

## WHAT IS ACT?

Assertive Community Treatment (ACT) is a program that offers a full range of support services to people with serious behavioral health needs. Through ACT, individuals learn to live a life not controlled by their mental illnesses.

## How Does ACT Help?

With ACT, an individual will get help taking care of their basic needs — taking medications, getting up, and getting through the day. Pivotal ACT team members also help individuals find housing, apply for food stamps, go back to school, or apply for a job.

Through ACT, people learn skills to live safely and independently in their communities. It encourages healthy daily routines and social interactions.

As a result, individuals who use ACT services see fewer crises like homelessness, jail time, or repeated hospital stays.



Pivotal is proud to be St. Joseph County's premier Certified Community Behavioral Health Clinic (CCBHC). As a CCBHC, we provide an excellent system of care by focusing on wellness, hope, and recovery.

## Get Started

### Main Office

677 E. Main Street  
Centreville, MI 49032

### Three Rivers Office

1020 Millard Street  
Three Rivers, MI 49093

### Sturgis Office

1555 E. Chicago Rd., Suite A  
Sturgis, MI 49091



[PivotalStJoe.org](https://PivotalStJoe.org)

**Direct Phone:** 269-467-1000

**Customer Service:** 1-855-203-1730

**Crisis Line 24/7:** 1-800-622-3967

**Fax:** 269-467-3075

**TTY:** Michigan Relay Service at 7-1-1

**Life-threatening Emergency:** 911

**Suicide and Crisis Lifeline 24/7:** 988

**ATENCIÓN:** Si habla español, hay servicios gratuitos de asistencia con el idioma para usted. Llame al 1-855-203-1730 (TTY: 7-1-1)



We are accredited by Commission of Accreditation of Rehabilitation Facilities.



# Assertive Community Treatment

HELPING YOU LIVE BEYOND  
MENTAL ILLNESS WITH  
COMMUNITY SUPPORT

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## How Does ACT Work?

### A team approach

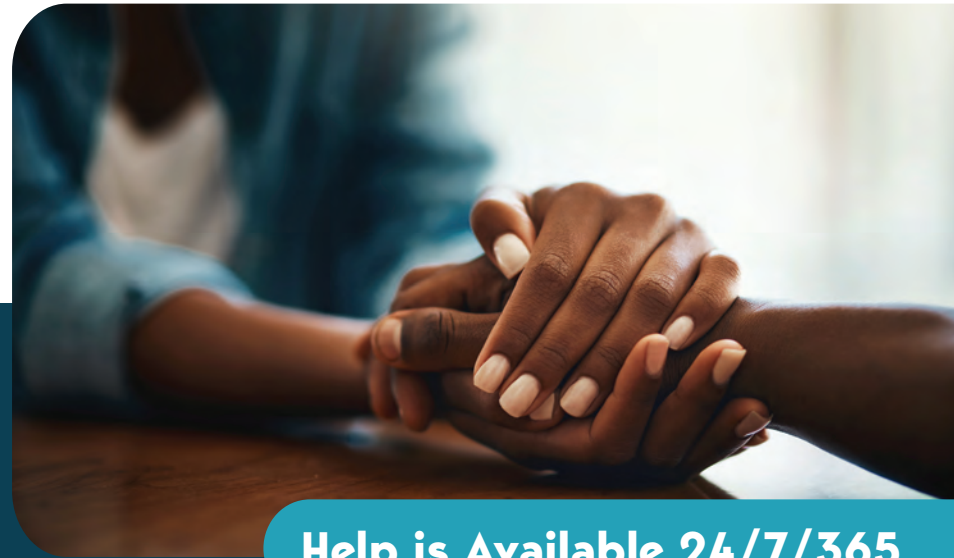
Psychiatrists, nurses, mental health professionals, and masters level team leaders join together on ACT teams to give individuals ongoing, individualized care.

### We come to you!

Our Pivotal mobile treatment team provides services wherever their needed – at home, at work, and in the community. Services are available 24/7/365!

### Emphasis on natural supports

We strive to involve family members in creating treatment plans, focusing on strengthening family relationships, promoting healthy conflict resolution, and providing the best support for individuals with behavioral health needs.



## How Can ACT Help?

- ✓ Comprehensive assessments & follow-ups
- ✓ Psychiatric care & coordination
- ✓ Substance misuse treatment
- ✓ Intensive case management
- ✓ Personal care and skills training for the activities of daily living
- ✓ 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 financial assistance

### Personalized Care

Pivotal's ACT teams support small groups of individuals, ensuring every person served gets full attention and care.

### 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.

### Flexible, responsive treatment plans

ACT 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 served.

### Consistency of care

Individuals become familiar with each member of their treatment team, ensuring consistent care even if a Pivotal team member is sick, on vacation, or unavailable.

## Help is Available 24/7/365

A person is discharged from ACT services when one of the following circumstances is met:

- The person no longer requires the level of services provided by the ACT teams and their needs can be met with a less intensive service program. Transition planning occurs throughout treatment.
- The person no longer resides in St. Joseph County or consistently declines to be involved in ACT services.