



# Sonoma ACT

## Assertive Community Treatment

At the Sonoma 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 provide the support needed on your recovery journey. We have a full staff of peer specialists, personal service coordinators, and masters-level social workers who are all here to promote a program culture where resilience and hope can flourish, and losses can be recovered.

Our program is based on the ACT model which offers a range of services that is comprehensive, culturally competent, and flexible. Our wraparound approach includes formal therapeutic interventions and informal supports like family involvement and advocacy and linkages to community-based organizations and resources to give you a complete and comprehensive recovery.

## What to Expect

Your recovery plan starts with you. Upon arrival, a diverse clinical team will provide an individualized assessment and work with you every step of the way to resolve your current crisis in ways that support your goals in life.

**Our culture** is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship 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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Santa Rosa, CA, 95401  
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### OFFICE HOURS

Monday-Friday: 8:30 a.m. to 5:00 p.m.  
Weekends and holidays: by appointment

Crisis intervention via telephone is available 24 hours a day, 7 days a week.



## Services at Sonoma ACT

Services at Sonoma ACT include, but are not limited to:

- Outreach and engagement
- Community-based wraparound services
- Intensive case management
- 24/7 availability
- Housing support
- Medication support
- Dual diagnosis treatment
- Vocational and educational services
- Linkage to financial benefits and recovery-centered services that awaken hope and enhance motivation

## Referral Information

Sonoma ACT operates under contract with Sonoma County Behavioral Health Services and all referrals to the program come from the county.

## Admission Criteria

- Aged 18 years and older
- Diagnosed with serious and persistent mental illness who meet specific criteria or need for the intensity of services provided by an ACT program

## Our Story

Sonoma County Behavioral Health contracted with Telecare Corporation in 2006 to provide intensive community-based services to clients who were in need of these services in order to stay out of the hospital, out of jail, out of long-term care, or who were at risk of being homeless.

The desired outcomes of Sonoma ACT are to reduce the need for acute hospitalizations, the number of jail days, the harm to clients from substance abuse, and discharges to long-term care institutions, while increasing housing stability and the number of clients who work or attend school.

This program is funded by Sonoma County Behavioral Health.