

Assertive Community Treatment (ACT)

What is Assertive Community Treatment (ACT)?

ACT is an evidence-based approach that provides multidisciplinary, flexible treatment and community-based support to people who live with severe mental illness. The approach focuses on preventative health care, daily living skills, stable housing and treatment for drug and alcohol use.

Who is on the ACT Team?

Integral Care has three ACT teams that support clients with complex mental and physical health needs, who frequently use emergency health services and/or interact with the criminal justice system. Integral Care's ACT team includes social workers and counselors who focus on mental health and case management, a housing specialist, a substance use counselor, a peer support specialist, a registered nurse and an advanced practice nurse.

Who does the ACT team serve?

The team serves adults who live with mental illness and use drugs or alcohol, focusing their care on three specific areas. Individuals who experience:

- Frequent and intensive psychiatric emergencies
- Chronic homelessness
- Frequent involvement with the criminal justice system

The ACT teams fit their services to the needs of the client. The complexity of those needs require that the team is involved in all aspects of client care – routine healthcare visits, crisis episodes, incarcerations and psychosocial needs including housing, employment and family support.

What services does the ACT team provide?

The team promotes health and well-being by providing access to treatment, rehabilitation and support services. Services include 24-hour mental health crisis support, one-on-one emotional support, medications, housing support, access to medication, nursing services, drug and alcohol treatment and help building daily living skills. The team brings services to clients – at home or in the community.

Who partners with the ACT team?

Integral Care’s ACT team works with primary healthcare providers, hospitals, Austin Police Department, defense attorneys, payees/guardians and more to support the health and well-being of clients.

Who is Integral Care?

Integral Care supports adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County. Our services include a 24-hour helpline for anyone who needs immediate support, ongoing counseling to improve mental health, drug and alcohol treatment to help with recovery, and housing to regain health and independence.

How do I contact ACT?

For questions regarding the team’s services, you can email ACT@IntegralCare.org or call 512-440-4053.