Assertive Community Treatment, or ACT, is a way of delivering a full range of services to people who have been diagnosed with a serious and persistent mental illness. The ACT team’s goal is to give consumers comprehensive, locally based community care and to help them have a life that isn’t dominated by their mental illness. ACT Services are based on the principles of recovery and person-centered practice and are individually tailored to meet the needs of the consumer. The ACT Team utilizes a multi-disciplinary team approach that provides highly individualized services directly to the consumer in the community.
**HOW THE ACT TEAM WORKS**

- **A Multi-Disciplinary Team Approach:** All services are individualized and provided directly by the ACT Team. Team members can consist of a supervisor, psychiatrist, nurse, case managers, and a peer support specialist.
- **Community-based Services:** ACT provides services in consumers' homes, workplaces, and in other community settings where support is needed.
- **Personalized Care:** ACT provides a smaller staff to consumer ratio than traditional case management. All consumers are discussed daily at a team meeting to ensure coordination of care.
- **Long-term Services:** The ACT team provides consumers with services and supports for as long as needed.
- **Continuous Care:** All ACT team members work regularly with each consumer.
- **Flexible Care:** ACT team members fit their schedules around the needs of the consumers.
- **Comprehensive Care:** The ACT team provides an array of services including psycho-educational services, psychiatric, substance abuse services, Individual Therapy, Supported Employment, Housing Assistance, and Community Inclusion.
- **As Needed:** ACT services are available 24/7 to handle emergency situations.

**PERSONS SERVED BY ACT**

Individuals with serious mental illness who have a history of:

- High use of psychiatric hospitalization and/or crisis stabilization
- Severe functional impairments, due to their illness
- Not responding well to traditional outpatient mental health care
- Need for a well-coordinated and integrated package of services to avoid hospitalization
- Co-existing problems such as homelessness, substance use disorders, legal involvement, and health issues

**ACT SERVICES ARE...**

- Provided to people who without ACT would not be able to live in the community.
- Not appropriate for primary diagnosis of Personality Disorders, Substance Use Disorders, or Intellectual or Developmental Disorders.
- Provided for people who are demonstrating severe psychiatric symptoms that are impairing the person’s ability to function independently and whose symptoms impede the return to normal functioning as a result of their diagnosis. Areas of impairment may include:
  - Maintaining, or having interpersonal relationships, with family and friends
  - Accessing and needing mental health and physical health care
  - Performing activities of daily living or other life skills
  - Managing medications without ongoing support
  - Maintaining housing
  - Maintaining recovery to meet the challenges of a co-occurring substance use disorder
  - Encountering difficulty in past or present progress toward recovery despite participating in long term or intensive services
  - Avoiding arrests and navigating the legal system and transitioning back to the community due to their mental health illness