
- N=1,605 served in FY08
- Average age – 46 years old
- 56% male; 44% nonwhite
- 71% had a previous State Hospital history,
 - 5 previous admissions and 569 bed days on average
- 77% diagnosed with Schizophrenia
- 42% Dx with co-occurring substance abuse
- 26% Dx with co-occurring medical problem

PACT Outcomes in FY2008

- **Use of state hospital beds was reduced by 69%.**
 - As compared to equal time period pre-PACT
 - The equivalent of 83 year-round hospital beds
- **86% had stable housing**
 - (only one or two places all year and no homelessness).
- **89% lived in private households.**
- **93% had no arrests.**
- **16% had some employment experience.**

FY08 PACT Combined Outcomes

**FY08 PACT Outcomes
(N=1,605)**



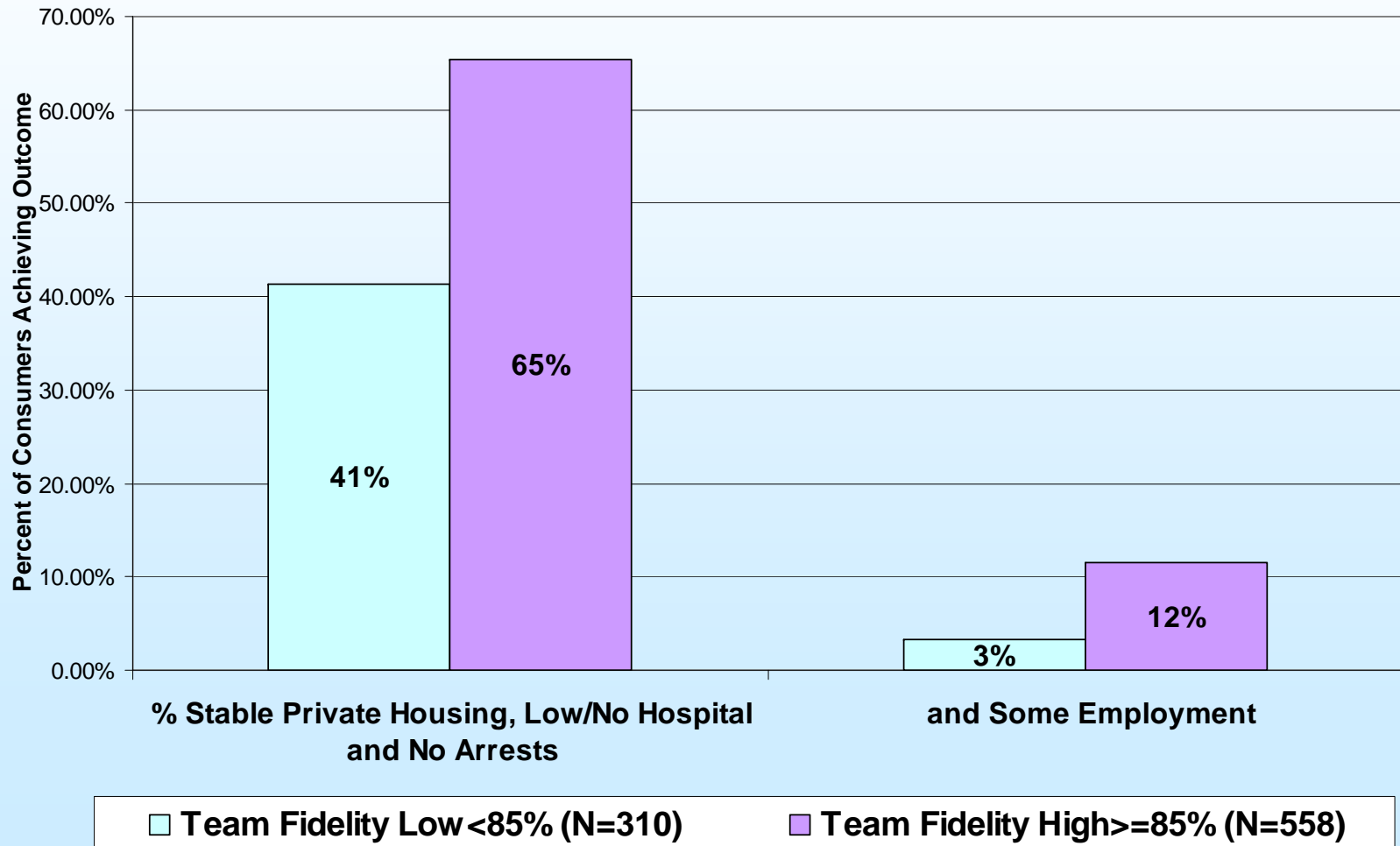
Fidelity to the Model matters

PACT staff fidelity measure

- *Virginia PACT Teams should include:*
- a team leader,
- three nurses,
- five or more clinicians (half of whom hold a master's degree), including a vocational specialist and a substance abuse specialist,
- a peer counselor,
- plus psychiatry (avg. 20 minutes per client each week)
- *(if all staffing items are met all year; score = 100%)*

FY08 Urban PACT Success Rates

Urban PACT Outcomes by Team Fidelity Level
(n=9 Teams, 868 consumers)



ACT as a Targeted Service

- Virginia's ACT Program is targeted by the State Legislature to discharge State Hospital patients:
 - *“Out of the appropriation for this Item, the department shall initiate statewide Programs of Assertive Community Treatment (PACT) to provide services to adults with serious mental illnesses in the community, in order to reduce hospitalizations.”*
- ACT services can also be targeted to homeless individuals to reduce hospitalizations.

Study of CSB Consumers '03-'05 (with subset found in local HMIS database)

- **Housed** (n=19,273)
 - **Percent Admitted to Hospital**
 - FY 2003 7.9%
 - FY 2004 13.4%
 - FY 2005 9.5%
 - **Avg. Admissions per Consumer**
 - FY 2003 .16
 - FY 2004 .24
 - FY 2005 .17
 - **% High Annual Admissions (3+)**
 - FY 2003 1.7%
 - FY 2004 2.3%
 - FY 2005 1.7%
- **Homeless** (n=1,001)
 - **Percent Admitted to Hospital**
 - **FY 2003 22.5%**
 - **FY 2004 33.6%**
 - **FY 2005 27.4%**
 - **Avg. Admissions per Consumer**
 - **FY 2003 .63**
 - **FY 2004 .87**
 - **FY 2005 .74**
 - **% High Annual Admissions (3+)**
 - **FY 2003 8.6%**
 - **FY 2004 10.7%**
 - **FY 2005 10.3%**

3X ↑

4X ↑

5X ↑

Odds Ratio - Homelessness : High Psych Hospital Admits > 6:1

PACT is Cost-Effective

2001 Study of State Hospital bed day savings

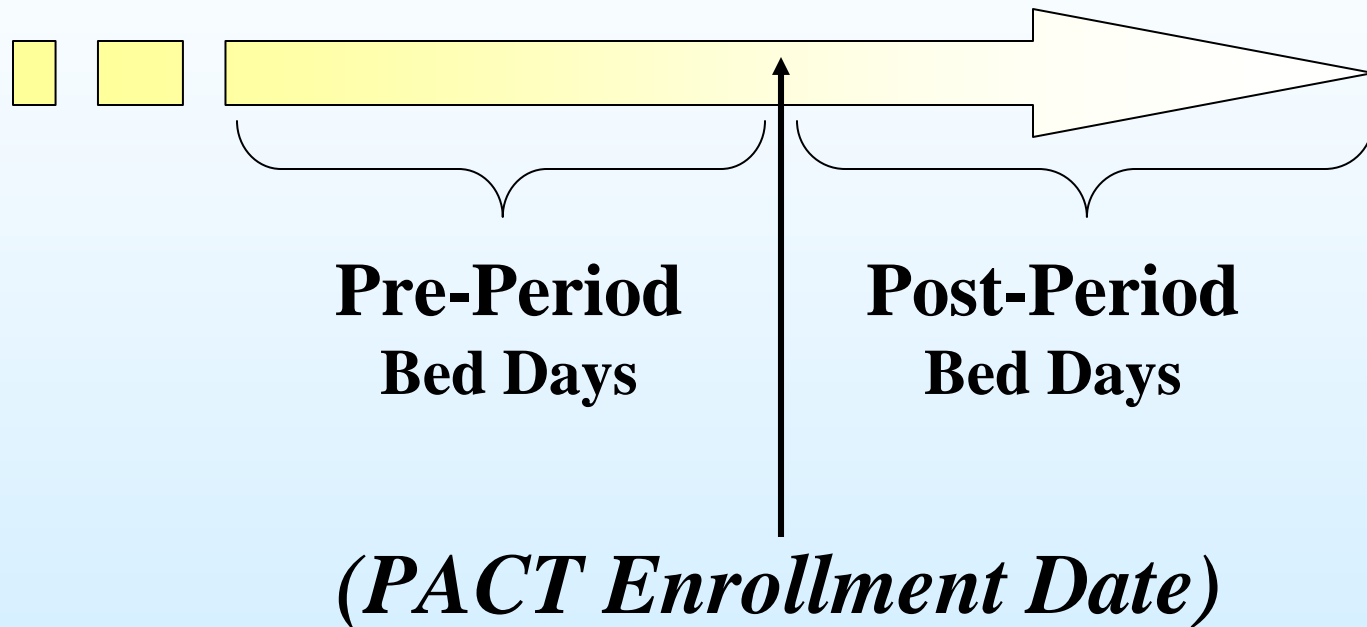
- Are there other discharged State Hospital patients who look similar to PACT consumers?
- Have they been rehospitalized?
- If so, how do their rehospitalization rates compare to PACT consumers ?

2001 PACT Study

Matched Pair Comparisons ($p < .01$)

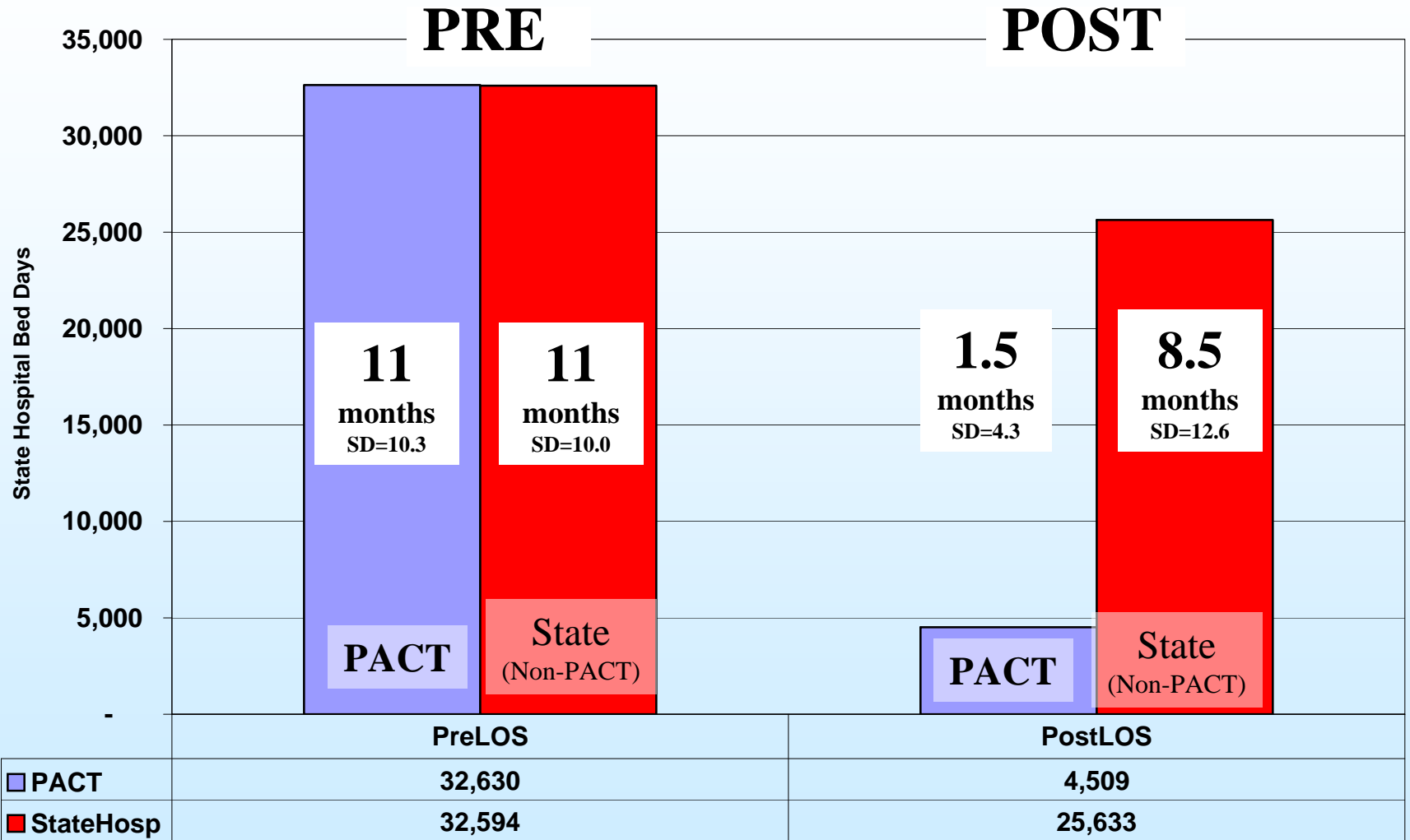
- | <u>PACT (n=101)</u> | | <u>State Hospital (n=101)</u> | |
|---|------|---|------|
| • Age | 44.2 | • Age | 44.7 |
| • Non-White | 67 | • Non-White | 64 |
| • Male | 58 | • Male | 64 |
| • Schizophrenia Dx | 89% | • Schizophrenia Dx | 90% |
| • Substance Abuse Dx | 55% | • Substance Abuse Dx | 60% |
| • Lifetime in State
Hospital = 43 months | | • Lifetime in State
Hospital = 42 months | |

PACT Pre-Post Bed Day Measures



Matched Pair Outcomes - *Bed Days*

PACT/State Hospital Sample Pre-Post Bed Days Comparison

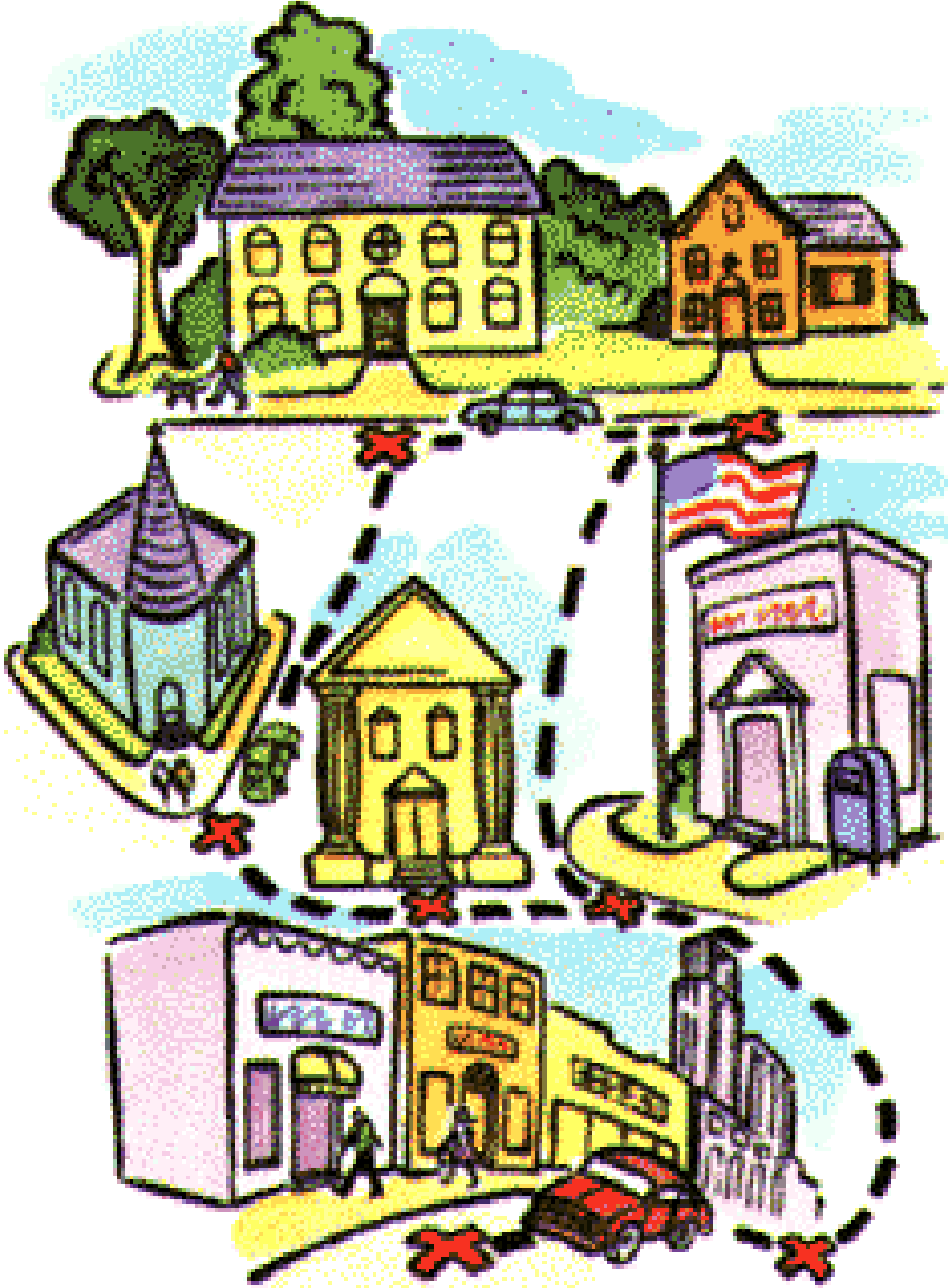


2001 PACT Study Conclusion

- **State hospital stays are four times longer for non-PACT consumers than for PACT consumers** with similar demographic/diagnostic characteristics and previous hospital histories.

Or

- **75% of the reduction in state hospital stays post-PACT enrollment is due to PACT** as opposed to “services as usual.”



**Programs
of
Assertive
Community
Treatment
PACT**