



Assertive Community Treatment (ACT) Team

Who We Are:

- The ACT team works with individuals 18 years of age or older who have a primary diagnosis of schizophrenia, or other psychotic disorder and severe bipolar disorder. If your mental illness interferes with many aspects of daily living, ACT will partner with you to develop a recovery plan that will help you regain more control over your symptoms so that you may focus on living your life.
- ACT is an interdisciplinary team that includes a consultant psychiatrist, a nurse, a social worker, a recreation therapist, a vocational specialist, an addictions specialist and a peer support worker. Every ACT team member may work with you depending on your needs, but one member will be specifically assigned as your Primary Worker.

What You Can Expect:

- With your consent, we will conduct an assessment starting with an in-home or office visit by a member of the ACT Team so they may get to know you better and answer any of your questions.
- Using this information, your Primary Worker will work with you to develop a recovery plan that includes ways to manage the symptoms of your illness, as well as strategies to meet other life goals. You may invite significant others in your life to attend such meetings.
- Our team will help you identify your strengths as you develop goals in the areas of symptoms and addictions management, medication management, housing, self-care, life skills, relationships, spirituality, recreation, finance, education and employment. With their knowledge of available resources, your Primary Worker can also help you or your family connect to other beneficial community services.
- As with many chronic illnesses, taking medication for symptom management is often a recommended strategy. To support you with this aspect of your recovery plan, our team will work with you, your pharmacist and your family doctor until you are confident enough to manage your medication on your own. If you need extra support, we can deliver your medication to your home. We also offer a weekly injection clinic which is especially useful if you do not have a family doctor.

- Your Primary Worker will continue to meet with you regularly, at your home or in the community, to support you in achieving the goals outlined in your recovery plan.
- Every three months, you will meet with the team's psychiatrist.
- Every six months, you and your Primary Worker will conduct a more formal review of your progress towards your goals. This can be your opportunity to review strategies that have helped and may help in the future.
- Because recovery can be marked with setbacks, we will work with you to develop a Wellness Recovery Action Plan (WRAP). This is just a fancy way of saying that, using your strengths, you will develop strategies to recognize when and maybe why you are experiencing a relapse, and what you can do to best manage those situations.
- As you work with our Peer Support Worker, who has life experience with similar challenges, we trust that you will see that there is hope for recovery and you will gain the confidence needed to live a more fulfilling life.
- While there is no time limit for receiving our service, our team will promote and monitor your recovery, and work with you and your family physician to transition to other health services when or if appropriate.

Other Resources:

- <http://www.cmha.ca> Canadian Mental Health Association website.
- <http://www.ementalhealth.ca>



Recovery is a process, a way of life, an attitude, and a way of approaching the day's challenges. It is not a perfectly linear process. At times, our course is erratic and we falter, slide back, regroup and start again. The need is to meet the challenge of the disability and to re-establish a new and valued sense of integrity and purpose within and beyond the limits of the disability; the aspiration is to live, work, and love in a community in which one makes a significant contribution.

(Recovery: The Lived Experience of Rehabilitation, p.15, Patricia Deegan, 1988)

**Learn More About How We Can Help
613-732-8770 or 1-800-991-7711**

**Mental Health Crisis Line - 24/7
1-866-996-0991**