

## A History Of Service

Wesley Family Services is a comprehensive human service agency that provides a wide variety of programs, services and activities for children, families, and adults living in the Western Pennsylvania region. We remain committed to our mission...

*To empower children, adults and families by providing transformational care.*

Our services are developed in accordance with national service organizations, the Alliance for Strong Families and Communities, and the National Council for Community Behavioral Health and are accredited by the Council on Accreditation of Services for Families and Children. Certification by the Council on Accreditation means that Wesley Family Services meets the highest national standards for professional performance in human services.

Personnel policies, procedures, and practices are designed and implemented to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, sex, or sexual orientation.



## Empowering People. Strengthening Communities. Transforming the Future.

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



**For more information about  
Assertive Community Treatment,  
please call:**

**724-552-4975**

[www.wfspa.org](http://www.wfspa.org)

**Assertive Community  
Treatment**

Providing comprehensive, locally-based treatment in Westmoreland County for people with persistent mental illness.





## Program Description

Assertive Community Treatment (ACT) is a service-delivery model that provides comprehensive, locally based treatment to people ages 18 years old and older with serious and persistent mental illnesses. It provides highly individualized services directly to consumers. ACT recipients receive the multidisciplinary, round-the-clock staffing of a psychiatric unit, but within the comfort of their own home and community, 24 hours a day, seven days a week, 365 days a year.

## Primary Goals

The Assertive Community Treat team strives to:

- lessen or eliminate the debilitating symptoms of mental illness to prevent recurrent acute episodes of illness
- lessen or eliminate the need for hospitalizations including psychiatric hospitalizations
- meet basic needs and enhance quality of life
- improve functioning in adult social and employment roles
- enhance an individual's ability to live independently in their own home and community
- lessen the family's burden of providing care

## Key Features of ACT

### *Treatment:*

- Psychopharmacology
- Individual supportive therapy
- Group Therapy
- Mobile crisis intervention
- Supported Employment
- Substance abuse treatment, including group therapy (for clients with a dual diagnosis of substance abuse and mental illness)

### *Rehabilitation:*

- Psychiatric Rehabilitation: activities of daily living
- Supported employment, both paid and volunteer work
- Wellness Coaching

### *Support Services:*

- Support, education, and skills-teaching to families
- Collaboration with families and assistance to clients with children
- Direct support to help clients obtain legal and advocacy services, financial support, supported housing, money-management services, and transportation
- Vocational Training

## Methods of Treatment

- Ongoing psychiatric evaluation
- Psychosocial assessment
- Group psychotherapy
- Individual psychotherapeutic intervention, family sessions as needed
- Psycho-educational groups
- Drug and alcohol recovery-focused group
- Topic-focused groups
- Case Management
- Psychiatric Rehabilitation Medication Management
- Crisis Intervention
- Supportive Employment
- 365 day a year availability of services

## Benefits of Using ACT

- Supports the desire for independent living in your own home or community
- Offers a higher quality life experience
- Social correctness
- Increased chances for employment
- Increased physical health

## ACT Staff

The Assertive Community Treatment Team is staffed by:

- Psychiatrist
- Master's Level Licensed Clinical Program Manager
- Master's Level Clinical Lead
- Four Master's Level Clinicians (including Drug & Alcohol Therapist)
- Bachelor's level Clinicians
- Three registered nurses
- Vocational specialists

## Referral Information

External and intra-agency referrals may be made by calling Westmoreland Casemanagement and Supports, Inc (WCSI).

**Phone:** 724.837.1808.

