



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Assertive Community Treatment Team

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Mennonite
new life
centre

About CMHA

- Founded in 1918, CMHA is one of the oldest voluntary health organizations
- National office, provincial divisions, local branches
- Over 10,000 volunteers and staff provide direct service to over 100,000 Canadians in more than 135 communities across Canada

Vision

Mentally Healthy People in a
Healthy Society

There is no Health without
Mental Health

CMHA Mission

As the nation-wide leader and champion for mental health, CMHA facilitates access to the resources for people who require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Organizational Values

- Equity of Access
- Prevention, Early Identification and Intervention
- Community Awareness through Information and Knowledge
- Collaboration, Service Integration and Strategic Partnership
- Respecting Diversity
- Empowerment and Inclusion
- Excellence and Innovation

Service Continuum for Adult:

- Assertive community treatment
- Case management (Adults/Seniors)
- Mental Health & Justice Program
- Education and health promotion
- Early psychosis intervention
- Identification clinics
- Psychotherapy and treatment
- Support for depression
- Employment Support

Service Continuum for Youth:

- Choices Program
- Early Psychosis intervention
- Mental Health & Justice
- Youth Wellness

Service Continuum for Family & Friends:

- Family & Caregiver group

Ontario Telemedicine Service

Board of Directors:

CMHA is a registered charity, governed by a volunteer board of directors. The board is guided by a strategic plan which is updated over an annual basis. They meet regularly throughout the year to monitor organizational operations.

**Final operational accreditation is made by
Ministry of Health and Long-term Care**

What is ACTT?

Assertive community treatment team is a community based psychiatric treatment, rehabilitation and support to people with serious and persistent mental illness. for example:

- Schizophrenia disorder
- Schizoaffective disorder
- Bipolar disorder

Serious & Persistent

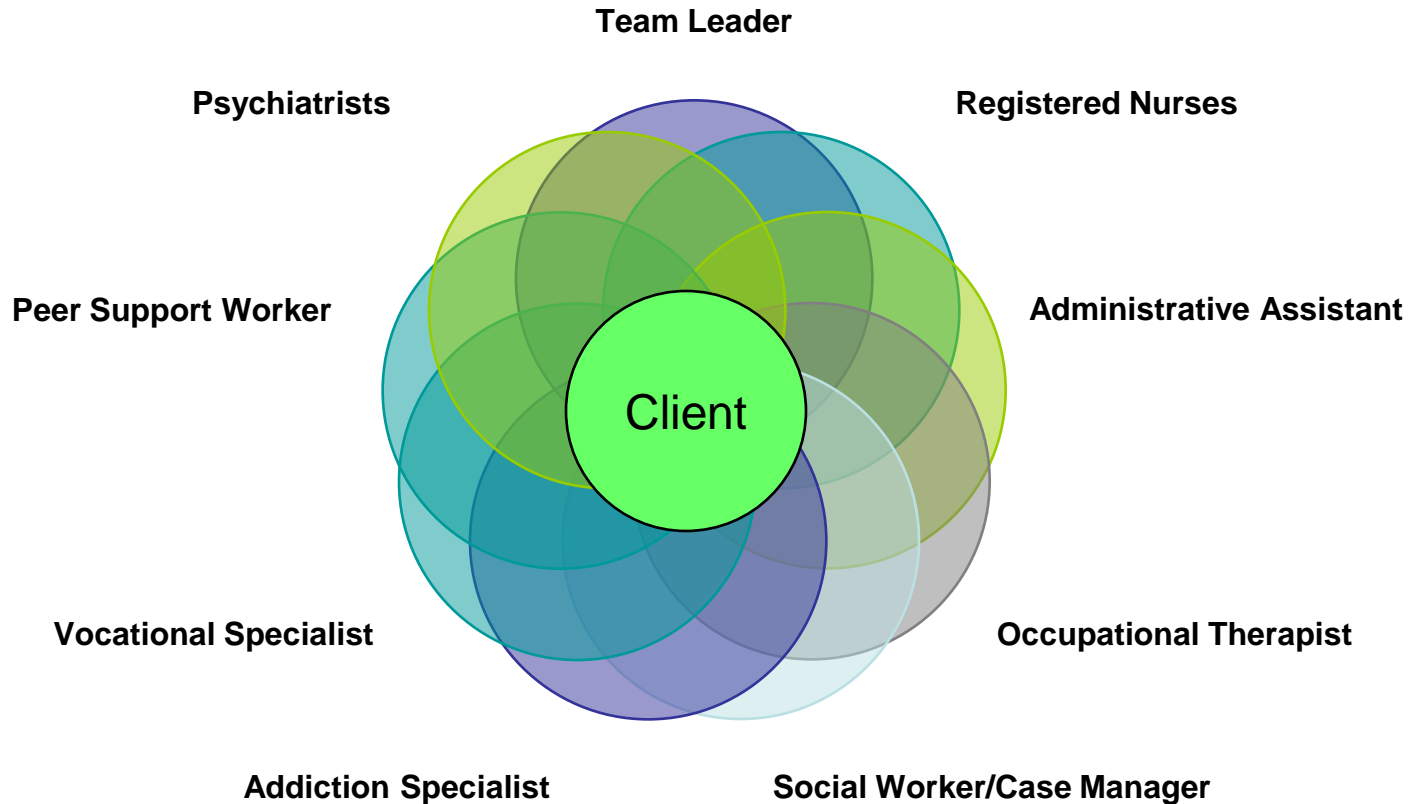
What does that mean?

- Symptoms of these psychiatric illnesses include:
 - Psychotic symptoms:** hallucinations, delusions, disorganized thoughts and behaviour
 - Affective symptoms:** depression, euphoria or irritability, increased/decreased activity , impulsivity
 - Anxiety related:** obsessions, compulsions, panic attacks
- Symptoms typically occur in acute episodes lasting weeks to months and recur often
- Symptoms produce distress and major functional disability in terms of social, occupational and interpersonal relationship

During episodes, people are often unable to adequately care for themselves and need intensive services and supports, including hospitalization.

Our ACT Team is here to help.

ACT Team



The ACT Team equally shares responsibility to perform the variety of activities that support our clients.

Admission Criteria

- Lives in Southern York Region
- 16 or older
- Axis 1 diagnosis
- Severe and persistent mental illness (DSM IV)
- Priority to clients diagnosed with schizophrenia, bipolar disorder, schizoaffective disorder
- Indicates high-service needs including:
 - High use of hospital services
 - Concurrent disorders
 - Criminal justice involvement
 - Inability to participate in traditional office-based services
 - Dual diagnosis

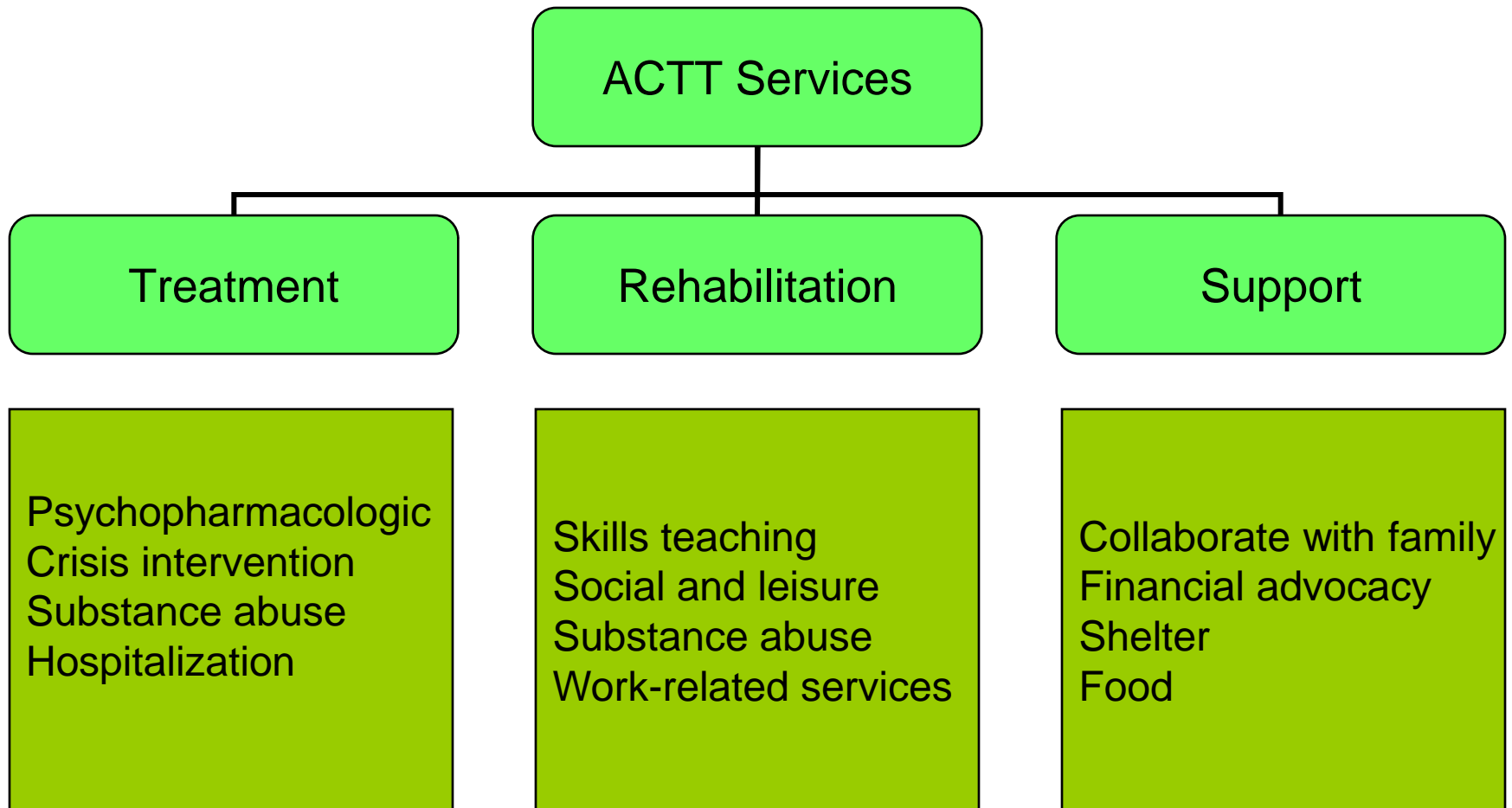
Goals of ACTT Services

- Program's goals follow a logic model under the following components:
 - Intake, assessment and engagement
 - Treatment
 - Rehabilitation
 - Monitoring and evaluation
- Each component has unique goals that work toward:
 - Optimizing progress in recovery to improve quality of life for people with serious and persistent mental illness

Teamwork

- We provide a continuum of services from crisis intervention to medication management to activities of daily living.
- All ACT team members are aware of the status of all clients.

ACTT Services



ACT Team

A recovery-based approach to:

- Improve quality of life
- Increase independence in the community
- Improve symptom management
- Find accommodation of choice
- Support with medication management
- Explore employment opportunities
- Educate and support families
- Reduce substance use
- Reduce hospitalization

ACTT Aim

To assist and support people with serious and persistent mental illness and to enhance their quality of life

A Client's Perspective:

- “at 18 I had no job, no car, no money and no life.”
- “I had to start from scratch.”
- “I was frustrated bitter and angry at the system and myself.”
- “In time ACT was more than a safety net – it was an opportunity.”
- “I was becoming a somebody again.”
- “I wrote about my illness and began public speaking about my experience.”
- “Today I am a staff member at mental health center.”
- “I’ve gone from a man with nothing to a man with a life.”
- “ACT has been a key to my recovery.”
- “ACT gets the job done.”