

# Community Mental Health Program

## Program of Assertive Community Treatment: Fact Sheet

The WRHA Community Mental Health Program offers a range of services in the community that support adults experiencing difficulties as a result of living with a mental illness. Services assist people in recovery and to live satisfied and successful lives. The Program of Assertive Community Treatment, known as PACT, is one type of service offered by the WRHA Community Mental Health Program. There are two PACT teams operating in Winnipeg.

### What is the Program of Assertive Community Treatment?

The Program of Assertive Community Treatment (PACT) is an outreach oriented comprehensive community treatment, rehabilitation, and support service designed to meet the needs of people with severe and persistent mental illness. The service is provided to participants in their homes, at work, and in community settings.

Services include attention to both mental health needs and basic needs such as everyday activities like caring for oneself, taking medications, establishing social relationships, finding and keeping places to live and work as well as managing one's finances. Services enable participants to regain stability, take steps towards recovery and achieve personal goals.

### What Services does PACT provide?

A multi-disciplinary team of mental health professionals including a psychiatrist, nurses, social workers, occupational therapists, mental health specialists, addiction specialists and vocational rehabilitation specialists, provides PACT services with a low staff to client ratio, using a team approach and shared caseloads. Each client has an individualized recovery plan, receives assertive outreach and can expect continuous service over the years, including:

- Treatment, such as medication management, therapeutic counseling, substance use intervention and primary health care
- Rehabilitation, in all areas of life including housing, family and social relationships, vocational and educational activities and skills teaching
- Support, through direct assistance with daily living activities to meet the basic necessities of life
- Crisis response, 24 hours per day, 7 days per week

### Who is Eligible for PACT?

PACT is appropriate for a small portion of the population of people with mental illnesses and is particularly suitable for individuals with psychotic disorders who have continuous high-service needs indicated by:

- high use of inpatient psychiatric services
- frequent use of medical services
- high use of emergency and crisis services
- residing in hospital or a supervised community residence, but could live more independently if intensive services were provided

### How do I apply for PACT?

Intake for PACT in Winnipeg occurs through the WRHA Central Intake at (204) 940-2655 (Monday to Fridays, 8:30 am to 4:30 pm)

or

Your service provider can assist you to complete the Mental Health application available from the WRHA Central Intake or at any WRHA Community Area office

