

WHAT IS ACT?

The Assertive Community Treatment (ACT) program is a client-centered, recovery-oriented mental health service that provides community-based treatment to persons with serious mental illness who have typically not benefited from more traditional outpatient services. ACT provides intensive rehabilitation, treatment and support services tailored to the specific needs of each participant.

The ACT program is made up of a multidisciplinary team that provides these conditional services, all geared toward assisting each individual we serve in achieving his or her life goals.

What ACT clients are saying:

“There’s always someone who can be right there if you have a need.”

“I really enjoy the monthly activities that we do. It’s like being part of a big family.”

“The ACT team will help me accomplish my goals whatever that entails.”

“Our psychiatrist is awesome. It seems like she really knows her stuff, so I feel like I’m in good hands.”

Experience fewer symptoms

Live independently

Manage life’s troubles

Build relationships

Enjoy greater satisfaction with life

ACT PROGRAM

Assertive Community Treatment



ACT PROGRAM

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Erie, PA 16501

Call 814.464.8306

www.StairwaysBH.org



a member of Journey Health System



Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life in their recovery by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.

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Your dedicated ACT team provides:

Service Coordination - helping to identify your needs and goals, then developing a treatment plan with you to outline each service and the support you need.

Psychiatric Services - arranging regular appointments with the ACT team psychiatrist about prescriptions, education and for ongoing medication monitoring.

Therapy Services - providing individual and group therapy to address personal and relationship issues as needed.

Dual Diagnosis (Mental Health & Substance Abuse) Services - supporting clients through important lifestyle changes, while providing education and therapy related to the interactions of mental illness and substance abuse.

Work-related Services - helping you to find and maintain meaningful employment in the community. Services can include assessment, education, individual supportive therapy, and assistance securing jobs that are of interest to you.

Daily Living - providing skills training and support in managing your day-to-day tasks such as money management, housekeeping, grocery shopping, meal preparation, laundry and personal grooming habits. Services also assist with learning how to use public transportation and how to access and utilize community-based services such as a dentist and primary care physician.

HOW CAN ACT HELP YOU?

The ACT program partners clients with an entire team of mental health professionals, providing the full range of services necessary to promote physical and emotional wellness.

With a psychiatrist, therapists, nurses, mental health workers, peer specialists and team leader, the ACT team collaborates closely with each consumer, simplifying the process of finding various services throughout the community and providing opportunities to establish long-term therapeutic relationships as needed.

Our goal is to help you reduce hospitalization, increase independent living in the community, build more positive relationships and skills, secure employment and experience an overall greater satisfaction with life.

Social & Interpersonal Relationship & Leisure-time Skill Training - helping to identify the types of social and recreational activities that interest you and how to access them in the community.

Family Education & Support - through education and support for your family we help them understand your illness and how best to support you.

Peer Support Services - Certified Peer Specialists may assist by providing individuals advocacy, crisis management support, help in accessing and using available community resources and by guiding you on your recovery journey. Certified Peer Specialists may help you in developing a Wellness Recovery Action Plan (WRAP), a tool that helps to manage day-to-day activities and stressors, as well as crisis situations.

Who is eligible?

Any adult over age 18 who lives in Erie County and has the following:

- Diagnosis of serious mental illness, such as schizophrenia or bipolar disorder
- 3 or more hospitalizations in the last year or 5 face-to-face encounters with emergency services in the last year

- Inability to participate in or remain engaged with traditional community-based services
- Other criteria such as a pattern of homelessness, coexisting substance abuse, lack of support system
- Individuals must be approved by the managed care company and the program

HOW TO MAKE A REFERRAL:

In order to determine that eligibility requirements are met and that ACT services are appropriate for your level of needs, a referral form must be completed and submitted to the managed care organization or Erie County Care Management.

Your current service provider, such as your outpatient psychiatrist, case manager or other professional support, will have access to the required form and can complete it with you or on your behalf.

