

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure 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](http://www.sccmha.org)

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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 multidisciplinary team approach with assertive outreach in the community. It is a program model designed for individuals with serious and persistent mental illnesses who experience the most severe symptoms. These individuals face continuous challenges with functioning in adult roles in the community. Targeted individuals are those whose needs have not been met well by traditional approaches to service delivery. With ACT, individuals get help taking care of their basic needs like taking medications, getting up, and getting through the day. ACT teams work closely with individuals to see which medications work best for them. They also help individuals find housing, apply for food assistance, go back to school, or get a job.

ACT's goal is to give individuals adequate community care and to help them have a life that isn't dominated by their mental illness. The consistent, caring, person-centered relationships developed through the ACT approach have a positive effect upon outcomes and quality of life.

## How does ACT work?

- Utilizing a team approach
- Services are provided where they are needed
- Personalized Care — ACT teams work with a relatively small number of individuals
- Time-Unlimited support — ACT gives support for as long as it is needed
- Continuous care
- Flexible care
- Comprehensive care
- Services provided when they are needed

## Who is ACT for?

ACT is for those individuals who have not benefited from traditional treatment approaches. These individuals may have problems with keeping themselves safe, caring for their basic physical needs, maintaining safe and adequate housing, unemployment, substance use, homelessness, or may have involvement in the criminal justice system.

## For More Information

Discuss ACT eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

