

# Assertive Community Treatment Team

## Information for patients and families

Read this information to learn:

- What Assertive Community Treatment (ACT) is
- Who it can help
- How it can help
- Who to call if you have any questions



## **What is Assertive Community Treatment?**

Assertive Community Treatment (ACT) provides help to people who have severe mental illness.

The ACT team of professionals provides:

- intensive treatment
- support services
- rehabilitation

These services help people whose symptoms are severe and affect their everyday lives.

## **Who does ACT help?**

ACT clients are people whose mental illness is severe and chronic. They need more intense treatment than provided by traditional out-patient programs.

They may have:

- schizophrenia
- schizoaffective illness
- bipolar disorder, or
- other psychotic illnesses

## Who is on the ACT team?

The ACT team includes:

- team leader
- occupational therapists
- social workers
- registered nurses
- mental health clinicians
- peer support workers
- a psychiatrist
- an administrative assistant

The ACT team works together to provide mental health services to their clients. This team is available 24 hours a day, 7 days a week and 365 days a year.

## How does the ACT team help?

The ACT team provides **treatments** and **services** such as:

- helping with medicine
- individual support and therapy
- immediate help when there is a crisis
- arranging admission to a hospital, if necessary

They provide **rehabilitation** services such as:

- teaching life skills (for example: keeping your home clean, banking, or grocery shopping)
- help with finding work and other activities
- help with educational goals (for example: finding schools, starting classes or courses)

They also provide **support services** such as:

- support for family members
- helping clients with financial resources
- help with:
  - legal services
  - government programs
  - housing
  - transportation
  - or medical appointments

## Who can I call if I have any questions?

Please call the IMPACT Program now located across from the Toronto Western Hospital if you have any questions.

Our contact information is:

### **IMPACT Program**

University Health Network

440 Bathurst Street

(Note: Use the FreshCo entrance on the West side of the street.)

3rd Floor – Suite 320

Toronto, ON M5T 2S5

Website: [www.uhn.ca/MentalHealth/Clinics/IMPACT\\_Unit](http://www.uhn.ca/MentalHealth/Clinics/IMPACT_Unit)

Phone: 416 603 5800, extension 8197

Fax: 416 603 5217



### **Have feedback about this document?**

Please fill out our survey. Use this link: [surveymonkey.com/r/uhn-pe](https://surveymonkey.com/r/uhn-pe)

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact [pfep@uhn.ca](mailto:pfep@uhn.ca) to request this brochure in a different format, such as large print or electronic formats.

© 2023 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.