

# What is ACT?

Assertive Community Treatment (ACT) is an Evidence-Based Practice (EBP) designed to provide comprehensive treatment and support services to individuals who are diagnosed with a serious mental illness and need a higher level of care. ACT uses a multidisciplinary approach to provide clients support in their homes and the community to improve their quality of life as well as reduce hospitalizations and incarcerations.



ACT promotes hope, recovery, and self sufficiency.

ACT provides services and supports to help people live successfully in the community.

## Locations

SEKMHC

IOLA | 304 North Jefferson Ave  
CHANUTE | 402 South Kansas  
FT. SCOTT | 212 State Street  
HUMBOLDT | 1106 South Ninth  
GARNETT | 519 South Elm  
PLEASANTON | 505 West Fifteenth  
YATES CENTER | 204 S Main

## Let's Connect

### Phone

1-866-973-2241

24/7 Crisis Availability

### Website

[www.sekmhc.org](http://www.sekmhc.org)



# ACT

Assertive Community Treatment

**Southeast Kansas  
Mental Health  
Center**





# What makes ACT different than other services?

## Personalized Care

The ACT team will work to help you achieve your goals. From helping you get basic necessities like food and housing to getting you back in school or the workforce, the ACT team will help you reach whatever goals you set for yourself.

We will help you identify the most important goals and meet with you wherever you feel most comfortable. Services are flexible and tailored to your comfort level.

## Team Approach

ACT teams are made up of different specialists, including employment specialists, peer support specialists, nurses, psychiatrists or psychiatric nurse practitioners, substance abuse treatment specialists, and other mental health professionals. This creates the best environment for personalized care.

Family, friends, and other essential people for your care can be as involved as you would like. The ACT team will work with your significant other, your family, landlords, and others. But it is up to you how much they are involved, if at all, in your care.

## Core ACT services:

- Crisis Assessment and Intervention
- Comprehensive Assessment
- Illness Management and Recovery Skills
- Individual Supportive Therapy
- Substance-Abuse Treatment
- Employment-Support Services
- Side-by-Side Assistance with Activities of Daily Living
- Intervention with Support Networks (Family, Friends, Landlords, Neighbors, etc.)
- Support Services (Medical Care, Housing, Benefits, Transportation, etc.)
- Case Management
- Medication Prescription, Administration, and Monitoring.

## Multi-Disciplinary Team



# Who is ACT for?

Criteria for selection include psychiatric disorders which severely impair functioning in the community. Impairment is likely in multiple areas:

- Inability to perform practical tasks required for basic functioning in the community for reasons related to their mental illness, being resistant, or avoiding involvement with traditional mental health services
- Inability to attain and keep consistent employment
- Inability to maintain a safe living situation

ACT is for consumers with the most challenging and persistent problems.

# Does ACT work?

Over 50 years of research shows that people who receive services from ACT programs experience:

- Fewer hospitalizations
- Longer periods of stable housing
- Greater satisfaction with services and supports