



## FACT SHEET

### **PACT – Program of Assertive Community Treatment**

\*PACT teams contact information at *Programs by County*

PACT provides comprehensive, integrated rehabilitation treatment and support services to those individuals who are most challenged with their serious mental illness. PACT believes that people who have serious mental illness can live successful and satisfying lives in the community when flexible services and supports are provided.

#### **The Goals of PACT include:**

- Teaching self-management of mental illness
- Promoting community integration
- Preventing unnecessary psychiatric hospitalizations
- Enhancing quality of life and achieving positive outcomes such as: Paid work, Continuing education, Supportive network of friends, Improved family relations, Living alcohol and drug free

#### **Characteristics of PACT:**

- 24 hours per day/7 days per week availability of PACT team.
- Individualized and flexible services mostly provided in the home or other community settings
- Medication prescription, administration, education, and support
- Assertive outreach and "in vivo" skills training and support
- Rapid and flexible response to potential crises
- Career counseling, job seeking skills training, and ongoing support to workers
- MICA treatment
- Direct assistance with and teaching of critical life tasks (i.e.: hygiene, cooking, budgeting, etc.)
- Assistance to develop peer/community social supports, partnership with family/significant others
- PACT services can be lifelong, if needed

#### **PACT Admissions Criteria:**

*Candidates must be diagnosed with one of the following psychiatric diagnoses:*

- Schizophrenia/other Psychotic Disorders
- Major Depressive Disorders
- Bipolar Disorders
- Delusional Disorders
- Schizoaffective Disorder

#### **And have one of the following (within the prior 18 months):**

- 2 or more State Hospitalizations
- 1 State Hospitalization with 1 or more other psychiatric hospitalizations
- 1 State Hospitalization with multiple screening center episodes
- 2 or more STCF and/or County Hospital admissions
- 1 STCF or County Hospital admission with 1 or more other psychiatric hospital admissions
- 1 STCF or County Hospital admission with multiple screening center episodes
- 2 or more involuntary psychiatric hospital admissions at private psychiatric hospitals

*PACT candidates must have demonstrated lack of benefit from or refusal to participate in intensive ambulatory or residential mental health services for at least six months living in the community.*