

## PACT Goal

### **Program for Assertive Community Treatment**

The primary goal of PACT is recovery.

The program promotes individual empowerment through the acquisition of resources and skills that help individuals manage their mental health and any substance misuse to reach an increased level of independence in the community.

**With PACT, clients benefit most because they experience fewer hospitalizations, are less likely to be incarcerated and have more stable housing, all which supports them on the path to recovery.**

## Contact PACT



### **Program for Assertive Community Treatment**

Phone: 703.746.3421



**Department of Community  
and Human Services**

**Del Pepper Community  
Resource Center  
4850 Mark Center Drive  
Alexandria, Virginia 22311**

## THE PACT TEAM

Program for Assertive Community Treatment



**Department of  
Community and  
Human Services**

**703.746.3421**

**[www.alexandriava.gov/DCHS](http://www.alexandriava.gov/DCHS)**

## What is PACT?

### **Program of Assertive Community Treatment**

PACT is a comprehensive community- based approach to services for people diagnosed with a serious mental illness. PACT provides mobile services from an interdisciplinary team to help clients function at optimal levels and reach their personalized life goals.

### **PACT supports clients age 18 and older with:**

- Severe and persistent mental illness
- Significant difficulty completing daily tasks necessary for living independently in the community
- Continuous high-service needs leading to frequent hospitalizations and incarcerations

## How does PACT work?

### • **A TEAM APPROACH**

The team consists of thirteen staff members including a psychiatrist, nurses, case managers, an employment specialist, peer support specialists, and a substance abuse specialist.

### • **SERVICES WHERE THEY ARE NEEDED**

Clients participate in services while in their homes, at work and in other community settings where support is needed.

### • **SERVICES WHEN THEY ARE NEEDED**

Services are available seven days a week. The PACT Team schedules around the needs of clients to serve them at the times they desire. Staff coordinate closely with 24-hour emergency services at times of crisis.

### • **TIME-UNLIMITED SUPPORT**

Clients participate in the services and supports for as long as they need them.

### • **PERSONALIZED CARE**

Team member caseloads do not exceed 10 allowing for intensive and personalized care.

## How does PACT Assist?

### **PACT provides assistance with....**

- Assessment of needs, strengths, goals, preferences and abilities
- Activities of daily living
- Housing
- Family life
- Vocational services and employment
- Benefits
- Managing finances
- Health care
- Medications
- Integrated treatment for co-occurring disorders such as substance use
- Counseling

PACT practices are evidence-based.