

# ASSERTIVE COMMUNITY TREATMENT (ACT)

**ACT is an evidence-based treatment that helps people with serious mental illness meet their goals of independent living and reduce their need for hospitalization. ACT is among the most well-established practices in behavioral healthcare for people with serious mental illness.**

## Who is ACT for?

ACT is designed for people with serious and persistent mental illness who have significant difficulty doing the everyday things needed to live independently in the community.

## Who works on an ACT Team?

An ACT team is a multidisciplinary team made up of people with specialty training in psychiatry, psychology, nursing, social work, rehabilitation, substance-abuse treatment, peer support and employment services.

## What does an ACT Team do?

The ACT team provides treatment, support, and rehabilitation services in the community. We assess psychiatric symptoms and provide medication management in the home setting. We promote healthy lifestyle choices and arrange for regular medical and dental care. We provide assistance with day-to-day problem solving - through help with shopping, money management, personal care needs, and maintaining a safe home environment. We try to break the cycle of social isolation experienced by many and involve families to help understand the illness and cope with its effects. Research shows these activities reduce hospitalization, increases housing stability, and improves quality of life of people with the most severe symptoms of mental illness.

## Principles of ACT

- ❖ ACT follows a multidisciplinary, team-based approach. The team meets as a group five days a week to review progress.
- ❖ Services are provided where they are needed. ACT teams work with people in their homes and other locations in the community.
- ❖ ACT delivers personalized, consistent, flexible, and comprehensive care.
- ❖ ACT uses outreach and other engagement mechanisms to develop relationships with people may have historically been hard to reach.
- ❖ ACT is less intensive than residential care and more intensive than traditional outpatient care. People receiving care in the program are seen on average 3 times a week; in some situations, people are seen daily.