



## Assertive Community Treatment (ACT) FAQs

### What is Assertive Community Treatment (ACT)?

Assertive Community Treatment (ACT) is an intensive, team-based mental health service designed to support people with serious mental illness (SMI) who have high service needs. The goal is to help them live independently in the community by providing comprehensive, personalized care.

### Who can benefit from ACT?

ACT is beneficial for individuals with serious mental illnesses who frequently use crisis services or have repeated hospitalizations. It is also helpful for those struggling with maintaining housing, employment, or other daily activities.

### What services does ACT provide?

ACT teams offer a range of services, including:

- Psychiatric Care and Medication Management
- Nursing Services
- Substance Use Disorder Treatment
- Employment and Education Support
- Peer Support
- Psychotherapy and Skills Coaching
- Case Management

### How are ACT services delivered?

Services are delivered in the community, often in the individual's home or other locations that support skill development. The program provides high-intensity, flexible support tailored to each person's needs.

### What are the benefits of ACT?

ACT has been shown to reduce hospitalizations, improve housing stability, enhance quality of life, and increase engagement in employment and education.

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### Who makes up an ACT team?

An ACT team typically includes:

- Psychiatric Care Providers
- Nurses
- Substance Use Disorder Specialists
- Employment/Vocational Specialists
- Certified Peer Specialists
- Mental Health Clinicians
- Case Managers
- Program Assistants

### Who is eligible for ACT?

To be eligible for ACT, individuals typically need to meet the following criteria:

1. **Age:** Must be 18 years or older.
2. **Diagnosis:** Have a primary diagnosis of a serious mental illness such as schizophrenia, schizoaffective disorder, bipolar disorder, or other severe mental health conditions.
3. **Functional Impairment:** Experience substantial impairment in several areas of daily functioning due to their mental illness.
4. **Service Utilization:** Have a history of frequent hospitalizations, crisis services, or involvement with the criminal justice system.
5. **Treatment History:** Have been unsuccessful in completing treatment or participating in lower levels of care.

These criteria ensure that ACT services are provided to those who need intensive, comprehensive support to manage their mental health and live independently in the community.

### Where does St. Luke's Penn Foundation provide ACT service?

St. Luke's Penn Foundation currently has three ACT teams. They serve all of Chester County, Upper Montgomery County, and Central to Upper Bucks County.

### How do I make a referral to ACT?

All ACT referral forms can be found at: <https://www.pennfoundation.org/services/mental-health/for-adults/act>.

For Chester County residents, ACT referrals are managed by Community Care Behavioral Health (CCBH) and routed to the team. Once the referral form has been completed, email it to [CCBH\\_ICPchester@ccbh.com](mailto:CCBH_ICPchester@ccbh.com) or fax to (888) 859-6559.

For Bucks and Montgomery County residents, email completed forms to Deborah Strouse at [Deborah.Strouse@sluhn.org](mailto:Deborah.Strouse@sluhn.org) or fax to (833) 705-2602.