

## What's unique about PACT?

- A team approach, where a psychiatrist, nurses, counselors, care coordinators, a chemical dependency specialist, a peer support specialist, a vocational specialist, and program support staff collaborate to help individuals work toward their recovery goals
- Low staff to participant ratio, typically 1:10
- Flexible care— staff are available 7 days a week, up to 12 hours a day, with 24-hour crisis services coverage
- Community-based services, provided where participants live, work, and pursue their recovery



## King County Behavioral Health and Recovery

For more information and referral  
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## Program for Assertive Community Treatment (PACT)



## **PACT helps people pursue their recovery**

A PACT team works collaboratively with participants to identify and follow their own goals. The team often assists people with:

- Meeting basic needs, such as finding and maintaining safe and affordable housing, navigating healthcare, improving skills to live independently, and accessing needed resources.
- Understanding their mental health conditions or co-occurring mental health and substance use conditions, identifying what they need to reduce and manage symptoms, and plan where they want to go in recovery.
- Building social support systems and getting involved in productive activities such as school, work, or volunteering.

## **PACT serves people in the community**

The State of Washington has set criteria for people most in need of PACT services, including those who:

- Are diagnosed with a severe and persistent mental illness such as schizophrenia, schizoaffective disorder, and bipolar disorder with psychotic features, and
- Have difficulty performing daily life activities because of the symptoms of their mental health condition,
- Have had multiple encounters with crisis response systems such as mental health hospitalizations, arrests, and crisis diversion resources,
- Have not had their needs met in standard outpatient care and may have tried other intensive programs,
- Are eligible for Medicaid, with few exceptions.

Through support from the PACT team, most people experience less contact with law enforcement and less need for crisis response or hospitalization.

## **PACT is an Evidence Based Practice**

The Assertive Community Treatment (ACT) model was developed in the early 1970s to support individuals in community settings rather than psychiatric hospitals and has been replicated throughout the U.S. and internationally. Research has demonstrated PACT's effectiveness in improving people's quality of life, reducing hospitalizations and incarcerations, and helping people maintain independence. ACT is endorsed by the National Alliance for the Mentally Ill (NAMI), the Substance Abuse and Mental Health Services Administration (SAMHSA), and the Robert Wood Johnson Foundation's Evidence Based Practice Project.

In Washington State, the University of Washington provides training and fidelity review to ensure publicly-funded local PACT services are consistent with the documented model. King County's PACT teams are committed to providing services grounded in motivational interviewing with a commitment to harm reduction, trauma-informed care, and incorporating other evidence-based practices.