



**What is Assertive Community Treatment (ACT)?**

Assertive Community Treatment (ACT) is an Evidence-Based Practice Model that is designed to provide care to individuals who are diagnosed with a severe mental illness and who have not had their needs met by traditional mental health service systems. The ACT Practice model provides comprehensive treatment, rehabilitation, and support services that are both flexible and person centered. Services are provided to you by a multi-disciplinary team, which also includes substance abuse specialists to help people in need of dual disorder treatment.

**What makes the ACT model different from more traditional service models?**

The ACT team seeks to serve individuals diagnosed with complex persistent mental health disorders. These individuals often need a very intense level of service provision. The ACT team provides services to you 24 hours a day, 7 days a week, and 365 days a year. Team members provide services throughout the community, in your natural living setting, when and where needed. A low staff to client ratio is maintained to ensure you are provided with the individualized service you need. (1:10)

**Who makes up the ACT Team?**

Team members range from the fields of psychiatry, nursing, counseling, social work, substance abuse recovery, vocational rehabilitation and peer support. We collaborate together to deliver goal oriented services that focus on symptom stability, rehabilitation, and achieving the highest level of functioning possible. Team members include a psychiatric nurse practitioner, a program director, mental health practitioners, co-occurring disorders specialists, registered nurses, vocational specialists, and peer support specialists. Our staff members are skilled in working with people who have a serious and persistent mental health disorder or a co-occurring disorder.

**Describe some of the services provided by the ACT Team.**

ACT Team services include:

1. Medication management
2. Psychoeducation for you and your family
3. Substance Abuse Treatment
4. Individual Supportive Therapy and psychotherapy
5. Crisis Intervention
6. Advocacy
7. Wellness Recovery (Rehabilitation)
8. Vocational Services

**In addition to the services provided by our Mental Health Professionals.**

The ACT Team may also provide you help with:

1. Finding and keeping employment
2. Finding and keeping housing
3. Help with accessing benefits
4. Coordination with outside services for Medical, Dental and Eye care.
5. Assisting you with coordinating your medical appointments.
6. Development of social supports in the community.

**Who is eligible for Assertive Community Treatment?**

1. An individual 18 years old or older.
2. An individual with a serious mental health disorder (priority population diagnosis) who has been unable or unwilling to use community mental health services on a continuing basis.
3. An individual who is in an institution or inpatient facility, and would be able to reside in a community setting if the individual received ACT and other appropriate support services.
4. An individual who has frequent emergency room visits, psychiatric hospitalizations or incarcerations.
5. An individual who is homeless or is at-risk for homelessness.

## **Assertive Community Treatment**

### **Frequently Asked Questions**



#### **How does ACT get paid for the services they provide?**

ACT are paid through a monthly rate that is reimbursed through Medicaid and Medicare/Medicaid or State General funds for those clients who are uninsured. There is no cost to you for this service.

#### **Can I continue to have PRP services when I am receiving ACT?**

Unfortunately, no unless there is clinical justification that is authorized by Beacon Health.

#### **Who do I contact about UBCSS ACT Services?**

Sabrina Dowlut-Beard, LGSW  
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(Phone) 410-996-3500  
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