

**PROGRAMS OF  
SAN FERNANDO VALLEY COMMUNITY  
MENTAL HEALTH CENTER, INC.**

---

***CHILD & ADOLESCENT SERVICES:***

**Children's System of Care**  
Van Nuys - (818) 909-5870

**Central Valley Youth and Family Center**  
Van Nuys - (818) 908-4990

**Erikson Center** - Van Nuys - (818) 908-4999

**Juvenile Justice Outpatient Services** -  
Mission Hills - (818) 361-5030

**Multisystemic Therapy**  
Mission Hills - (818) 361-5030

**Nidorf Juvenile Hall Program**  
Mission Hills - (818) 361-5030

**North Valley Youth and Family Center**  
Mission Hills - (818) 361-5030

**Therapeutic Behavioral Services**  
Van Nuys - (818) 909-3380

**Turning Point (Wraparound)**  
Van Nuys - (818) 901-6376

**Youth Contact** - Van Nuys - (818) 908-4990

***TRANSITIONAL YOUTH:***

**Transitional Youth Outpatient**  
Van Nuys - (818) 901-4854

**Transitional Youth Intensive Day Treatment**  
Van Nuys - (818) 901-4854

**Transitions** - Van Nuys - (818) 901-4854

***ADULT OUTPATIENT SERVICES:***

**Center for Family Living/Manos de  
Esperanza** - Van Nuys - (818) 901-4854

**Macdonald Carey Center**  
North Hollywood - (818) 908-3855

**CalWORKs Supportive Services and  
Domestic Violence Prevention and  
Treatment Program**  
Mission Hills - (818) 838-1352

**Community Assessment Services Center**  
Van Nuys - (818) 285-1900  
Palmdale - (661) 266-4517  
Santa Clarita - (661) 250-2873

**Family Links**  
Mission Hills - (818) 365-4723

***COMMUNITY SUPPORT SERVICES:***

**Assertive Community Treatment**  
Van Nuys - (818) 373-4993

**Life Works (Adult Day Treatment Intensive)**  
- Van Nuys - (818) 374-4080

**Victory Clubhouse**  
Van Nuys - (818) 989-7475

**The Harbour**  
North Hollywood - (818) 980-7576

**Independent Living/Satellite Housing**  
Van Nuys - (818) 374-5383

**Valley Employment Services**  
Van Nuys - (818) 902-5315

***HOMELESS SERVICES:***

**Foundations (AB2034)**  
Van Nuys - (818) 904-3946

**Cornerstone** - Van Nuys - (818) 901-4836

***SENIOR SERVICES:***

**Homebound** - Van Nuys - (818) 374-6901



San Fernando Valley  
Community Mental Health  
Center, Inc.  
*A Non-Profit Corporation*

---

# Assertive Community Treatment (ACT)

14411 Vanowen St.

Van Nuys, CA 91405

(818) 373-4993



## Assertive Community Treatment (ACT)

*Barbara, a 40-year old woman, entered the ACT program after spending two years in a long-term institution for mental disorders. She was seriously depressed and lacked the motivation and living skills to live outside a hospital environment. The ACT team provided weekly support and encouragement, enabling Barbara to set realistic goals for living outside the locked facility.*

*After only a month of treatment, Barbara left the hospital to live in a small board and care home arranged by the ACT team. Shortly after moving into the home, however, she suffered a relapse and returned to the hospital. With daily visits from a member of the ACT team, she again began to work on her desired goals. Later, she started taking general education courses at the local Junior College and began gardening as a hobby.*

*Barbara's outlook is now more positive and hopeful for the future. With the continued support of the ACT team, she feels she will be able to achieve her goals outside a hospital setting.*

### WHO SEEKS HELP FROM ACT

Adult clients who have experienced long-term mental illness and high utilization of public mental health services. Referrals typically generate from the Service Area II Impact Team, DMH Adult Systems of Care or, on occasion, other mental health programs.

### WHAT SERVICES ARE PROVIDED BY ACT

Assertive Community Treatment offers multi-disciplinary team support services to clients 24 hours a day, 7 days a week.

### HOW ACT CAN HELP

The ACT Multi-Disciplinary Team develops and implements an individualized and comprehensive Personal Service Plan for each client. Services include psychiatric evaluation and medication; crisis intervention (24 hours a day, 7 days a week); individual and family counseling; psycho-educational group counseling; development of independent living skills; money and financial management; and

vocational assessment, training and placement.

Program goals are to reduce or prevent hospitalization; to support and empower clients and their families; to enable clients to anticipate and prevent crises; and to provide quick response when needed. By providing the opportunity for clients to pursue vocational, social and academic interests, the program offers the means for clients to attain an improved quality of life.

### Fees

Medi-Cal and Medicare payments are accepted.

### FUNDING

Funds are provided in whole or in part by the County of Los Angeles through the Department of Mental Health. Clients who are not receiving Social Supplemental Income (SSI), General Relief (GR), MediCal, or MediCare receive assistance in applying for these benefits.