

**SAMHSA's ACT**

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**GUIDELINE OVERVIEW** - Principles of ACT

1. ACT is a service-delivery model, not a case management program.
2. The primary goal of ACT is recovery through community treatment and habilitation.
3. ACT is characterized by:
  - A. a team approach—Practitioners with various professional training and general life skills work closely together to blend their knowledge and skills.
  - B. in vivo services—Services are delivered in the places and contexts where they are needed.
  - C. a small caseload—An ACT team consists of 10 to 12 staff members who serve about 100 consumers, resulting in a staff-to-consumer ratio of approximately 1 to 10.
  - D. time-unlimited services—A service is provided as long as needed.
  - E. a shared caseload—Practitioners do not have individual caseloads; rather, the team as a whole is responsible for ensuring that consumers receive the services they need to live in the community and reach their personal goals.
  - F. a flexible service delivery—The ACT team meets daily to discuss how each consumer is doing. The team members can quickly adjust their services to respond to changes in consumers' needs.
  - G. a fixed point of responsibility—Rather than sending consumers to various providers for services, the ACT team provides the services that consumers need.
  - H. 24/7 crisis availability—Services are available 24 hours a day, 7 days a week. However, team members often find that they can anticipate and avoid crises.
4. ACT is for consumers with the most challenging and persistent problems.
5. Programs that adhere most closely to the ACT model are more likely to get the best outcomes

**Recommendation Summary (As Per ACT Fidelity Scale)**

1. Develop Organizational Structure:
  - Small caseload
  - Team approach
  - Frequent program meeting
  - Practicing ACT leader
  - Continuity of staffing -Psychiatrist, Nurse, Substance abuse specialist, Vocational specialist on team
  - Program size.
2. Establish Organizational Boundaries:
  - Explicit admission criteria
  - Intake rate
  - Full responsibility for treatment services
  - Responsibility for crisis services
  - Responsibility for hospital admissions
  - Responsibility for hospital discharge planning
  - Time-unlimited services (graduation rate)
3. Determine Nature of Services:
  - Community-based services
  - Assertive engagement mechanisms
  - Intensity of service
  - Frequency of contact
  - Work with informal support system
  - Individualized substance abuse treatment

	<ul style="list-style-type: none"> <li>• Co-Occurring disorder treatment groups</li> <li>• Dual Disorders (DD) Model</li> <li>• Role of consumers on team</li> </ul>
<b>Assessment, Treatment, and Risk Management Assessment</b>	<p>What are in the initial assessment documents:</p> <ol style="list-style-type: none"> <li>1. reason for admission;</li> <li>2. consumer’s psychiatric history, including onset, course, effects of illness, past treatment, status, and diagnosis;</li> <li>3. physical health;</li> <li>4. use of alcohol or drugs;</li> <li>5. education and employment;</li> <li>6. social development and functioning;</li> <li>7. activities of daily living; and</li> <li>8. family structure and relationship.</li> </ol>
<b>Treatment Settings</b>	<p>Core ACT services:</p> <ol style="list-style-type: none"> <li>1. crisis assessment and intervention;</li> <li>2. comprehensive assessment;</li> <li>3. illness management and recovery skills;</li> <li>4. individual supportive therapy;</li> <li>5. substance-abuse treatment;</li> <li>6. employment-support services;</li> <li>7. side-by-side assistance with activities of daily living;</li> <li>8. intervention with support networks (family, friends, landlords, neighbors, etc.).</li> <li>9. support services, such as medical care, housing, benefits, transportation;</li> <li>10. case management; and</li> <li>11. medication prescription, administration, and monitoring</li> </ol>
<b>Psychiatric Management</b>	<p>Who is on a typical ACT team? ACT teams with 10 to 12 staff members might include:</p> <ol style="list-style-type: none"> <li>1. ACT leader—One full-time employed mental health professional who provides direct services at least 50% of the time</li> <li>2. Psychiatrist—at least one full-time employee per 100 consumers</li> <li>3. Psychiatric nurses—at least two full-time nurses per 100 consumers (You may find that you need more nurses to cover all shifts.)</li> <li>4. Employment specialists—at least two fulltime specialists who have 1 year of specialized training or supervised experience</li> <li>5. Substance abuse specialists—at least two full-time specialists with 1 year of specialized substance abuse training or supervised experience</li> <li>6. Mental health consumer—these people sometimes fill a position called peer specialist</li> <li>7. Program assistant—person with an Associate or Bachelor’s degree who works with the ACT leader to provide office management and to triage situations that emerge throughout the day</li> <li>8. Additional mental health professionals—people with master’s or doctoral degrees in social work, nursing, rehabilitation counseling, psychology, or occupational therapy</li> </ol>