

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711 or 1-800-649-3777

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— April 2021



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Assertive Community Treatment (ACT)

An Evidence-Based Practice

What is Assertive Community Treatment (ACT)?

Assertive Community Treatment (ACT) is a team approach with many types of helpers. The team has a strong outreach in the community. ACT is a type of help made for people with mental illnesses who have the most serious symptoms. They face a lot of challenges with acting in adult roles in the community. ACT teams help people whose needs have not been met well by the usual ways of getting help. With ACT, people get help taking care of their basic needs like taking medications, getting up, and getting through the day. ACT teams work closely with people to see which medications work best for them. They also help people find housing, apply for food help, go back to school, or get a job.

ACT's goal is to give people the amount of community care that they need. It is also to help them have a life that isn't only about their mental illness. The steady, caring, person-centered relationships made through the ACT approach have a clear effect on how well they do. It is also helpful with the quality of their life.

How does ACT work?

- A team approach
- Services are given where they are needed
- Personalized Care — ACT teams work with a fairly small number of people
- No time limit on support — ACT gives support for as long as it is needed
- Continuous care
- Flexible care
- Care that helps in a lot of areas of life
- Services given when they are needed

Who is ACT for?

ACT is for people who have not done well with the usual treatments. They may have problems with:

- keeping themselves safe
- caring for their basic physical needs
- keeping safe and acceptable housing
- getting, or keeping a job
- substance use
- homelessness
- may be involved with the law

To Learn More

Talk about if ACT is right for you with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

