



## What is Assertive Community Treatment?

Assertive Community Treatment, or ACT, provides a full range of services to people diagnosed with a serious mental illness (SMI). ACT teams offer complete, community-based treatment to people in the most difficult situations. The teams help with these ongoing needs - where and when members need it.

Mercy Maricopa has 23 ACT teams across the Valley. Five of them are specialty teams. We're working with providers and advocates set up more ACT and specialty ACT teams in the coming year.

## How does ACT help members?

ACT helps members take care of their basic needs. These needs can include taking their medications, keeping their appointments and getting through the day. ACT teams work closely with members to see which medications work best for them. They help them find housing or jobs. The team also helps them apply for services, go back to school or get a job.

## How does ACT compare with traditional treatment?

ACT is an "evidence-based" practice. That means research has shown that ACT works. Many studies have shown that people who get ACT services spend much less time in hospitals. They also show that they are more likely to:

- Keep their jobs
- Experience more positive social relationships
- Have more satisfaction with life
- Experience less intense symptoms

## How does ACT work?

### • A team approach

Psychiatrists, nurses, mental health professionals, employment, housing and substance abuse specialists are part of ACT teams. They give members ongoing, individualized care. They provide wrap-around services to members with the most complex and persistent needs.

### • Services when and where they're needed

Members receive ACT services in their homes, where they work, and in other community settings. They can get help anywhere problems occur or where support is needed.

### • Personalized care

ACT teams work with relatively small groups of people. They match supports and services for each individual.

### • No time limit on support

ACT teams give members whatever services and supports they need for as long as they need them.

### • Continuous care

All ACT team members work with each member on a regular basis.

### • Flexible care

ACT teams fit their schedules around members' needs.

### • Comprehensive care

ACT teams provide many services to help meet members' needs.

### • Services are always available

ACT teams are there for members 24 hours a day, 7 days a week.

## What are specialty ACT teams?

Some ACT teams are designed for members with specific needs. A Medical ACT team focuses on members with complex medical needs. These individuals need intensive medical coordination. The team works closely with the member's medical providers. The goal is to improve health and quality of life.

A Forensic ACT team is for the highest-needs members who are repeatedly involved with the criminal justice system. The goal is to keep them out of jail and connect them to the many available community-based supports and services.

The specialty teams reduce health care costs by providing members the care they need to prevent a medical or legal crisis or emergency.



Contract services are funded, in part, under contract with the State of Arizona.

# Assertive Community Treatment (ACT)



### Chicanos Por La Causa

#### Centro Esperanza

310 S. Extension Rd.  
Mesa, AZ 85210

**480-615-3800**

#### Maryvale

6850 W. Indian School Rd.  
Phoenix AZ 85033

**623-247-0464**

### Community Bridges (CBI)

#### Avondale

824 N. 99th Ave.  
Avondale, AZ 85323

**602-540-1271**

#### Forensic ACT Teams (3)

##### Phoenix

1125 W. Jackson St.  
Phoenix, AZ 85007

**480-406-7323 (FACT 1)**

**602-460-5191 (FACT 2)**

**480-232-4522 (FACT 3)**

### Empact/La Frontera

#### Comunidad

1035 E. Jefferson St., Ste. A  
Phoenix, AZ 85034

**602-251-0650**

#### Capitol Center

1035 E. Jefferson St., Ste. A  
Phoenix, AZ 85034

**602-252-7330**

#### Tempe Clinic

618 S. Madison Dr.  
Tempe, AZ 85281

**480-784-1514**

### Maricopa Integrated Health System

#### Mesa Riverview

570 W. Brown Rd.  
Mesa, AZ 85201

**480-344-2255**

### Partners in Recovery

#### Arrowhead Center

##### Medical ACT Team

9150 W. Indian School Road, Ste. 130  
Phoenix, AZ 85037

**623-455-3200**

#### West Valley

11361 N. 99th Ave., Ste. 601  
Peoria, AZ 85345

**623-583-0232**

#### Metro Center Varsity

10240 N. 31st Ave., Ste. 200  
Phoenix, AZ 85051

**602-997-9006**

#### Metro Center Omega

10240 N. 31st Ave., Ste. 200  
Phoenix, AZ 85051

**602-997-9006**

### Southwest Network

#### Bethany Village

4210 W. Bethany Home Rd.  
Phoenix, AZ 85019

**602-353-2340**

#### Mesa Heritage

460 N. Mesa Dr., Ste. 201  
Mesa AZ 85201

**480-838-5550**

#### Osborn

3640 W. Osborn Rd., Ste. 1  
Phoenix, AZ 85019

**602-269-5300**

### Saguaro

3227 E. Bell Rd., Ste. 170  
Phoenix, AZ 85019

**602-652-3500**

### San Tan

1465 W. Chandler Blvd., Bldg. A  
Chandler, AZ 85224

**480-786-8200**

### Lifewell

#### South Central

1616 E. Roeser Rd.  
Phoenix, AZ 85040

**602-323-3000**

### Terros

#### Dunlap

2400 W. Dunlap Ave., Ste. 210  
Phoenix AZ 85021

**602-389-3768**

#### Enclave

1642 S. Priest Dr., Ste. 101  
Tempe, AZ 85281

**480-929-5100**

#### Townley

8836 N. 23rd Ave., Ste. B1  
Phoenix, AZ 85021

**602-944-9810**

#### West McDowell

5030 W. McDowell Rd., Ste. 16  
Phoenix, AZ 85035

**602-278-1414**