

ACT FIDELITY IN IOWA

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IOWA
HEALTH CARE

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AGENDA

Why Fidelity?

ACT Fidelity in Iowa: Results

ACT Fidelity in Iowa: Takeaways

LEARNING OBJECTIVES



Discuss the rationale for fidelity reviews



Summarize patterns of high and low fidelity items for teams in Iowa



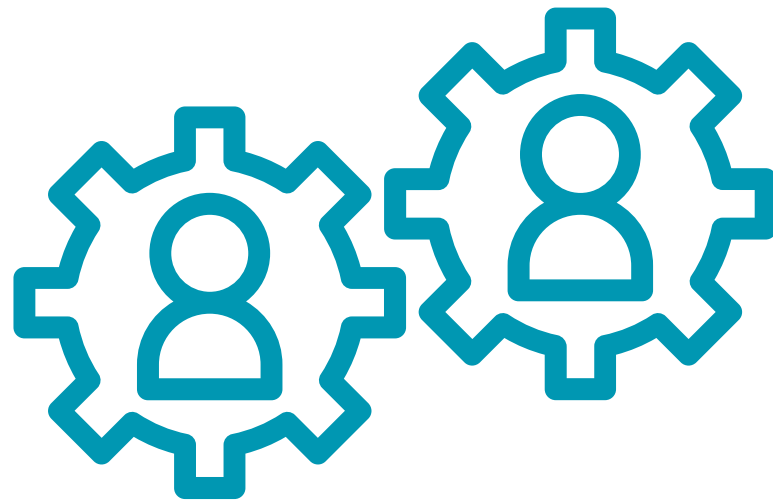
Identify areas for opportunity and advocacy

ACT within the CEBH:

What We Do and Why



**Training &
Engagement**



**Technical
Assistance**



**Fidelity
Reviews**



Advocacy !

Fidelity: What and Why?

- Fidelity = the extent to which an intervention is delivered as conceived and planned.
- **Research consistently demonstrates that higher fidelity to the ACT model produces better outcomes**
- Two fidelity measures have been developed and in widespread use: DACTS and TMACTS

ACT Fidelity: Development of a Measure

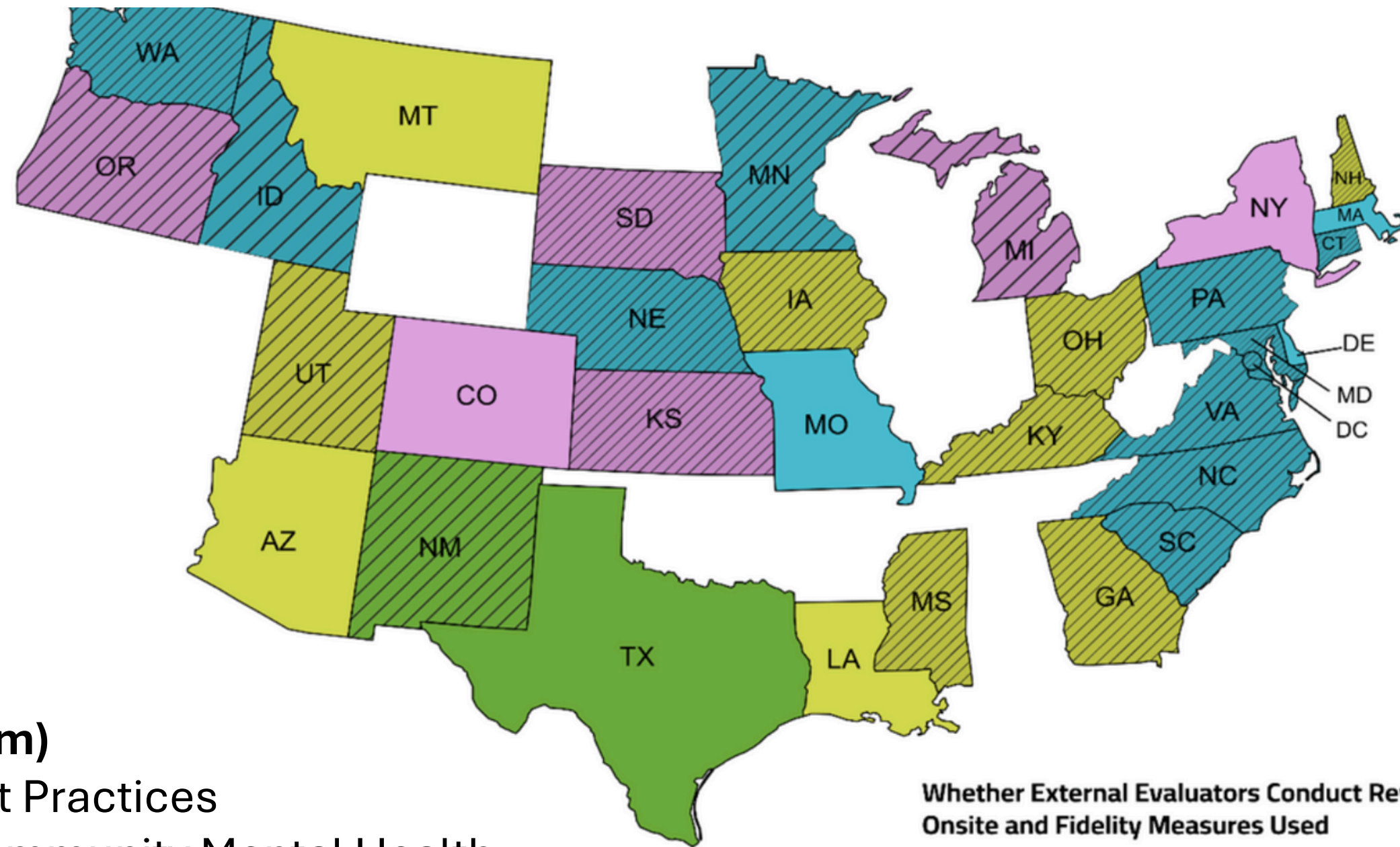
Dartmouth ACT Scale (DACTS)

- 1998 (revised 2016)
- 3 subscales
- 28 items
- In-person; six hours

Tool for Measurement of ACT (TMACT)

- 2011
- 6 subscales
- 47 items
- In-person; two days; eTMACT

ACT Fidelity Tools and Onsite Reviews in U.S.



***From Lorna Moser (& team)**

Director of Institute for Best Practices

Center of Excellence for Community Mental Health

Dept of Psychiatry, Univ of North Carolina School of Medicine

<https://www.institutebestpractices.org/>

**Whether External Evaluators Conduct Reviews
Onsite and Fidelity Measures Used**

- Yes - DACTS/ACT Fidelity Scale (SAMHSA) (yellow with diagonal lines)
- No - DACTS/ACT Fidelity Scale (SAMHSA) (yellow)
- Yes - TMACT (light blue with diagonal lines)
- No - TMACT (light blue)
- Yes - DACT and TMACT (green with diagonal lines)
- Uncertain - Both DACTS and TMACT (green)
- No - Other Tool (pink)

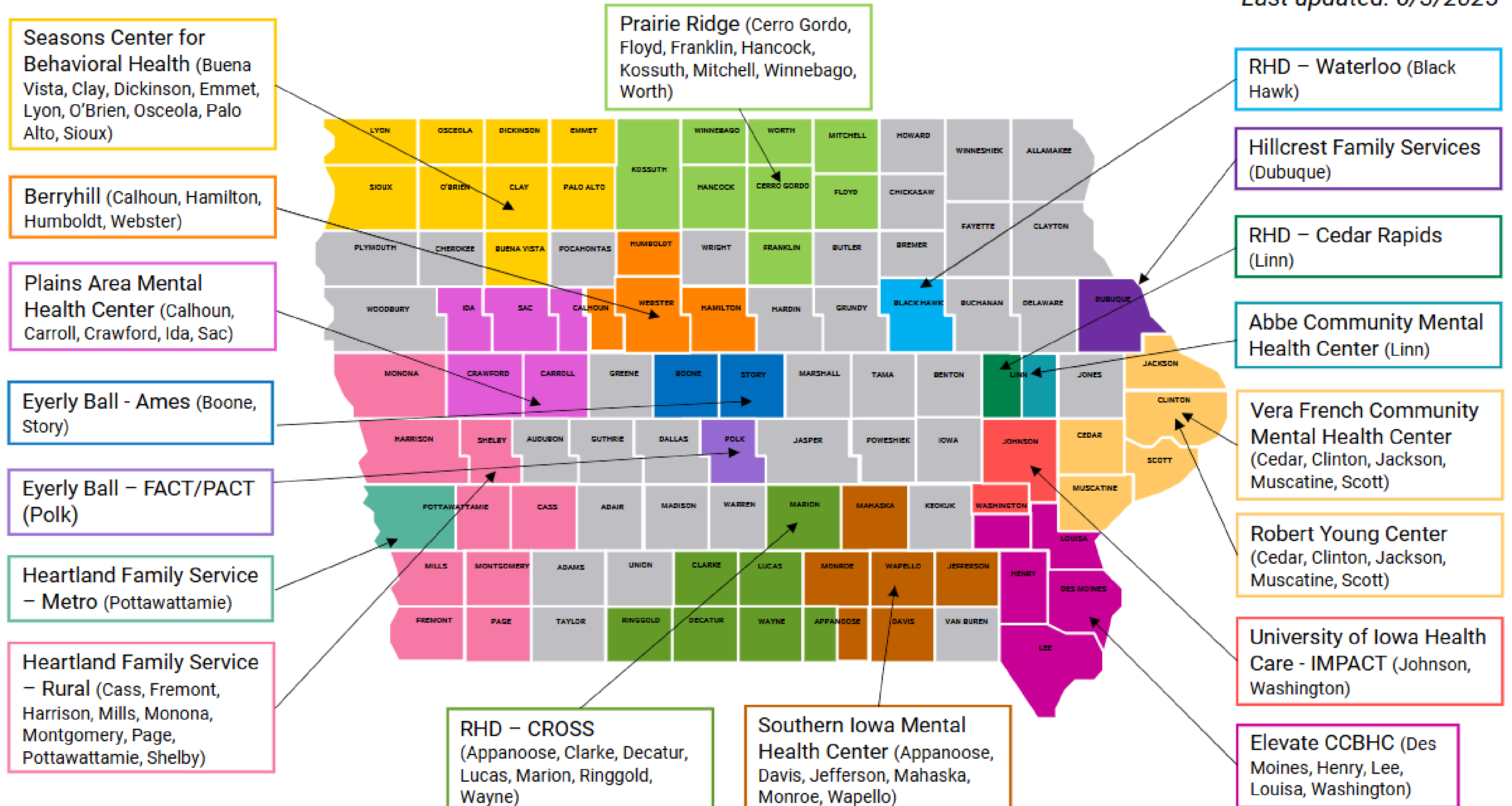
Fidelity Reviews: IOWA

- What's the process like?
- Frequency
- Report:
 - What's going well?
 - What could be improved?
- Areas for advocacy



ACT Coverage in Iowa*

**Coverage may be partial
Last updated: 6/3/2025*



IMPLEMENTATION RATINGS

Good: 113-140

Fair: 85-112

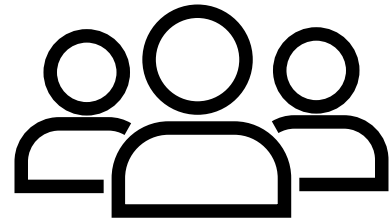
**Not ACT: 84
and below**

7 teams

10 teams

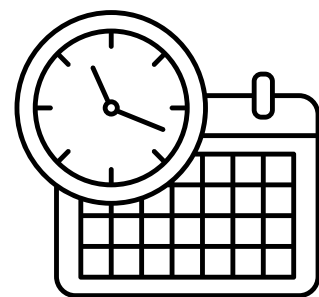
0 teams

WHAT'S GOING WELL



Small caseload (10:1 ratio)

- *14 teams are at 10:1*
- *3 teams are at 11-20:1*



Time-unlimited services

- *Clients on all 17 teams graduate at a rate of <5% annually*

WHAT'S GOING WELL

Community-based services

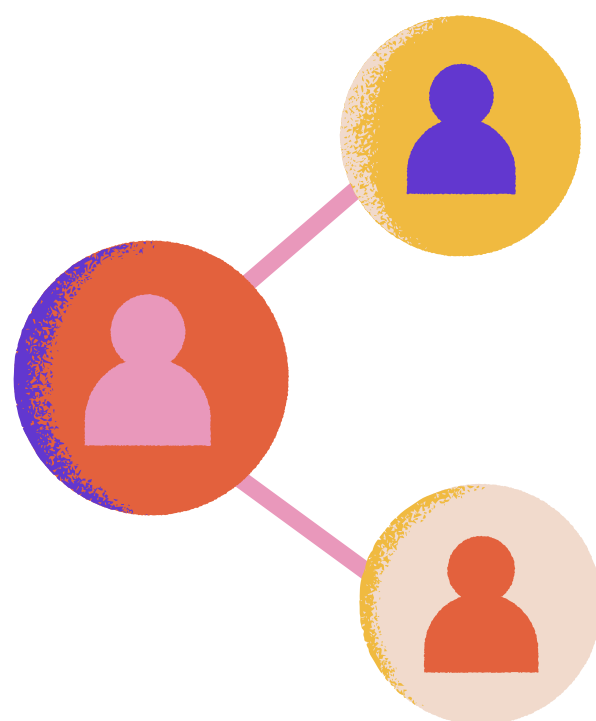
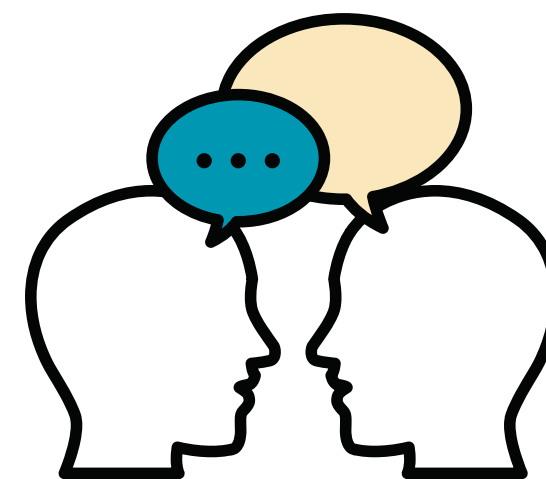
- *Majority of teams providing >80% of services in the community*



WHAT'S GOING WELL

Daily team meeting

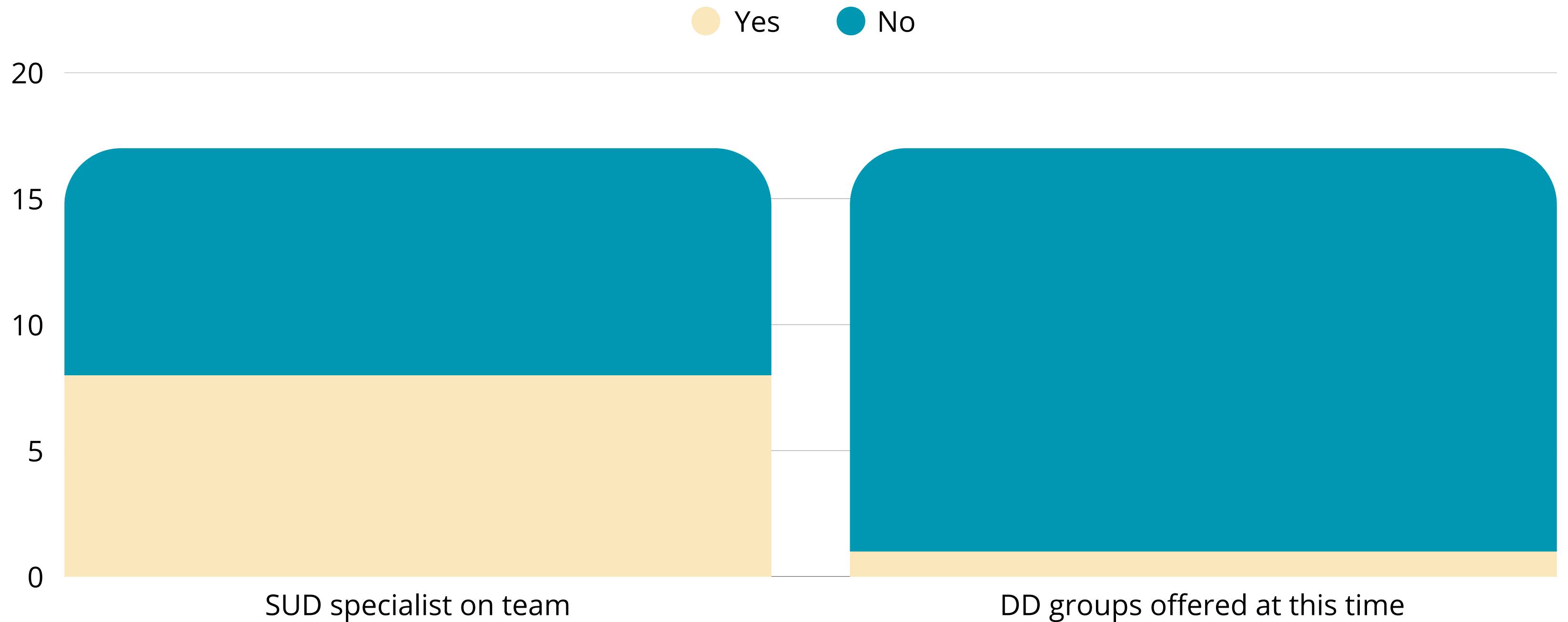
- *All teams meet 5 days per week*



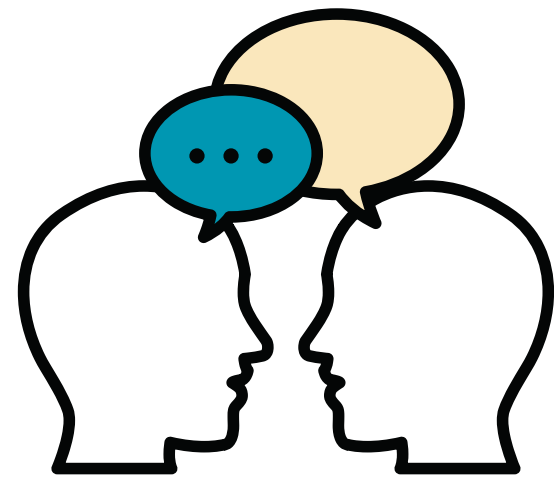
Assertive engagement mechanisms

- *Using an assertive engagement protocol*

AREAS OF OPPORTUNITY



AREAS OF OPPORTUNITY

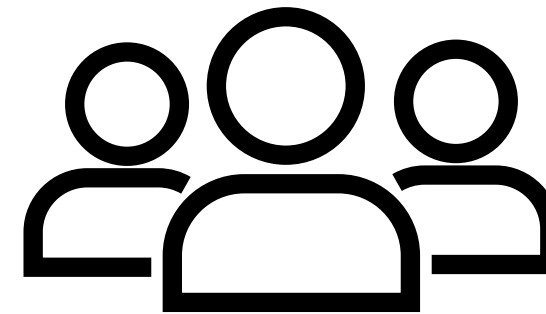


- **Frequency of Contact**

- Average of 1.00-1.99 face-to-face contacts per week per client

- **Staff capacity**

- High vacancy rate



WHAT WE'VE LEARNED

(NON-DACTS ITEMS)



- **Housing crisis**
 - Clients experiencing homelessness and housing insecurity
- **ACT program vehicles**
 - Staff satisfaction and patient care



Reflections and next steps

Every team is a work in progress.

- **Workforce** - Address “staff satisfiers”: program cars, flexible schedules, teambuilding, advancement, continuing education
- **Housing: significant barrier.** PSH high return on investment!
- Best practices for substance abuse approaches not fully **implemented** - motivational interviewing, MAT, groups
- **“Back to Basics”** - Some DACTS items (frequency of contact) should improve when teams better understand basic ACT principles: shared case management and treatment planning

QUESTIONS

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References

Substance Abuse and Mental Health Services Administration: Maintaining Fidelity to ACT: Current Issues and Innovations in Implementation. SAMHSA Publication No. PEP23-06-05-003. Rockville, MD: National Mental Health and Substance Use Policy Laboratory. Substance Abuse and Mental Health Services Administration, 2023.

<https://library.samhsa.gov/sites/default/files/pep23-06-05-003.pdf>