

Assertive Community Treatment

Personalized Care with a Team Approach



ACT promotes hope, recovery, and self-sufficiency.

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



## 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 and reduce hospitalizations and incarceration.

#### Personalized Care

We will help you recognize 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.

### **CORE ACT PRINCIPLES**

- 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
- Support Services
- Case Management
- Medication Prescription, Administration, and Monitoring

# We are here for you

whenever you need us.









www.sekmhc.org/act 866-973-2241