

PACT Team Expansion

Purpose

The Legislature provided funding to increase capacity for PACT team services designed to keep individuals with a high risk for hospitalization in their communities. In FY 2020 the Legislature provided for three new full teams and two half teams. In FY 2021 they will provide funding for additional teams.

Overview of PACT Teams

Program of Assertive Community Treatment (PACT) is an evidence based practice which when adopted to fidelity, provides a cost effective method of service delivery to reduce hospital, emergency services, and jail utilization. PACT teams are a multidisciplinary team that serve people with severe mental illness who frequently need psychiatric care or other crisis services. PACT teams come in different sizes but every PACT team provides care 24/7 and consist of:

- A psychiatric prescriber
- A team leader
- Registered nurses
- Master's level mental health professionals
- Substance use disorder professional
- Vocational and housing support
- Peer supports

PACT teams bring their support to the client where they live. This includes taking medication to the client and transporting them to support their recovery and promote independence. The teams will work the individual to build skills and work to graduate to a lower level of care.

Full PACT teams support up to 100 individuals and half teams support up to 50 individuals. Specific fidelity standards are supported by annual fidelity reviews, technical assistance, and ongoing training for the teams. Teams are limited in the number of

new clients they may accept each month in order to establish rapport and stability with each new client.

Current PACT teams and Needs

There are currently 14 PACT teams in Washington: 10 full teams and four half teams. They serve about 1200 individuals with severe mental illness across the state.

Using an estimation method called the Cuddeback method¹ which estimates that .6% of the adult population with severe mental illness, the University of Washington approximated there are possibly 3,400 individuals in Washington who could benefit from PACT a shortfall of 2,200 from current levels.

Statewide Expansion

To begin bridging this gap, the Legislature made an appropriation in the operating budget ESHB 1109, Section 215 (4) for the HCA to stand up three full and two half teams in FY 2020 and more teams planned for FY2021. This is intended to increase the capacity to serve individuals in their community and keep them out of the state hospitals, increasing capacity to serve 700 more individuals.

Selection of the first teams will occur in November 2019 and startup funds will be provided to these teams to assist in hiring their team and training will be provided to each team so services can start January 1, 2020.

For more information

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¹<https://ps.psychiatryonline.org/doi/pdf/10.1176/ps.2006.57.12.1803>