

WHAT IS ASSERTIVE COMMUNITY TREATMENT?

Assertive Community Treatment (ACT) is an internationally recognized model for intensive, community-based case management. In the ACT model, case management is provided by a team of individuals representing multiple professional disciplines. The team provides most services and supports directly. Caseloads are typically smaller and the majority of ACT services are delivered outside an office setting. Contact with consumers tends to be frequent, occurring within the environment in which consumers live and work. Staff work collaboratively with consumers, utilizing motivational interviewing practices, to enhance intrinsic motivation and facilitate lasting change and recovery.

WHAT IF I AM REFERRED TO ACT?

Upon referral, consumers are provided an orientation to ACT services, which includes an overview of the program's philosophy, procedures, rules and anticipated outcomes. If services are then requested, an interim plan will be developed to be followed by thorough assessment and treatment planning.

WHAT SERVICES DOES ACT OFFER?

Services and supports include, but are not limited to the following:

- case management
- nursing support
- health education
- money management/budgeting
- assistance with benefits
- housing assistance
- assistance with activities of daily living (e.g. cooking, shopping, laundry, etc.)
- social/recreational support
- vocational support
- individual and/or family therapy
- family education and support
- medication management
- psychiatric services
- integrated co-occurring substance abuse treatment
- 24-hour crisis services

HOW WOULD I BENEFIT FROM ACT SERVICES?

Because of the team's smaller caseload, high degree of mobility, and multi-disciplined staffing, ACT services can be more immediate, more convenient and more comprehensive than many clinic-based programs or services. Assessment, treatment planning, and service delivery are efficiently managed by an integrated team, broadly familiar with a consumer's status and circumstances.

WHO QUALIFIES FOR ACT SERVICES?

ACT services are available to individuals who have been diagnosed with a serious and persistent mental illness. Consumers opened to ACT services have been assessed as having multiple service needs and a history of having had difficulty accessing or maintaining their involvement with necessary services and supports. Consumers of ACT also, very often, have had a history of residential instability, multiple hospitalizations or placements, legal difficulties and/or problems related to substance abuse.

HOW ARE ACT SERVICES ACCESSED?

Referral to ACT services is generally based upon a determination that a high utilization of services is likely. That determination is sometimes made at the time a consumer is opened to mental health services. More often, however, referrals result when it becomes apparent that less intensive, or less integrated, services do not adequately meet service needs.

QUESTIONS ABOUT ACT SERVICES?

Can be directed to the
ACT Coordinator at
(906) 487-7721.

HOURS OF OPERATION:

The ACT Office is open 7:00 a.m.
to 4:00 p.m., Monday through
Friday.

**After hours crisis support is
available to ACT consumers 24/7.*

EMERGENCY SERVICES:

During business
hours call:

**(906) 482-9404 or
1-800-526-5059**

After hours call:
1-800-526-5059

NEW REQUESTS FOR SERVICES CALL:

NorthCare
Network Access
and Eligibility
toll free at:
1-888-906-9060

COPPER COUNTRY MENTAL HEALTH SERVICES



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