On this call, Helle Thorning was joined by Luis Lopez to discuss engagement strategies and tools for ACT Family Specialists. The tools talked about on this call included the Cultural Formulation Interview, Value Clarification Exercise, and Decisional Balance Exercise. The discussion was introduced through the “ACT & The Transitional Practice Framework” visual chart, which depicts the fact that “ACT is one service on a continuum of care on the road to recovery.” This visual chart provides 3 dimensions: 1. Engaging consumers, 2. Managing Wellness, and 3. Integrating with the Community. Also, a supervision checklist for ACT Family Specialists was provided to highlight the importance of supervision and some topics to consider.

Moreover, the discussion continued with the suggestion of giving the ACT Participant choices: Family involvement begins with a conversation with the ACT Participant. Some challenges that were brought up included the fact that some participants have limited to no relationships with their families. However, it was explained that literature is clear about the fact that people do better when they are connected to other people, so the definition of “family” doesn’t have to fit conventional norms. The three key tools provided: Cultural Formulation Interview, Family Decisional Balance Worksheet, and Family Values Clarification Exercise- would be able to aid and engage participants in connecting with others.

We invite you to join us in continuing the conversation about Family Engagement Strategies during Part Two: How to Move Beyond NO on the next ACT Family Specialist Clinical Care Call, Friday, February 21st from 11:30 AM - 12:30 PM

Please contact ACT Institute at ACT_inst@nyspi.columbia.edu or Helle Thorning at Helle.Thorning@nyspi.columbia.edu if you have any further questions.

We look forward to your participation.