



YOUR RIGHT TO ACCESS ASSERTIVE COMMUNITY TREATMENT SERVICES

Assertive Community Treatment Services are a type of mental health service offered to people in the community. They are more commonly known as ACT. ACT services are provided primarily to you where you are in the community, and not in an office-based setting. The ACT team includes a team leader, a psychiatrist, a registered nurse, a certified rehabilitation counselor or employment specialist, a Certified Intentional Peer Support Specialist (CIPSS), and substance use disorder counselor.

The **ACT Team** can help you with things like:

- Finding housing, including filling out and submitting applications for housing financial assistance, including applying for the Bridging Rental Assistance Program (BRAP) and Section 8;
- Medication management and administration;
- Emergency face-to-face contact, in addition to 3 face-to-face contacts each week; and
- Making face-to-face contact with other professionals, caregivers or individuals in order to achieve coordination of services.

You have the right to self-refer to any mental health agency offering this service and ask for an assessment. Make sure to ask for **Assertive Community Treatment Services**.

If you need assistance with accessing this service, either before or after you contact a mental health agency, call **Disability Rights Maine** at 800.452.1948 (V/TTY) Ext. 119, Ext. 208 or Ext. 210 to speak with a community mental health advocate.