



# ASSERTIVE COMMUNITY TREATMENT

**HAVING SERIOUS AND PERSISTENT MENTAL ILLNESSES CAN PRESENT OVERWHELMING OBSTACLES IN LIFE**

*Help is available through a specialized Park Center team offering treatment, rehabilitation and support services, helping adults with the most serious and persistent mental illnesses move toward independence.*



## ASSERTIVE COMMUNITY TREATMENT TEAM

*When individuals with severe mental illness won't come to us, the ACT team goes to them.*

Individuals suffering from serious mental illness often stop going to programs designed to help with their treatment or stop taking their medication. This can lead to repeated hospitalizations, which disrupt the individual's life as well as the lives of family and friends. When those with severe mental illness no longer come in for treatment, we have a solution: we go to them with our Assertive Community Treatment (ACT) team.

Our staff includes registered nurses, clinical therapists, case managers, psychiatrists, employment and addiction specialists, as well as peer specialists. Team members work individually with consumers to meet the needs for food, clothing, shelter, mental health, and medical care. Our goal is simple: provide support for the consumer's maximum recovery and enhance the individual's quality of life. Our philosophy of treatment is person-centered. The team actively engages individuals in treatment and monitors their progress while respecting the recipient's right to choice and privacy.

Treatment may include the following:

- Individual therapy, including crisis intervention and crisis management
- Substance abuse counseling and treatment
- Medical management and education
- Illness education, including symptom identification & management
- Collaboration with other health care providers
- Case management, employment services, and peer counseling

*Our ACT programs demonstrate effectiveness for "consumers in the greatest need."*

Consider some of the recent ACT successes:

- A consumer who spent 3 months in the state hospital was discharged in January to the ACT team and is now attending classes part-time at a local university, doing very well, and working a part-time job.
- Another consumer who has had several admissions to a state-operated facility has been successfully working at a local agency, and despite a recent hospitalization, is doing very well.
- Our team currently has over 20% of our seriously mentally ill consumers working and has been more successful in the area of employment than any other ACT team in Indiana.
- A consumer shares: "As a result of this team's patience, caring, and counseling, I have better self-esteem and have a beautiful outlook on all aspects of life."

For more information, or to make a referral, call:

**Assertive Community Treatment Team: 260-481-2800  
or Toll Free: 1-866-481-2700**



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