

ASSERTIVE COMMUNITY TREATMENT



Provides Services to Adults with Psychiatric Disabilities in the Community Where They Live

Assertive Community Treatment (ACT) brings community-based services to consumers who are underserved and unable to access or effectively utilize clinic-based treatment to meet their mental health goals.



A Program That Meets You Where You Are

"[They are] there when needed and are good for my mental health recovery. They help you find yourself and help you be successful in different positive ways."

~ ASSERTIVE COMMUNITY TREATMENT PARTICIPANT



ABOUT INTERIM: Interim, Inc. is a private nonprofit organization whose mission is to provide services and affordable housing, supporting members of our community with mental illness to build productive and satisfying lives. Interim, Inc. provides a wide variety of residential treatment, affordable supportive housing and social rehabilitation services to adults with psychiatric disabilities. Our services support more than 1900 clients each year. We help our clients achieve wellness and recovery and build communities where they are able to live, work, learn, and participate fully.

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Assists Consumers to Successfully Live Independently or Interdependently in the Community



WHAT TO EXPECT

ACT assists consumers with their mental health recovery process and with developing the skills necessary to lead independent or interdependent, healthy, and meaningful lives in the community. Services are provided in community settings as needed.

The program also strives to reduce mental health and substance use symptoms in order to reduce utilization of involuntary care and emergency rooms for mental health and non-acute physical health problems.

Services are caring, person-centered, and proven to improve treatment outcomes and quality of life.

Staff is trained in Motivational Interviewing and Harm Reduction to ensure services align with the consumer's readiness for change. They are trained in and use a strengths-based and recovery focused model and deliver services that are based on individualized goals, set jointly between staff, participants, and their support system. Psychosocial educational and skill development groups are based on observed needs as well as ongoing feedback from participants.

EVIDENCE-BASED PRACTICES

Assertive Community Treatment (ACT) is an evidence-based program model. A multidisciplinary team collaborates to provide wrap-around services. Research shows that ACT programs reduce hospitalization, increase housing stability, and improve quality of life for people with the most severe symptoms of mental illness.

REAL IMPACTS FY 24/25

75%

Eliminated inpatient hospitalization while in the program

91%

Did not experience incarceration while in the program

CRITERIA FOR ADMISSION

Adults in Monterey County with a serious mental illness and/or severe functioning impairments that impact their activities of daily living. Consumers who reside in Salinas Valley and South County and need additional support in connecting to mental health services are prioritized for admission.

Referral required from Monterey County Behavioral Health Bureau (MCBH) Adult System of Care Salinas and South Monterey County teams, MCBHB ACCESS, Interim Inc., MCBHB Natividad Mental Health Unit and Emergency Room, and Interim MCHOME Outreach with admission approval by Interim staff.

FOR MORE INFORMATION

For more information, call (831) 649-4522.