



## **PROGRAMS OF ASSERTIVE COMMUNITY TREATMENT (PACT)**

### **WRITTEN PLAN**

#### **PROGRAM PHILOSOPHY**

The Programs of Assertive Community Treatment (PACT) at Rimrock provide a range of services at the community level within Rimrock's continuum of care. PACT is a multidisciplinary team approach which directly provides acute, active and ongoing community-based psychiatric treatment for adults with mental illness and at times, co-occurring concerns such as substance use disorders, homelessness or involvement with the judicial system.

The program is a member-centered, recovery oriented, mental health services delivery model for facilitating community living, psychosocial rehabilitation, and recovery for members who have not benefitted from traditional outpatient services. PACT is the core service of a tiered delivery system, which includes a Community Maintenance Program (CMP). CMP is intended to provide medication and community support for members who require long-term, ongoing support at a higher level than traditional outpatient services to be maintained successfully in the community and remain out of higher levels of care.

The Programs of Assertive Community Treatment (PACT) Team is the single point of clinical accessibility and assists the individuals served in meeting their unique psychosocial needs and empowering them to reach their goals. The individual is familiar with multiple members of the team which allows for continuous provision of services that are provided over a long-term care basis. These services are provided 24 hours per day, 7 days per week and are highly individualized. The services are modified as needed with ongoing assessment and treatment plans.

PACT has been identified as an evidence-based model of community-based services for individuals for whom traditional treatment and rehabilitation has not met their goals and needs. The PACT team approach promotes positive outcomes such as: independent living, a higher level of functioning in social and employment domains, management of psychological condition, and increased independence managing one's own healthcare.

Mental illness is often co-occurring with substance use disorders and process addictions, and the related maladaptive behaviors are rarely produced by one factor alone. Most often, a substance use disorder or process addiction is the result of an interaction of multiple factors in conjunction with psychoactive substance use or with mood altering experiences, such as gambling. Oftentimes, this substance use, in conjunction with an individual's psychiatric

medication can exacerbate the underlying mental illness and/or produce dangerous side effects.

It is also clear from research that a substance use disorder or process addiction is a brain disease- that once the brain has adapted to psychoactive substances or to mood altering experiences that produce dopamine, the patient cannot resume mood-altering substances or behaviors without re-activating the addictive cycle. Therefore, our program advocates abstinence and endorses the principles of twelve step programs and the peer support they represent for abstinence.

Rimrock has a long history of providing integrated, concurrent dual diagnosis care for patients whose substance use disorder or process addiction is compounded by the presence of a mental illness. We believe we have set the standard for this type of care and our interdisciplinary treatment team includes a broad range of disciplines inclusive of psychiatry.

### **PROGRAM DESCRIPTION**

Directed by the mission and organizational philosophy of Rimrock, the staff of the Programs of Assertive Community Treatment (PACT) team provide the following programs and services:

- Medical and mental health monitoring
- Crisis intervention services
- Evaluation
- Individual therapy
- Group therapy
- Psychoeducation
- Rehabilitative services
- Co-occurring treatment
- Pharmacotherapy
- Family therapy
- Recreation/Stress management
- Related support therapies

The clinical staff of this service are licensed addiction counselors, licensed mental health counselors, an advanced registered practical nurse, and a Doctor of Psychiatry. In addition to clinical staff, certified peer support specialists, tenancy and vocational rehabilitation professionals are a part of the Programs of Assertive Community Treatment (PACT) team. On-call scheduling is provided to assure that any individual seeking assistance can be seen on a 24 hour basis, in their environment, during 8:00 am to 5:00 pm weekdays. After hours, this assistance is provided by team members who are on-call. Thus, 24 hours a day, anyone may receive assistance and support.

#### **Clinical Assessment and Treatment Planning**

Licensed mental health counselors, licensed addiction counselors, licensed clinical social workers, a psychiatrist and nursing staff provide biopsychosocial evaluations to patients, and

develop treatment plans collectively as the PACT team. The treatment plan is reviewed every 90 days and is modified as necessary based upon the need of the individual served.

### [Crisis Intervention Services](#)

The PACT team works directly with the consumer in developing an initial crisis intervention plan which includes telephone, face-to-face assessment, mobile services and implementation of written emergency procedures to address screening for medical or emergency psychiatric services and/or making referrals to emergency medical or psychiatric services when necessary. The crisis intervention plan additionally has procedures in place that include involvement of significant others as pre-approved by consumer with the appropriate releases on file. Crisis intervention is available 24 hours per day, 7 days per week and will collaborate with community emergency services as necessary.

### [Pharmacotherapy and Psychoeducation](#)

The PACT team is directly responsible for providing medication management to participants of the program. The team psychiatrist routinely, with consent of the individual served, assesses the symptoms and behaviors of the individual and prescribes appropriate medication. The symptoms are regularly reviewed and documented as well as the individual's responses to prescribed medications. Biopsychosocial education for the client, their family and/or significant others regarding their disabilities and abilities is provided.

### [Co-occurring Treatment](#)

The PACT team Licensed Addiction Counselor works one-on-one with clients assessed for a substance use disorder and meeting ASAM criteria for level 1 services. These sessions include: educating the consumer on identification of substance use and its effects; education on the relationship between substance use, mental illness and psychotropic medications; development of motivation for decreasing use, teaching coping skills and alternatives to substance use; achievement of abstinence and stability; and access to support groups. Clients meeting ASAM criteria for a higher level of care (2.1 or higher), will be referred to the appropriate provider. The PACT team will maintain contact with the provider to ensure wrap-around services are in place upon discharge.

### [Recreation/Stress Management](#)

The PACT team provides community integration services including: education of the individual regarding their psychiatric disorders or behavioral health needs; improving the individual's coping mechanisms as they relate to their current condition; assistance in the individual's choice of community living, vocational/educational goals, and positive leisure-time activities. A variety of supports including teaching, planning, side-by-side coaching and organizing individual and group social and recreational activities are used to assist the consumer in making positive choices. These supports are designed to help improve the consumer's communication skills and development of assertiveness, which results in increased self-esteem and efficacy.

### [Related Support Therapies and Services](#)

The PACT team will assist the consumer in securing basic needs relating to financial assistance, medical benefits, short-term shelter or long-term housing, food, clothing and household needs. Team members assist in activities of daily living, including hygiene, household duties, money-management skills, transportation and maintenance of good nutrition and physical health. These activities of daily living are taught with individualized assessment of consumer competency and could involve: problem solving, side-by-side assistance and support, skills training, environmental adaptations and ongoing supervision. Vocational services may also be provided and would assist the consumer in finding, securing and maintaining employment or productive volunteer services within the community.

### Family Therapy and Support

Provided the consumer gives their consent, the PACT team provides education to the family and significant others regarding the consumer's illness/disorder, their strengths and abilities, the role of the family in the therapeutic process, conflict intervention or resolution and promotes the importance of ongoing communication between the family and the team.

## **GOALS AND OBJECTIVES**

### **Goals:**

To provide comprehensive long-term mental health services in the community in order to decrease admissions to psychiatric facilities and increase independence.

### **Objectives:**

1. To identify, plan and coordinate necessary services for patients admitted to the PACT team at Rimrock.
2. To assure an adequate length of program and the achievement of the patient's treatment objectives, goals and clinical problem resolution.

### **Admission Criteria:**

Patients must be at least 18 years of age, meet SDMI criteria and require contact at least three days per week (PACT) or two contacts per month for Community Maintenance Program (CMP).

### **Transfer/Discharge Criteria:**

1. The patient has achieved the goals articulated in his or her individualized treatment plan, thus resolving the problems that justified admission to the program.
2. The patient has experienced an intensification of his or her problems or has developed a new problem and can be treated effectively only at a more intensive level of care