



## CMHOC - Our Vision

Community Mental Health of Ottawa County strives to enhance quality of life for all residents.

## CMHOC - Our Mission

Community Mental Health of Ottawa County partners with people with mental illness and developmental disabilities and the broader community to improve lives and be a premier mental health agency in Michigan.

## For Service Eligibility

Contact our Access Center between 8 a.m. and 5 p.m. Monday through Friday.

Access Center (616) 393-5681  
TTY (616) 494-5508

All other areas in  
Ottawa County toll free 1-877-588-4357



The activities and programs of this agency are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.



Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.

# Assertive Community Treatment & Integrated Dual Disorder Treatment

*for people with serious mental illness  
or co-occurring mental illness  
& substance use disorders*

COMMUNITY MENTAL HEALTH OF OTTAWA

**Assertive Community Treatment (ACT)** is a team treatment approach designed to provide intensive, community-based psychiatric treatment, rehabilitation, and support to persons with serious, long-lasting types of mental illness such as schizophrenia.

**Integrated Dual Disorder Treatment (IDDT)** is for persons who have co-occurring mental illness and substance use disorders. Mental health and substance abuse services are provided at the same time by one program, with the goal of helping consumers achieve and maintain recovery.

**Community Mental Health of Ottawa County** offers both Assertive Community Treatment and Integrated Dual Disorder Treatment (ACT/IDDT). These services, for eligible consumers, are highly specialized treatments provided by a multidisciplinary treatment team. The services are specifically designed to improve the quality of life for people with serious mental illness or co-occurring mental illness and substance use disorders. The ACT/IDDT model is an evidence-based practice. It uses up-to-date treatments that are proven to be effective while considering each person's unique personality, situation, and preferences. Services are documented in the Individual Plan of Service and provided without suspension, reduction, or termination as long as medically necessary.

## The Benefits of ACT/IDDT

### ACT/IDDT Reduces:

- Worsening of mental illness symptoms
- Relapse of substance abuse
- Hospitalization
- Arrest
- Incarceration

### ACT/IDDT Increases:

- Continuity of services and care
- Improved quality of life
- Stable housing
- Independent living

## The Multidisciplinary Treatment Team

The multidisciplinary treatment team includes a psychiatrist, nurse, mental health specialists, and certified advanced addictions counselors. The team meets daily to discuss each consumer's progress toward goals and to provide each other with insights, help and advice. When needed, changes to an individual's plan of service are discussed and developed. The team coordinates all aspects of recovery to ensure consumers, caregivers, and service providers are all working toward the same goals together.

## Treatment

ACT/IDDT involves comprehensive and ongoing assessment of mental health and substance abuse issues. Treatment interventions are provided in stages to maximize consumer confidence in his or her ability to recover. Comprehensive services provided by ACT/IDDT include:

- Case management
- Integrated substance abuse and mental health counseling
- Self-help groups
- Dual-diagnosis groups
- Psychiatric and addiction medication management
- Co-occurring Family Psycho-education group

Assertive outreach is provided to consumers receiving ACT/IDDT services. This involves meeting in community locations that are familiar to consumers such as their home, a coffee shop or restaurant. Practical assistance and living skills are offered to help meet their daily needs. Also, the team is available to consumers in crisis 24 hours a day, 7 days a week.