

## What If I Need to Reach ACT After Office Hours?

An ACT staff person is available 24 hours a day and can be reached by calling the ACT phone number. Between 5:00 p.m. and 8:00 a.m. during the week, weekends and holidays, the phone will be answered by Psychiatric Emergency Services who will contact an ACT staff for you.

## How Long Will I Receive ACT Services?

The length of time you receive ACT services will depend on an assessment of your needs, the availability of your supports and your desired outcomes. This will be reviewed periodically and the ACT staff will involve you in discussing when less intensive services may be indicated. Some persons stay with ACT briefly, while others remain with ACT for many years.

Shiawassee County Community Mental Health Services Board is required by the State of Michigan to provide priority services to mandated population for those county residents who are seriously mentally ill and/or developmentally disabled. County residents who are Medicaid enrolled, Medicaid eligible or who are uninsured or underinsured can receive services which are medically necessary as determined by a clinical assessment. Charges for services are based on the Department of Community Health "Ability to Pay" Schedule. For more information on cost for services call (989) 723-6791.

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## ACT Assertive Community Treatment



P.O. Box 428  
1555 Industrial Dr.  
Owosso, Michigan 48867  
(989) 723-6791 or (800) 622-4515

[www.shiacmh.org](http://www.shiacmh.org)



## What is ACT?

The Assertive Community Treatment Program (ACT) provides intensive services to consumer with a serious and persistent mental illness. Services are individually designed through the Person Centered Planning Process to assist consumers in reaching their desired outcomes. Services are intensive and frequent enough to assist consumers in staying out of the hospital and finding ways to stay in their communities.

## What Types of Services Will ACT Offer Me?

ACT staff will help you in developing a Person Centered Plan where you can decide how you want to plan for your future. ACT will support you in areas of living, learning, working and socializing. This may involve teaching you about your medicines and side effects, how to recognize symptoms of your mental illness and how to manage and prevent relapse, so that you can take more control of your life. It may involve helping you find and keep a job or connect with other consumers who have a mental illness.

## Who Will I See?

ACT staff work as a team. The team consists of a nurse, social workers and a psychiatrist. You will meet with all team members.

## How Often Will I Meet with ACT?

The frequency of contacts varies depending on the need and the outcomes in your Person Centered Plan. Most consumers meet a least weekly with an ACT staff and especially when you first start working with ACT you may have more frequent meetings.

If you are taking medications, you will be scheduled to see the psychiatrist at least every three months. If your medications are new for you or there are changes, you may see the psychiatrist more frequently.



## Where Will the Meetings Take Place?

ACT services are usually provided at your home or at a setting that is convenient for you. Meetings with the psychiatrist are usually held at ACT offices. ACT can provide transportation if needed.

## What will take place when I meet with ACT?

The things you will work on will be guided by your Person Centered Plan. This plan will also identify smaller steps and activities that will help you reach your desired outcomes. The contacts you have with ACT will focus on those steps and activities or on things you need to do to stay safe and healthy. Sometimes ACT delivers medications a dose at a time to help consumers be sure they are taking their medicines according to their prescriptions.