



Mental Health Mondays

Assertive Community Treatment

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Assertive Community Treatment (ACT)

ACT is an intensive community-based intervention for people with **significant behavioral health needs**. ACT teams provide services directly to people by providing **round-the-clock staffing of a psychiatric unit but in the comfort of the person's home and community**. ACT addresses needs related to managing behavioral health symptoms, housing, finances, employment, medical care, substance use, family life, and activities of daily life.

How does ACT work?

*Taken from **Substance Abuse and Mental Health Services Administration's ACT Evidence-Based Practices Kit**

Team Approach	Psychiatrists, nurses, mental health professionals, employment specialists, and substance-use specialists join together on ACT teams to give people ongoing, individualized care.
Services provided where they are needed	People receive ACT services in their homes, where they work, and in other settings in the community where problems occur or where support is needed.
Personalized care	ACT teams work with relatively small numbers of people at a time.
Time-unlimited support	ACT teams give people whatever services and supports they need for as long as they need them.
Continuous care	Several ACT team members work regularly with each person.
Flexible care	ACT teams fit their schedules around the needs of the people they support.
Comprehensive care	ACT teams provide an array of services to help meet individualized needs.
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.

Outcomes of ACT include:

Decreased hospitalizations; decreased length of stay in hospital; improvements in social and psychological functioning; increased linkage to needed supports and services; improved employment and housing stability; and increased patient satisfaction.

Click the link to connect with your local team today: <https://dmh.mo.gov/media/pdf/missouri-act-teams-0>

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