



FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

Assertive Community Treatment Offers Multi-Disciplinary Support

People with the most serious symptoms of mental illness experience the greatest impairment in functioning and often do not benefit from traditional treatment approaches. Assertive Community Treatment (ACT) as an evidence based practice is supported by the Substance Abuse and Mental Health Services Administration (SAMHSA) to be effective in reducing psychiatric hospitalization, increasing housing stability and improving consumers' quality of life.

ACT services have been offered by teams of mental health professionals in Iowa since 1998. Through ACT, a multi-disciplinary team delivers individualized, comprehensive and flexible treatment, support and rehabilitation services. The ACT team provides services in community settings on a time-unlimited basis to keep consumers out of the hospital and help them attain a life that is not driven by their illness.

Program Highlights

- Teams provide education and support to communities regarding ACT services.
- ACT teams collaborate with communities and with the National Alliance on Mental Illness (NAMI).
- More than 250 Iowa Plan consumers with serious mental illness receive services annually through individualized treatment, support and rehabilitation services.
- ACT services are part of the Utilization Management Guidelines and managed by trained clinical staff at Magellan's Iowa Care Management Center.

Program Components

ACT incorporates service components based on the consumer's needs to support the transition to daily living.

Services include:

- Medication support
- Health promotion
- Housing assistance
- Psychosocial treatment
- Family involvement
- Employment
- Community living skills

Processes include:

- **Engagement:** establish trusting therapeutic relationships with the consumer.
- **Comprehensive Assessment:** review individual's psychiatric condition, and social functioning needs.
- **Psychiatric and Social Functioning History Timeline:** depict psychiatric and social functioning, and prior treatment experiences.
- **Weekly Consumer Schedule:** break the week into regular time blocks to assist the team in individualized treatment planning and assigning specific activities.
- **Team Schedule:** assist team members in carrying out the task for the day.

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