

Admission Criteria

ACT is designed to meet the needs of individuals:

- Who have a diagnosis of schizophrenia, schizoaffective disorder or bipolar disorder
- Are at least 18 years of age
- Who have significant functional impairment
- High needs due to:
 - Severe psychiatric symptoms
 - Multiple hospital admissions
 - Persistent major symptoms (mania, psychosis)
 - Co-existing mental health and substance use disorders of more than 6 months
 - High risk or recent history of criminal justice involvement due to their mental health
 - Ongoing difficulty meeting basic survival needs
 - Individuals who will benefit from more intensive services than office based treatment

Exclusion Criteria

Individuals who meet one or more of the following are not eligible for ACT services:

- Have a diagnosis of personality disorder without a major mental illness
- Have a diagnosis of Traumatic Brain Injury or dementia
- The individual's psychiatric disorder can be effectively treated, or recovery process safely maintained at a less intensive level of care
- Need 24-hour supervision

Wellness, Support & Recovery Services



Colonial
Behavioral Health

Mission Statement

The mission of Colonial Behavioral Health, the local Community Services Board, is to facilitate opportunities for recovery, resiliency and wellness to individuals and families affected by mental illness, intellectual disabilities and substance use disorders.

Through an array of strategies and collaborative partnerships with local and regional providers, CBH will demonstrate a commitment to quality assessment, prevention, treatment and habilitation through best practice methodology for the citizens of James City County, City of Poquoson, City of Williamsburg and York County.



Assertive Community Treatment (ACT)

Williamsburg Area Office

1651 Merrimac Trail
Williamsburg, VA 23185

Call to make a referral:
757-220-3200, ext.201

After regular business hours
757-871-0640

24-hour Behavioral Health Crisis

Phone: 757-378-5555

www.ColonialBehavioralHealth.org

Serving James City County, City of Poquoson,
City of Williamsburg and York County

Overview of ACT

ACT is a highly coordinated set of services offered by a multidisciplinary team to meet the complex needs of individuals with severe and persistent mental illnesses.

A fundamental charge of ACT is to be the first line (and generally sole provider) of all the services that an individual receiving ACT needs.

ACT is consumer-centered and recovery-oriented and has received substantial empirical support for facilitating community living, psychosocial rehabilitation and recovery.

The ACT team is mobile and primarily delivers services in community locations to enable each individual to identify and live in their own residence and to find and maintain work in community.

The ACT Team operates either directly or on-call 24 hours per day, seven days per week.

This format is ideally suited for those individuals who demonstrate a clinical necessity for a high level of supportive care, and would not be able to maintain their mental health stability and/or be capable of stopping their illicit substance use otherwise, or at a lesser level of care.

ACT Team

An ACT team provides person-centered services addressing an individual's needs and is oriented around individual's personal goals.

An ACT Treatment Team consist of:

- **A Team Leader** who oversees all aspects of team operations and provides supervision to ACT staff;
- **Psychiatric Care Provider** who performs psychiatric evaluations and medication monitoring to support individuals in maintaining stability in the community;
- **Psychiatric Nurses** who administers medication, provide basic medical assessments, health education, and health care coordination;
- **Co-Occurring Disorder Specialist** who provides individual and/or group counseling to clients with co-occurring mental health and substance use disorders;
- **Peer Specialist** who are or were receiving mental health services and can provide essential first-hand knowledge to the team and support to the individual's recovery goals;
- **Vocational Specialist** who help each individual with seeking, securing, and retaining employment;
- **Dedicated Office-Based Program Assistant** who performs administrative support functions for the team; and
- **Generalist Clinical Staff Members** who carry out rehabilitation, therapy and support functions.

Services

Services provided by the ACT Team may include:

- Managing medications
- Individual and/or Group Therapy
- Getting and maintaining employment
- Scheduling and assisting with keeping medical and dental appointments
- Meeting individuals in their home for psychiatric and nursing visits
- Teaching and assisting with independent living skills
- Opportunities for socialization
- Support for resuming education
- Assistance with obtaining legal and advocacy services, financial support, money management, medical and dental services, housing, transportation, and other supports in the community.

Payment Information

ACT services are provided to eligible individuals regardless of insurance coverage or ability to pay.