

Horizon ACT

Through **Horizon Assertive Community Treatment (ACT) Program**, Community Care Services provides an alternative to traditional outpatient psychiatric treatment for adults whose lives are disrupted by persistent mental illness.

The program's goals are to help individuals reduce the need for hospitalization through stabilization of their psychiatric symptoms and effective adjustment to community living.

Horizon's mission is to empower consumers to improve their quality of life through maintaining emotional stability in the community by:

- Providing education to promote insight into the illness and the importance of medication compliance.
- Assisting with daily living needs in a manner that fosters independence.
- Encouraging the development of social and interpersonal skills.
- Increasing knowledge of the importance of emotional, physical and spiritual health.
- Providing support for the pursuit of vocational goals.

24/7/365

Horizons is unique for many reasons. Most importantly, Horizons is available to its members 24 hours a day, 365 days a year. If a member needs support, we are there. Should a member need to be hospitalized, we can coordinate treatment with the hospital staff. We help members with their concerns, such as, finding a job, locating housing, and getting to medical appointments.

In addition, we assist members in working with government agencies, managing money, learning proper nutrition, understanding their mental illness, and how to live successfully and productively in the community.

The program includes

- In-home Monitoring
- Psychiatric Evaluations
- Medication Reviews
- Nursing Services
- Recreational, Vocational and Social Development.

Criteria for Acceptance

The following characteristics are suggested as criteria for referral to the Horizons ACT Program:

1. At least three **previous psychiatric hospitalizations**, with one occurring within the previous twelve months of referral.
2. A **chronic psychiatric condition**, such as, schizophrenia, bi-polar disorder, major depression or other major affective disorder.
3. Client **does not** possess a primary diagnosis of organic brain syndrome, developmental disability or substance abuse.
4. Client must be **living independent** in the community.
5. Client must be at least **18 years old**.
6. Client must **reside** in Community Care Service area.
7. Client must be **amendable** to ACT services.
8. Clients who have a history of substance abuse must have at least **three months clean** time.

For further information about the Horizons ACT Program, please call (313-382-7723).