



# Assertive Community Treatment

*The help you need, wherever you are*

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If you or someone you know might benefit from the ACT program, please contact your county representative:

### SARATOGA COUNTY

Single Point of Access (SPOA)  
Committee  
Saratoga County Department of  
Mental Health and Addiction  
Services  
135 South Broadway  
Saratoga Springs, NY 12866  
518.584.9030

### WARREN COUNTY

### WASHINGTON COUNTY

Single Point of Access (SPOA)  
Committee  
Office of Community Services  
for Warren and Washington  
Counties  
230 Maple Street  
Glens Falls, NY 12801  
518.792.7143

*These services are provided by  
Northern Rivers Family of Services  
and member agencies.*

Assertive Community Treatment (ACT) is an intensive and highly integrated approach for community mental health service delivery serving outpatients whose symptoms of mental illness lead to serious functioning difficulties in several major areas of life, often including work, social relationships, residential independence, money management, and physical health and wellness.

### Who We Are

Our Assertive Community Treatment team provides comprehensive mobile, community-based, client-centered treatment, support, and rehabilitation services to adults in Saratoga, Warren, and Washington Counties who are age 18 and older and who exhibit a serious and persistent mental illness that challenges their ability to function in the community. ACT clients have struggled to find successful treatment from traditional outpatient services.

The team includes a team leader, a family specialist, a substance abuse specialist, an employment specialist, a peer support specialist, and a program assistant, along with a psychiatrist and a registered nurse.

### What We Do

Our services include assertive outreach, mental health treatment, physical health care, vocational support, recovery support services, money management, housing supports, service planning and coordination, family education, wellness skills, and community linkages. These services are provided in a variety of community locations.

The ACT team is on call 24/7/365 to help with crises. We support recovery through an individualized, stigma-free approach that gives clients the tools to manage their recovery and set and reach meaningful goals.

### Our Goal

ACT works with hospitals, mental health facilities, and local law enforcement to safely maintain clients in a community setting as they work toward successful independence. Our trauma-informed, culturally competent, client-centered approach emphasizes the importance of recovery, family, community-based, and faith-based supports.

### Getting Started

All referrals to ACT are made through the appropriate county representative agencies listed at left.

NORTHERNRIVERS