

## ACT Program

## Your Health. Our Mission.

## Northeast Guidance Center

### Eligibility for Admission:

- Diagnosis of schizophrenia spectrum disorders, bi-polar disorder, major depressive disorder. Diagnosis may be accompanied by substance use disorders
- Symptoms of severe mental illness act as a barrier to daily life functions including self-care, hygiene practices, personal needs, build natural support and social relationships
- Person must be someone for whom traditional services and modes of delivery have not been effective, and should have one or more of the following problems that are indicators of a need for continuous high-level services:
  - Two or more psychiatric inpatient admissions in the past year or one long-term hospitalization of 180 days or more
  - Excessive use (2 or more visits in a 30-day period) of crisis/emergency services with failed linkages
  - Chronic homelessness
  - Repeat (2 or more in a 90-day period) arrests and incarceration for offenses related to mental illness such as trespassing, vagrancy or other minor offenses
  - Difficulty with medication adherence that requires monitoring and support
- The presence of co-occurring disorder, including medical conditions that require integrated support services
- Requires assistance staying out of restrictive settings including hospitalization, incarcerations and adult foster care homes to remain independently in the community

### Contact Information

Northeast Guidance Center  
ACT Program  
12800 E. Warren  
Detroit, MI 48215  
313.824.8000

Administration  
2900 Conner Avenue, Building A  
Detroit, MI 48215  
313.308.1400  
[www.neguidance.org](http://www.neguidance.org)

### Mission

Northeast Guidance Center is committed to the health of children, adults and families by providing innovative community-based services through behavioral and primary healthcare.

# ASSERTIVE COMMUNITY TREATMENT



**INTERDISCIPLINARY TEAM SUPPORT  
24 HOURS/7 DAYS A WEEK**

# ACT SERVICES...

## Goals

Assertive Community Treatment is an evidenced-based practice designed to improve overall quality of life, stabilize behavioral health, reduce rates of hospitalization or death, and reduce rates of substance use, homelessness and involvement with the criminal justice system among people with severe mental illness.

## Modality/Location

Community-based services will be provided for support services, individual therapy, group therapy, advocacy and intensive case management. Mobile crisis intervention is available 24 hours per day/7 days a week. Northeast Guidance Center's Adult Clinic is located on Detroit's eastside at 12800 East Warren, with convenient access to primary healthcare and pharmacy services at the same location.

## Insurance

Northeast Guidance Center is required to assess fees for services for all consumers based on their Ability to Pay in accordance with the Michigan Department of Health and Human Services Administrative Rules. Northeast Guidance Center accepts Medicaid and non-Medicaid payments. However, ACT is specifically a Medicaid-covered service.

## Independent Living

To live independently is the dream of most adults. Having your own apartment can be an exciting experience. A participant in ACT is given an opportunity to make their own decisions, choose their own activities and maintain the highest level of independency possible.

## Objectives for Recovery

- Gain education for personal growth or career enhancement
- Have a job or volunteer position that enhances income and/or provides means to contribute
- Create and maintain meaningful relationships
- Avoid hospitalization, incarceration and substance abuse
- Participation in community activities
- Promote symptom stability and medication adherence
- Restore personal, community living and social skills
- Support and assist with physical healthcare services
- Advocate and assist with access to entitlements and benefits
- Promote the highest possible level of functioning in the community, including independent living

## Treatment (as necessary).

- 24/7 Mobile Unit (crisis assessment & intervention)
- Intensive case management
- Coordination with doctors/nurses/medical staff
- Group Therapy (clinic-based)
- Individual Therapy (clinic-based)
- Minimum of (2) contacts per week with ACT staff
- Individualized plan of service
- Peer Support Services
- Advocating for individual's rights, wishes & preferences
- Serving as primary point of contact when individual is in crisis
- Serving as primary support person and educator to the individual and natural supports
- Coordinating with community resources, including self-help and advocacy organizations that promote recovery
- Team approach offering access to several ACT team members that specialize in therapy, housing, employment and substance use

## Discharge Criteria

- Individual has progressed toward recovery and can maintain stability in a less intensive service
- Individual can maintain activities of daily living, role expectations and community integration without ACT services
- Individual can coordinate physical and mental health services independently of ACT services
- Individual no longer meets medical necessity
- Post-ACT supports and services have been identified, and individual has been assisted with transition
- Each discharge will be individualized to suit the needs of the person receiving services
- Individual will be discharged if they are deceased, requests discharge, or is not adherent with ACT services and Northeast Guidance Center attendance policy

**A member of the ACT team will answer your questions and determine if you meet the criteria of the program.**

**To speak with a member of the  
ACT Team  
please call 313.308.1400  
Monday-Friday 8:30am-4:30pm**

