

Recovery in the Community

Assertive Community Treatment helps people take charge of their recovery while building confidence and skills for daily living. **Here are a few ways to support your recovery:**

Stay Connected



Engage with your ACT team and share what's working and what isn't.

Set Goals



Even small goals, like creating a daily routine or reconnecting with others, can make a difference.

Practice Wellness



Regular sleep, activity, and balanced meals support both your body and your mind.

Reach Out Early



Contact your ACT team before a small problem turns into a crisis.

St. Clair County Community Mental Health

Providing Opportunities for Health, Wellness, & Connection

Information and Access to Services:

810-488-8888

24-Hour Crisis Line:
810-966-2575

www.scccmh.org |

St. Clair County Community Mental Health

3111 Electric Avenue
Port Huron, MI 48060
(810) 985-8900

St. Clair County Community Mental Health Child & Family Services
2415 24th Street
Port Huron, MI 48060
(810) 488-8840

St. Clair County Community Mental Health - South Adult Services
6221 King Road
Marine City, MI 48039
(810) 765-5010

St. Clair County Community Mental Health - South Child & Family Services
135 Broadway
Marine City, MI 48039
(810) 400-4200

St. Clair County Community Mental Health - West
14675 Downey Road
Capac, MI 48014
(810) 395-4343



Assertive Community Treatment



St. Clair County Community Mental Health
Providing Opportunities for Health, Wellness, & Connection

What is Assertive Community Treatment?

Assertive Community Treatment (ACT) is an intensive, team-based program at St. Clair County Community Mental Health (SCCCMH) for adults living with serious mental illness where the ACT team provides services to individuals in the community, at home, at work, or wherever support is needed. Services are available 24 hours a day, 7 days a week, ensuring help is always close at hand.

ACT is designed for individuals who may struggle to attend traditional appointments, experience frequent psychiatric crises, or face challenges such as homelessness or involvement in the criminal justice system. The program focuses on recovery, independence, and stability in the community.



A Team Approach

ACT uses a multidisciplinary team that shares responsibility for supporting program participants. ACT Team members typically include:

- Psychiatrists and psychiatric nurses
- Clinicians and case managers
- Peer support specialists

Because of the small staff-to-participant ratio, individuals receive consistent, personalized care. The team develops and follows each person's treatment plan, providing a wide range of supports.

Services and Supports

ACT offers a comprehensive menu of services, delivered where they are most useful. These may include:

- Mental health treatment and medication support
- Crisis intervention available at any time
- Substance use disorder treatment, including dual diagnosis care
- Support with reaching housing, employment, and education goals
- Skill-building for managing finances, transportation, and daily living tasks
- Family education and support

Services are available as long as needed, with the goal of helping individuals be successful in recovery and, when ready, transition to less intensive care.



Proven Results

ACT is one of the most researched approaches to community-based mental health care. Studies show that individuals who participate in ACT experience:

- Fewer psychiatric hospitalizations
- Greater housing stability
- Increased satisfaction with services
- Improved quality of life

Michigan has approximately 100 ACT teams serving communities across the state. ACT at SCCC MH is part of this statewide effort to provide recovery-focused, evidence-based care to individuals with the most serious needs.

Learn More

To learn more about ACT and other services provided by St. Clair County Community Mental Health, call 810-488-8888 or talk with your SCCC MH caseholder.

