



Source reference:
EU Compass

Flexible Assertive Community Treatment (F-ACT)

integrated care for persons with Severe and persistent Mental health Issues (SMI)

Size of problem in Europe: SMI affect about 2% of population but cause highest costs of health systems. Mental disorders rank 1st cause of Years Lost due to Disability (YLDs).

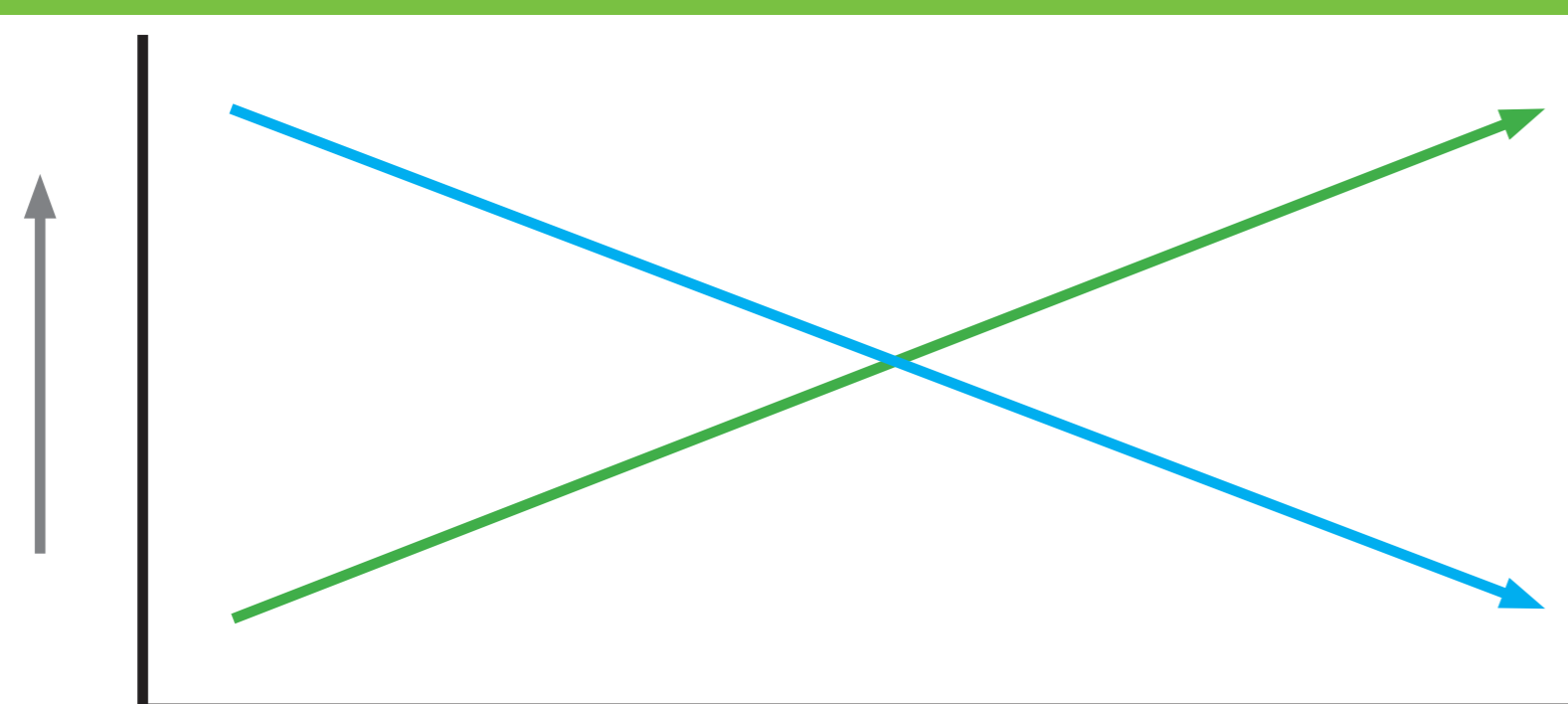
Added value:

Traditional/usual care	F-ACT model
Hinders recovery & participation in society, frequent acute crisis & hospital admissions, revolving door syndrome, police presence, family alienation & social exclusion. Inequities in housing, finance, work, social contacts, etc	Evidence-based service delivery model of care focused on symptomatic & personal recovery by providing flexible, assertive community mental health care, and integrating medical & social interventions.

Key features:

1. F-ACT team operates in a defined catchment area;
2. It focuses on crisis prevention and management at home, targeting all people with SMI, including those hard to engage;
3. F-ACT teams collaborate with local stakeholders, pooling resources of the clients and community;
4. Individual case management with support of a multidisciplinary team;
5. Team includes people with lived experience as peer experts;
6. Care is scaled up and down as needed, based on daily reviews during F-ACT team board meetings;
7. Intensive team care provides daily assertive outreach to 10-20% of clients with high need of care, using a whole team approach.
8. Services include: assertive outreach, home visits, supported employment.

Outcomes/Results:



Continuity of care,
Remission in symptomatic and personal recovery,
Outcome (Quality of Life)

Drop Out < 2%
Admission Rates < 10-30%
Costs per patient

Transferability to other settings

- Well described model with a model fidelity scale;
- The ability to adapt the model to different contexts.
- Broad implementation and adaptation in several countries; > 300 certified F-ACT teams in The Netherlands, in regions in the British Isles, the Nordic countries, Central and Eastern Europe, Canada, Hong Kong and Australia



Providing community based mental health services