

ASSERTIVE COMMUNITY TREATMENT (ACT)

Program Description

ACT is an evidence based treatment program, delivering comprehensive community based behavioral health services in a multi-disciplinary team structure to eligible adults who are seriously and persistently mentally ill. The goal is to promote active participation in treatment thus increasing stability in a community based setting, reducing the need for psychiatric hospitalizations, and improving overall mental and physical health status.

Eligibility

The program serves adults aged 18+ who meet the following criteria:

1. A diagnosis of schizophrenia spectrum disorder, bipolar spectrum, or major depressive disorder with psychosis
AND
2. The following score on the Adult Needs and Strengths Assessment (ANSA):
 - a. Two (2) or greater on at least one of the items in the “mental health needs” or “risk behaviors section”
OR
 - b. Three (3) on at least one of the items in the “life domain function” section
AND
3. One or more of the following conditions:
 - a. Two (2) or more psychiatric hospitalizations in the past 12 months
 - b. Two (2) or more times accessing the emergency department in the past 12 months
 - c. Significant impairment in meeting basic survival needs
 - d. Criminal justice involvement within the past two (2) years.
AND
4. One or more of the following:
 - a. Persistent and recurrent mental health symptoms
 - b. Coexisting substance abuse disorder lasting for six (6) months or more
 - c. Residing in an inpatient/supervised setting but assessed to be able to live independently if provided intensive services
 - d. At risk for a psychiatric hospitalization
 - e. History of poor treatment outcomes using traditional, outpatient services

Admission Criteria

The program accepts referrals for community clients from other departments of Unison, Zepf, Harbor, and Common Pleas Probation. Clients being referred from other agencies must be agreeable to Unison services. Zepf and Harbor remain responsible for state hospital bed days for clients referred to and admitted to ACT.

Protocol

1. The ACT Team Leaders reviews all referrals with the ACT team.
2. The ACT Team Leaders coordinates a case conference with the ACT team, referral source, and client for further assessment of ACT services.
3. If the community client meets admission criteria, a transfer process is established between the ACT team and the referral source.

Discharge Criteria

1. Client self-terminates.
2. Clients achieve established goals and are able to maintain a level of stability with decreased utilization of services allowing for transfer to traditional ongoing case management.
3. Death.
4. Move out of the service area.
5. Client is not benefiting from ACT services.
6. ACT team has been unable to locate the client for 45 days or more.
7. Client is incarcerated, hospitalized, or admitted to a residential substance abuse treatment and is not expected to be released for two (2) or more months.

Revised: April 9, 2017	Reviewed and Authorized by: Jennifer Emahiser
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