

Lower Shore Clinic Assertive Community Treatment Team Program



What is Assertive Community Treatment?

- It is also known as mobile treatment or PACT which stands for Program for Assertive Community Treatment
- It is an evidenced based practice promoted by SAMHSA which has decades of research and data to show it's effectiveness in working with persons who do not respond well to traditional outpatient treatment modalities.
- It is a model of care for mental health and substance abuse treatment which has been documented to be effective for persons with co-occurring disorders, persons who are homeless, persons being released from long stays in hospitals, and for persons with severe and persistent mental illness.
- Lower Shore Clinic currently has an ACT Team serving Wicomico, Somerset, Worcester, Dorchester, Talbot, and Caroline Counties.



ASSERTIVE COMMUNITY TREATMENT

EVIDENCE-BASED PRACTICES
Shaping Mental Health Services Toward Recovery





Principles of Assertive Community Treatment

- ◆ *Services are targeted to a specific group of individuals with severe mental illness.*
- ◆ *Rather than brokering services, treatment, support and rehabilitation services are provided directly by the ACT team.*
- ◆ *Team members share responsibility for the individuals served by the team.*
- ◆ *The staff to consumer ratio is small (approximately 1 to 10).*
- ◆ *The range of treatment and services is comprehensive and flexible.*
- ◆ *Interventions are carried out in vivo rather than in hospital or clinic settings.*
- ◆ *There is no arbitrary time limit on receiving services.*
- ◆ *Treatment, support and rehabilitation services are individualized.*
- ◆ *Services are available on a 24-hour basis.*
- ◆ *The team is assertive in engaging individuals in treatment and*

Staffing of the ACT Team

- 1 Psychiatrist FT
- 2 Nurses FT
- 2 Vocational Counselors FT
- 1 Licensed Mental Health Professional FT
- 2 Addictions Counselors FT
- 1 Team Assistant FT
- 1 Peer Counselor
- 1 Director
- 100 Consumers



Where Are Services Provided?

- Homes
- Vehicles
- Street
- Clinics
- Hospitals
- ACT Office
- 80% of Services Provided Out of Office



The PROBLEM

People with mental illness die earlier than the general population and have more co-occurring health conditions.



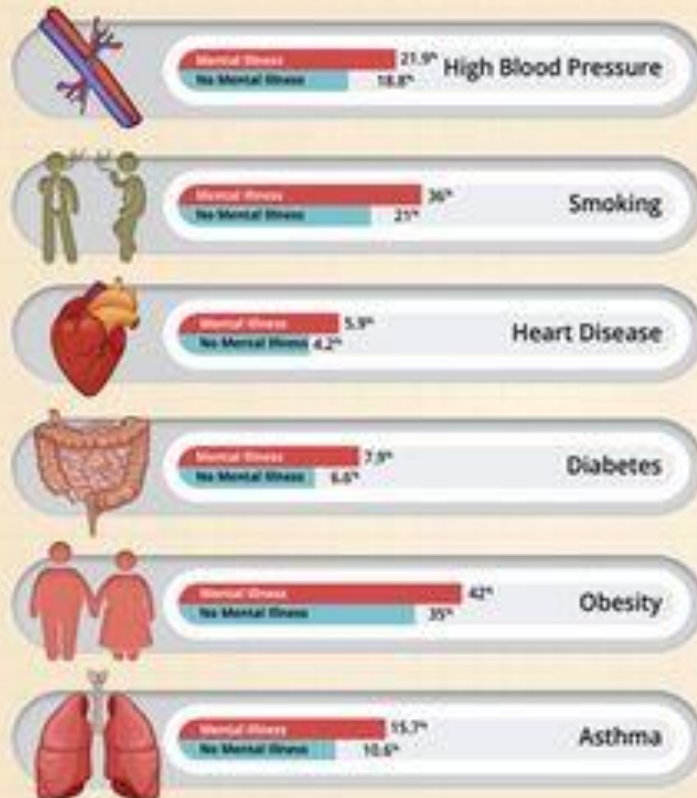
68%

of adults with a mental illness have one or more chronic physical conditions.

more than
1 in 5

adults with mental illness have a co-occurring substance use disorder.

Co-occurrence between mental illness and other chronic health conditions



MENTAL ILLNESS MORE DANGEROUS THAN HEAVY SMOKING



"We found that many mental health diagnoses are associated with a drop in life expectancy as great as that associated with smoking 20 or more cigarettes a day."

Dr. Seena Fazel, Department of Psychiatry, Oxford University

884,000

Deaths from suicide each year

232,000

Premature deaths secondary to mental disorders each year

1 in 4 Americans suffer from a diagnosable mental health disorder in a given year



9-20

Average life expectancy reduction for people with bipolar disorder

10-20

Average life expectancy reduction for people with schizophrenia

9-24

Average life expectancy reduction for people who abuse drugs or alcohol

7-11

Average life expectancy reduction for people with recurrent depression

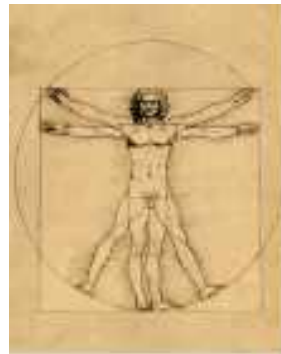
8-10

Average life expectancy reduction for heavy smokers

Source: Edward Chesney, Guy Goodwin, Seena Fazel. "Risks of all-cause and suicide mortality in mental disorders: a meta-review" World Psychiatry.

Multiple Co-Occurring Issues

- Mental Health
- Substance Abuse
- HIV / AIDS
- Hepatitis A, B, & / or C
- High Blood Pressure
- Diabetes
- Heart Problems
- Paralyzed
- Pulmonary Disease
- Effects from Strokes
- Cancer
- Obesity/ Malnutrition
- Blood Circulation Issues
- Trauma



ACT in Action



- Help is provided when needed. Services are usually intense at first, possibly daily.
- A plan is developed to address issues at hand. The person decides the plan in collaboration with the team.
- A person will meet multiple staff to develop relationships.
- Support is available at all times.
- Persons are reviewed by staff daily to address any needs.
- Services are provided where the client will have to deal with their issues...home, family, clinic, work, street, etc....
- Services are brokered with other persons & agencies in collaboration with the team when the team feels it cannot effectively provide it
- Considers issues involving cultural competence

ACT Activities

(taken from Evidenced Based Practices Manual West Institute)



- Grocery Shopping & Cooking
- Hygiene and Grooming
- Purchasing and Caring for Clothing
- Household Maintenance
- Using Transportation
- Social Relationships
- Spirituality
- Finding Safe & Affordable Housing
- Entitlements (SSI, Medicaid....)
- Negotiating Leases and paying rent (LSC is representative payee)
- Purchasing and repairing household items
- Developing relationships with landlords, care providers, and neighbors



ACT Activities



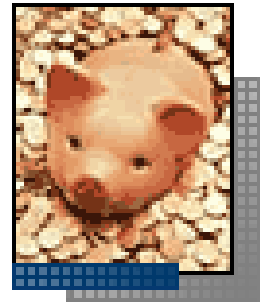
- Crisis Management
- Psychoeducation and support for family members
- Coordination with social agencies
- Assistance with and for their children
- Support in Carrying out role as a parent
- Educating Employers about triple diagnosis
- Identifying Job Skills
- Preparation for Employment Interviews
- Support around Work related problems and concerns



ACT Activities

- Assisting with entitlements and applications
- Accompanying persons to social agencies
- Managing benefits and assisting with re-determination

- Planning a budget
- Troubleshooting financial problems
- Assisting with Bills
- Increasing independence with money management



ACT Activities



- Education to prevent health problems
- Medical screening and follow-up
- Scheduling routine visits
- Linking with specialized services
- Sex education and counseling
- Nutrition education



- Carefully monitoring medications for side effects and effectiveness
- Ordering medications from pharmacies (delivery)
- Educating consumers about medications
- Adherence reminders for medication protocol



For Further Information...

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I went to a bookstore and asked the saleswoman where the Self Help section was.
She said if she told me it would defeat the purpose. – Dennis Miller