



# ACT

## Assertive Community Treatment

**Evidenced-based treatment that works**

**Are you tired of finding yourself in inpatient psychiatric hospitalization?**

**Are you constantly interacting with law enforcement?**

**Do you need help with activities of daily living?**

**Then, the ACT program may be right for you!**

Assertive Community Treatment (ACT) delivers a full range of services to people in need. ACT's goal is recovery through community treatment. It aids members in having a life that is not dominated by mental illness.

With ACT, members get help taking care of their basic needs - medications, healthcare, activities of daily living, housing, family life, benefits, managing finances, counseling, finding employment, and integrated treatment for co-occurring disorders. ACT staff work closely with members to develop plans to help them reach their goals.

**90%** reduction in member  
**homelessness & incarcerations**  
by ACT teams in Iowa.

# How does ACT work?

- A team approach with a wide range of ACT staff in order to ensure that each member receives ongoing, individualized care.
- Services provided **where** they are needed either in the home or in the community.
- Personalized care
- Time-unlimited support. Members are given whatever services and support they need for as long as they need it.
- Continuous, flexible and comprehensive care
- Services provided **when** they are needed, 24 hours a day, 7 days a week, and 365 days a year with someone always available to handle emergencies.

**80%**

decrease in member  
**hospitilazation** by ACT  
teams in Iowa.

## Vera French ACT Team:

Our ACT Team will work with you to take care of basic needs associated with mental illness.  
Your team consists of:

**ARNP (Prescriber)**

**Social Worker**

**Registered Nurse**

**Employment Specialist**

**Substance Abuse & Peer Support**

and other personnel to meet client needs



**VERA FRENCH**  
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