



# ASSERTIVE COMMUNITY TREATMENT (ACT)

Assertive Community Treatment, or ACT, is a way of delivering a full range of services to people who have been diagnosed with a serious mental illness. With ACT, clients get help taking care of their basic needs—taking medications, getting up, and getting through the day. ACT teams work closely with clients to see which medications work best for them. They help clients remain in the least restrictive environment as possible by utilizing community resources and living independently.

## ELIGIBILITY

To be eligible for ACT, clients should be 18 years old or older, be Medicaid-eligible, live within a 15-mile radius of Carbondale and have one of the following mental health diagnoses:

- Schizophrenia
- Schizophreniform
- Schizoaffective
- Brief psychotic disorder
- Bipolar disorder
- Other or Unspecified Schizophrenia Spectrum Disorder

A typical ACT client may have the below deficits related to their mental health diagnosis:

- Persistent problems with achieving maximum benefit from treatment continuity or managing medication
- Deficits in independent living skills
- Significant and persistent primary psychiatric symptoms
- A co-occurring disorder
- A high relapse rate
- Chronic homelessness as a result of a mental health diagnosis
- 2 or more psychiatric inpatient readmissions in a 12 month period
- One long term hospitalization of 180 days or more
- Excessive use (2 or more visits in a 30 day period) of crisis emergency services
- Repeat (2 or more in a 90 day period) arrests and incarceration for offenses related to mental illness, such as trespassing, vagrancy or other minor offenses
- Engagement in multiple services that require intensive efforts to ensure coordination among systems, services and providers

## MAKE A REFERRAL

For admission to ACT, clients must first undergo a mental health assessment. Clients can walk into a Centerstone office in Carbondale, Marion, or West Frankfort at the addresses listed below for a therapeutic mental health assessment Monday-Friday, 8:00am-3:00pm. If a client is unable to attend an Open Access assessment, contact Heather Austin at (855) 608-3560, ext. 7914 or [heather.austin@centerstone.org](mailto:heather.austin@centerstone.org).



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(855) 608-3560 • [centerstone.org](http://centerstone.org) •  

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West Frankfort, IL