



Program of Assertive Community Treatment (PACT)

PACT Program Philosophy

The Catholic Charities PACT (Program of Assertive Community Treatment) for Middlesex County is an initiative funded through the State of New Jersey that serves persons in the community with serious and persistent mental illness. PACT is guided by the principal that individuals with mental illness, even those with the most impaired functioning, can reside in normal settings in the community if adequate supports and services are provided. PACT's mission is to ensure that people with serious and persistent mental illness receive services that provide the greatest degree of personal freedom and dignity, self determination, and the highest realization of individual achievement and contribution to community and family life. This is achieved by PACT working with the consumer to promote appropriate self-management of symptoms, enhance quality of life, prevent unnecessary psychiatric hospitalizations and maximize independence and community integration.

PACT Services Include:

- Psychiatric Assessment/Evaluation
- Substance Abuse Counseling
- Individual & Group Counseling
- Med Administration & Management
- Crisis Assessment & Intervention
- 24 hour a day/7 days a week on-call
- Health & Nutrition Education
- Money Management
- Housing Assistance & Referrals
- Employment Services
- Recreational & Social Support
- Family & Social Network Support
- Transportation
- Legal Assistance & Referrals

Eligibility Criteria

PACT candidates must be at least 18 years of age and reside in Middlesex County.

Candidates must have a serious and persistent mental illness that has resulted in one or more State psychiatric hospitalizations or involuntary commitments in the past 18 months with a primary diagnosis of:

- Schizophrenia or other Psychotic Disorder
- Major Depressive Disorder
- Bipolar Disorder
- Schizoaffective Disorder
- Delusional Disorder

In addition, the PACT candidate must have impaired functioning in at least one of the following areas on a continuing or intermittent basis, for at least one year:

- Personal self care
- Interpersonal relationships
- Employment
- Unable to get or maintain safe, affordable housing
- Assessed at risk of requiring a more restrictive living setting

The individual must be at high clinical risk of hospitalization, as evidenced by a recent history within the past 18 months of hospital admission as followed:

- Two or more state psychiatric hospitalizations
- One state hospitalization in addition to one or more psychiatric hospitalizations (including voluntary admissions)
- One state hospitalization in addition to multiple (two or more) screening center admissions
- Two or more STCF and/or County Hospital admissions, or a combined total of two
- One STCF or one County Hospital admission in addition to one or more other psychiatric hospital admissions (including voluntary admissions)

- One STCF admission or one County Hospital admission in addition to multiple (two or more) screening center admissions, or
- Two or more involuntary psychiatric hospital admissions at private psychiatric hospitals.

PACT candidates must also have shown a prior inability or unwillingness to participate in traditional community mental health services.

Exclusion Criteria

An individual will not be accepted as a PACT program participant who does not meet the eligibility criteria, or whose impaired functioning and/or instability are due to a primary diagnosis of one of the following:

- Developmental Disability (unless co-occurring with a primary Axis I diagnosis,
- Substance Related Disorders (unless co-occurring with a primary Axis I diagnosis,
- Borderline personality disorder or antisocial personality disorder;
- Delirium, Dementia, and Amnesic and other Cognitive Disorders;
- Relational problems, problems related to abuse and/or neglect, problems of bereavement or issues stemming from academic, occupational, or identity problems.

Wait list

Each PACT Team will create a wait list once they have reached contracted census. PACT will shift existing cases according to risk assessment and service needs, so as to make space available for highest need consumers

**For More Information Please Contact
the PACT Program Director
@ 732-257-6100**