

## OVERVIEW OF THE PACT-Y SERVICE

**Program for Assertive Community Treatment for Youth (PACT-Y)** is a comprehensive service for individuals under the age of 22 with serious emotional disturbance for whom traditional office- and/or community-based services and interventions have not been helpful, and may benefit from intensive, coordinated, and comprehensive services that are provided by one integrated, multi-disciplinary, community-based team - the **PACT-Y Team**. *The service is designed specifically for Youth with the most challenging and persistent mental and behavioral health needs who are living in their communities but for whom other community-based behavioral health services have not resulted in sustained success for them to remain in their communities.*

### **PACT-Y Services include the following service components and interventions:**

- Culturally sensitive comprehensive assessment to understand youth and family strengths and needs
- Psychiatry, including prescribing, by either a psychiatrist or psychiatric nurse practitioner
- Nursing
- Care coordination
- Counseling and psychotherapy (both individual and family therapy)
- Peer supports
- Substance use interventions
- Occupational therapy
- Assistance with accessing health care services
- Crisis response and intervention
- Educational and Vocational support

### **PACT-Y services are provided by a multi-disciplinary team that includes the following members:**

- Program Director/Team Leader
- Assistant Director
- Psychiatrist or Nurse Prescriber
- Registered Nurse
- Masters Level Clinicians
- Outreach Workers
- Occupational Therapist
- Family Partner
- Young Adult Peer Mentor
- Education/Vocational Specialist
- Program Assistant

### **Team Functioning:**

PACT-Y team members work together interchangeably to provide comprehensive care to Youth/Young Adults and their families. Daily communication meetings are held to ensure up-to-date communication and seamless support between team members. Services are available 24 hours a day, seven days a week, 365 days a year. The Youth/Young Adults served by the team do not have other community behavioral health providers while receiving this service.

### **Role of the Family:**

Full family involvement in the assessment and treatment process is critical to success in the service.

Note: if the Youth is over 18, family involvement is based on the Young Adult's permission.