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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 at least 18 years of age, Medicaid-eligible and live within northern Madison County. They must have one of the following mental health diagnoses: schizophrenia, schizoaffective, psychosis disorder, bipolar disorder or major depressive disorder.

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

- Persistent challenges with 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
- Two or more psychiatric inpatient readmissions in a 12 month period
- Repeat 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

For More Information

For admission to ACT, clients must first undergo a mental health assessment. Clients can walk into the Centerstone office in Alton for a mental health assessment Monday - Friday, 9:00 a.m. - 2:00 p.m. For more information, contact Dominique Shepler at (618) 462-2331 ext. 1788 or dominique.shepler@centerstone.org.