



What are Assertive Community Treatment Team Services?

Assertive Community Treatment Team (ACTT) offers a full range of support services to people with serious behavioral health needs. ACTT promotes rehabilitation and independence by teaching people coping skills needed to live in their own communities safely and productively, engaging them in normal daily routines and healthy social interactions. People receiving ACTT services often experience significant reductions in crisis situations such as homelessness, incarceration, or repeated hospitalizations.

HOW TO CONTACT US

To Coordinate ACTT Services in Your Area,
Please Call the New Bern ACT Team:

RHA Health Services
1917 Trent Blvd.
New Bern, NC 28560
Office: (252) 638-9091
Fax: (252) 638-7586

RHA - Guiding Recovery

To learn more about our behavioral health services,
please visit our website at
www.rhabebehavioralhealth.org.



Assertive Community Treatment Team services are provided by RHA Health Services. Through its behavioral health programs, RHA has impacted the lives of over 12,000 people across North Carolina and has been helping people lead healthier, more fulfilling lives since 2005.



ASSERTIVE COMMUNITY Treatment Team



*working together to
grow a better future
for the people we serve*



How can ACTT help people with mental health needs?

- Comprehensive assessments & follow-ups
- Psychiatric care & coordination of other health services
- Substance use treatment
- Intensive case management
- Personal care & skills training for activities of daily living
- Treatment and support to people with all levels of acuity of illness, all within the least restrictive setting
- Education on mental health & medication self-management
- Housing assistance
- Going back to school
- Finding a job or acquiring job training
- Assistance in applying for food stamps & other forms of assistance



Who's on each RHA ACT Team?

- Psychiatrist
- Masters Level Team Leaders
- Licensed Professional Counselors & other Mental Health Professionals

- Certified Substance Use Counselors
- Registered Nurses
- Vocational/Employment Specialists
- Peer Support Specialists
- Administrative Coordinators

What's so great about the ACT "Team" approach?

- (1) We come to you – Our mobile treatment teams provide services wherever people need them – at home, at work, and in their communities. Also, ACTT services are available 24/7/365 for emergency response.
- (2) No time limits – We provide services and supports for as long as they are needed, fitting our schedules around the needs of the people we serve.
- (3) Shared responsibility, integrated approach – Our interdisciplinary teams work together to coordinate care for a limited number of people at any one time, making sure every person we serve gets our full attention.
- (4) Flexible, responsive treatment plans – Our teams meet daily to review the progress of an individual's care, adjusting treatment plans when necessary to meet the changing needs of the people we serve.
- (5) Personalized care – Individuals get to know each member of their treatment team so there is always consistency of care even if one team member is sick, on vacation, etc.
- (6) Emphasis on natural supports – We work to include family members in the development of treatment plans, focusing on improving family relationships, healthy conflict resolution, and how to best support individuals with behavioral health needs.



- (7) Strength-based care – We respect the individual choices and self-determination of the people we serve, helping them focus on developing their own interests and talents to reach their personal goals.

