

ACT Peer Specialists role in treatment planning

- √ Help the person understand their role in preparing for the treatment planning meeting – (know and voice their goals and how the ACT team could help them reach their goals)
- √ Discuss with them their goals – the goals must be their goals and not the team’s goals for them – use pre-planning tools effectively, let client keep a copy
- √ Help ensure a shift from treatment planning for the convenience of the system to a person-centered approach – focus on opportunities for people to develop personal relationships, have positive roles in community life, increase their control over their own lives and develop skills and abilities to achieve their goals while addressing the challenges of mental illness.
- √ Discuss the effects mental illnesses are having in all areas of their lives (education, employment, family relations, social connectedness, activities of daily living)
- √ Help review and prepare to communicate strengths, assets and resources the person has to meet goals and overcome obstacles– especially natural supports
- √ Provide optimism and instill hope for recovery!!
- √ Ask how the ACT team can help them achieve their goals

Some of the possible ways the team can help (from SAMHSA ACT EBP kit):

<p><u>Community living skills</u>          Practice good hygiene          Follow proper nutrition          Buy and care for clothing          Use transportation          Keep house          Manage money          Enjoy social relationships &amp; leisure activities</p>	<p><u>Health promotion</u>          Conduct prevention health education          Ensure medical screenings          Schedule health maintenance visits          Act as liaison for acute medical care          Assess needs for reproductive counseling</p>
<p><u>Medication support</u>          Educate about medications          Deliver medications to consumers          Organize medications          Monitor adherence and side effects          Monitor use of medications</p>	<p><u>Housing assistance</u>          Finding suitable housing          Support housing once established          Develop relationship with landlord</p>
<p><u>Family involvement</u>          Manage crises          Provide family psychoeducation          Actively engage family members in consumer’s recovery</p>	<p><u>Psychosocial treatment</u>          Take a problem-oriented approach to counseling/psychotherapy          Manage illness          Maintain crisis intervention (available 24/7)          Treat co-occurring disorders          Coordinate care</p>
<p><u>Employment</u>          Provide support in finding work          Act as liaison with employers and educate employers          Serve as job coach          Support employment</p>	<p><u>Education</u>          Assist with college, GED or other educational goals          Assist in applications, financial aid          Connect to special tutoring needs, etc.</p>