



ACT

Assertive Community Treatment

Community Support Services

1555 Elm Street
Manchester, NH 03101
(603) 668-4111 Ext. 5326

**If you would like ACT services but have been denied, please complete a Client Complaint Form available at reception.*



The Mental Health Center
of Greater Manchester



EVIDENCE-BASED
PRACTICES

KIT

Knowledge Informing Transformation

Evidenced-based treatment works

*Delivering integrated services to people
with serious mental illnesses*

This document was produced for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) under contract numbers 280-00-8049 with the New Hampshire-Dartmouth Psychiatric Research Center and 270-03-6005 with Westat.

Printed 2008

DHHS Publication No. SMA-08-4344



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

What is Assertive Community Treatment?

How does ACT help consumers?

With ACT, consumers get help taking care of their basic needs—taking medications, getting up, and getting through the day. ACT teams work closely with consumers to see which medications work best for them. They help consumers find housing, apply for food stamps, go back to school, or get a job.

With ACT, consumers benefit most because they are hospitalized less often and have more stable housing.

How does ACT work?

- n A team approach** Psychiatrists, nurses, mental health professionals, employment specialists, and substance-abuse specialists join together on ACT teams to give consumers ongoing, individualized care.
- n Services provided where they are needed** Consumers receive ACT services in their homes, where they work, and in other settings in the community where problems occur or where support is needed.
- n Personalized care** ACT teams work with relatively small numbers of people.
- n Time-unlimited support** ACT teams give consumers whatever services and supports they need for as long as they need them.
- n Continuous care** Several ACT team members work regularly with each consumer.
- n Flexible care** ACT teams fit their schedules around the needs of consumers.
- n Comprehensive care** ACT teams provide an array of services to help meet consumer needs.
- n Services provided when they are needed** ACT services are available 24 hours a day, 7 days a week. Someone is always available to handle emergencies.