



San Bernardino ACT

Assertive Community Treatment

At the San Bernardino Assertive Community Treatment (ACT) program, we are here to help you feel better, stronger, and take positive steps towards the things that matter to you in your life.

We believe that recovery is possible with the right plan in place. Our job is to do whatever it takes to support you in your recovery journey. Our multidisciplinary team includes a psychiatrist, a nurse, a team lead with either a master's degree or doctorate who is licensed or license-eligible, personal service coordinators with experience in both drug and alcohol and mental health, peer support specialists, and vocational specialists, who are all here to help you on your path.

Our program is based on the ACT model, where we connect you to the proper resources that can help you achieve your goals. We will work together with your family, friends, and community to help you take steps toward making recovery happen.

What to Expect

Your support services start with your hopes and dreams. Our staff uses recovery dialogues to encourage you to think about what you want from life and develop individualized recovery plans to guide your work in the program.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery.

Our goal is to be a place that helps you thrive, despite any challenges you might face along the way. We want you to be the leader of your recovery journey, and to create the life you want for yourself.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

— PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND

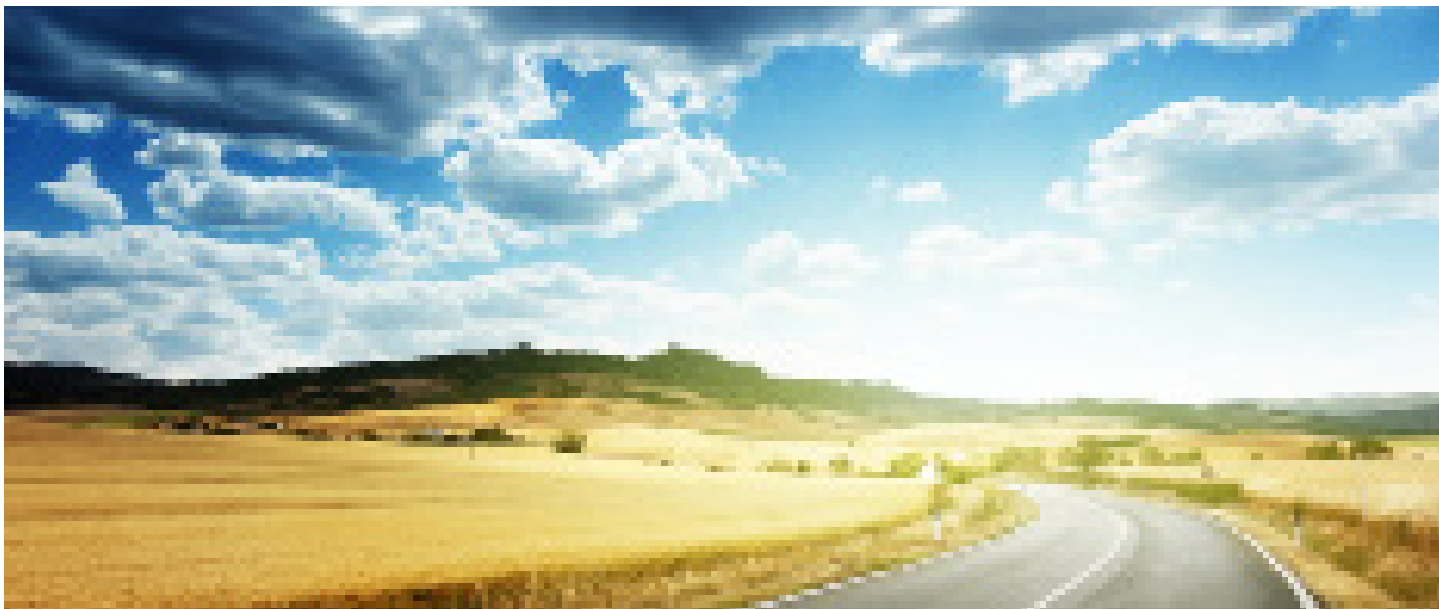


CONTACT

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OFFICE HOURS

Monday-Friday: 8:00 a.m. to 4:30 p.m.
After Hours: 4:30 p.m. to 8:00 a.m.



Services at San Bernardino ACT

- Clinical risk assessments
- Medication management and training
- Individual service planning
- Psychiatric services and individual therapy
- Psychosocial rehabilitation and social skills training
- Symptom education
- 24-hour crisis care services for members and families
- Housing services (support in finding and maintaining housing environments and support in daily living)
- Employment services, including skills-development training and job placement assistance
- Linkage to community services
- Substance abuse services and supports
- Support if incarcerated
- Money management and support

Becoming a Member

All referrals to the program are coordinated by the San Bernardino County Department of Behavioral Health.

Admission Criteria

- Adults ages 18 years and older
- Residents of San Bernardino County
- Diagnosed with a serious mental illness

Our Story

San Bernardino ACT is a community-based program created to serve 100 San Bernardino County adults with serious mental illness. Our primary goal is to help people live successfully in the community and make strides toward their hopes and dreams and achieving personal recovery goals, while avoiding unnecessary psychiatric hospitalization.

This program is funded by San Bernardino County.