

ACT

Assertive Community Treatment

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Knowledge Informing Transformation

Evidenced-based treatment works



*Delivering integrated services to people
with serious mental illnesses*

What is Assertive Community Treatment?

Assertive Community Treatment, or ACT, is a way of delivering a full range of services to people who have been diagnosed with a serious mental illness. ACT's goal is to give consumers adequate community care and to help them have a life that isn't dominated by their mental illnesses.

How does ACT help consumers?

With ACT, consumers get help taking care of their basic needs—taking medications, getting up, and getting through the day. ACT teams work closely with consumers to see which medications work best for them. They help consumers find housing, apply for food stamps, go back to school, or get a job.

With ACT, consumers benefit most because they are hospitalized less often and have more stable housing.

How does ACT work?

- **A team approach** Psychiatrists, nurses, mental health professionals, employment specialists, and substance-abuse specialists join together on ACT teams to give consumers ongoing, individualized care.
- **Services provided where they are needed** Consumers receive ACT services in their homes, where they work, and in other settings in the community where problems occur or where support is needed.
- **Personalized care** ACT teams work with relatively small numbers of people.
- **Time-unlimited support** ACT teams give consumers whatever services and supports they need for as long as they need them.
- **Continuous care** Several ACT team members work regularly with each consumer.
- **Flexible care** ACT teams fit their schedules around the needs of consumers.
- **Comprehensive care** ACT teams provide an array of services to help meet consumer needs.
- **Services provided when they are needed** ACT services are available 24 hours a day, 7 days a week. Someone is always available to handle emergencies.