

## Who is Assertive Community Treatment (ACT) for?

- ACT is for individuals who have been diagnosed with a mental health condition, such as schizophrenia or bipolar disorder, and who have not been helped by “traditional” community mental health services.
- ACT helps people who have been in and out of the hospitals or jail, or who have had periods of homelessness.
- Some people working with ACT teams identify as having a serious mental illness. Some do not. Either way, ACT can help you successfully live and work in the community.

## Is ACT effective?

ACT improves peoples’ lives. Over 50 years of research has shown that people who receive services from ACT programs experience:

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

## ACT Programs in Oregon

To find an ACT program nearest you. . .

Visit: [www.oceact.org](http://www.oceact.org)

Select “Programs” to see a map of Oregon and all the ACT programs in each county.

Click on the county to see the ACT provider contact information.

The ACT program in my community is:

## Oregon Center of Excellence for Assertive Community Treatment



# Assertive Community Treatment (ACT)



**ACT promotes hope, recovery and self sufficiency.**

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

**How can ACT help you?**

## How is ACT different from other types of services?

### *Personalized Care*

The ACT team will ask you what you most want and need. ACT teams can help you with a wide variety of things:

- They can help you with basic needs like finding housing, linking to financial resources, and accessing food
- Going back to school or getting a job
- Access medical care and improving your health and well-being
- Provide addictions or trauma specific services
- They can help you identify your most important goals and help you achieve them
- The ACT team will work with you where you feel most comfortable. They can meet with you in your home or other community settings.
- Services are flexible. You are able to choose how often you want services and the kind of services that are most helpful to you.
- Some services and supports are available 24 hours a day, 7 days a week.

### *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 allows you and the team the ability to tailor your services and supports to what works best for you.
- They will help you achieve your goals for living in the community.
- You will have an opportunity to get to know and work with different team members who best meet your needs.



### **What about medications?**

Some people who experience psychiatric symptoms find medications helpful and choose to take them as part of their recovery. Other people choose not to take medications. The ACT team can help you make informed decisions about medications and your recovery goals.

For people who choose to take medications, the ACT Team will work with you to see which medications work best for you. They can help remind you to take your medications and help you take them independently.



### **Will ACT involve my family or friends?**

Involving family, friends or other important people in your care is up to you. Your ACT team will work with family members and other supports (friends, significant others, landlords), but it is your choice how much they are included or if they are involved at all. The ACT team will respect your decision about who to include in your care.