

## **ASSERTIVE COMMUNITY TREATMENT**

Assertive Community Treatment (ACT) is a service-delivery model that provides comprehensive, community based treatment to people with serious and persistent mental illnesses. ACT provides highly individualized services directly to consumers. ACT recipients receive multidisciplinary, round-the-clock staffing within their own home and community. ACT team members are trained in the areas of psychiatry, social work, nursing, substance abuse, and vocational rehabilitation.

The ACT team provides these necessary services 24 hours a day, seven days a week, 365 days a year. The ACT model is indicated for individuals in their late teens to their elderly years who have a severe and persistent mental illness causing symptoms and impairments that produce distress and major disability in adult functioning (e.g., employment, self-care, and social and interpersonal relationships).

ACT participants usually are people with schizophrenia, other psychotic disorders (e.g., schizoaffective disorder), and bipolar disorder; those who experience significant disability from other mental illnesses and are not helped by traditional outpatient models; those who have difficulty getting to appointments on their own as in the traditional model of case management; those who have had bad experiences in the traditional system; or those who have limited understanding of their need for help.

### **Resource Links:**

- 1) <https://www.centerforebp.case.edu/practices/act>
- 2) <http://www.centerforebp.case.edu/client-files/pdf/actgettingstartedguide.pdf>
- 3) [http://www.illinoismentalhealthcollaborative.com/provider/manual/section3/Team\\_Based\\_Services\\_ACT.pdf](http://www.illinoismentalhealthcollaborative.com/provider/manual/section3/Team_Based_Services_ACT.pdf)
- 4) <http://berkscounselingcenter.org/joomla/files/ACT%20Team%20Leader.pdf>