

Program Profile: Assertive Community Treatment (ACT) in Fiscal Year 2025

Program Summary

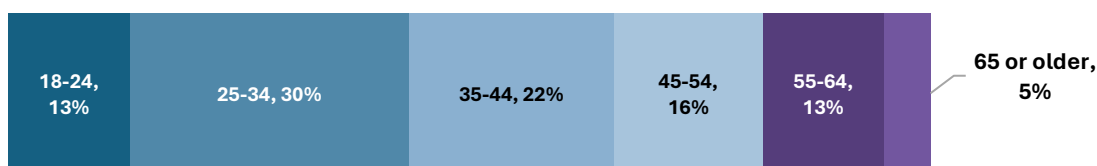
The Assertive Community Treatment (ACT) program serves individuals with serious mental illness (SMI) who have high service needs that are not being met in traditional outpatient treatment settings. ACT engages people with SMI in mental health treatment with multidisciplinary professionals who bring services to them wherever they are in the community, including their apartment, a shelter, the street, or a residential setting. ACT is an evidence-based approach that helps individuals live in the community as opposed to the hospital. The program helps with psychiatric symptom management, employment, securing and maintaining housing, substance use reduction or abstinence, improving relationships with family and friends, and day-to-day living skills. ACT teams typically meet with a participant six times per month, and individuals may stay in the program as long as they require support. In addition to regular ACT teams, there are two other types of specialized ACT teams:

1. Forensic ACT (FACT) teams specializing in working with individuals with current or recent involvement in the criminal legal system due to SMI or noncompliance with treatment.
2. Shelter Partnered ACT (SPACT) teams serving individuals experiencing homelessness and residing in select shelters.

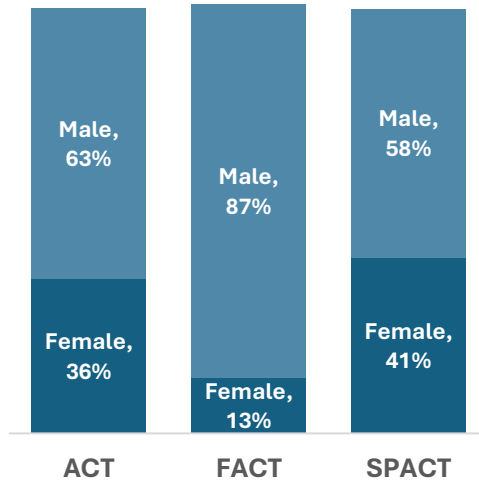
Participant Characteristics in Fiscal Year 2025

In fiscal year 2025 (FY25), NYC had 64 ACT, 6 FACT, and 10 SPACT teams with the capacity to serve a total of 5,364 individuals at any point in time. In total, ACT programs served 6,106 unique individuals in FY25. Participants were primarily non-Hispanic Black, male, and between ages 25 and 44.

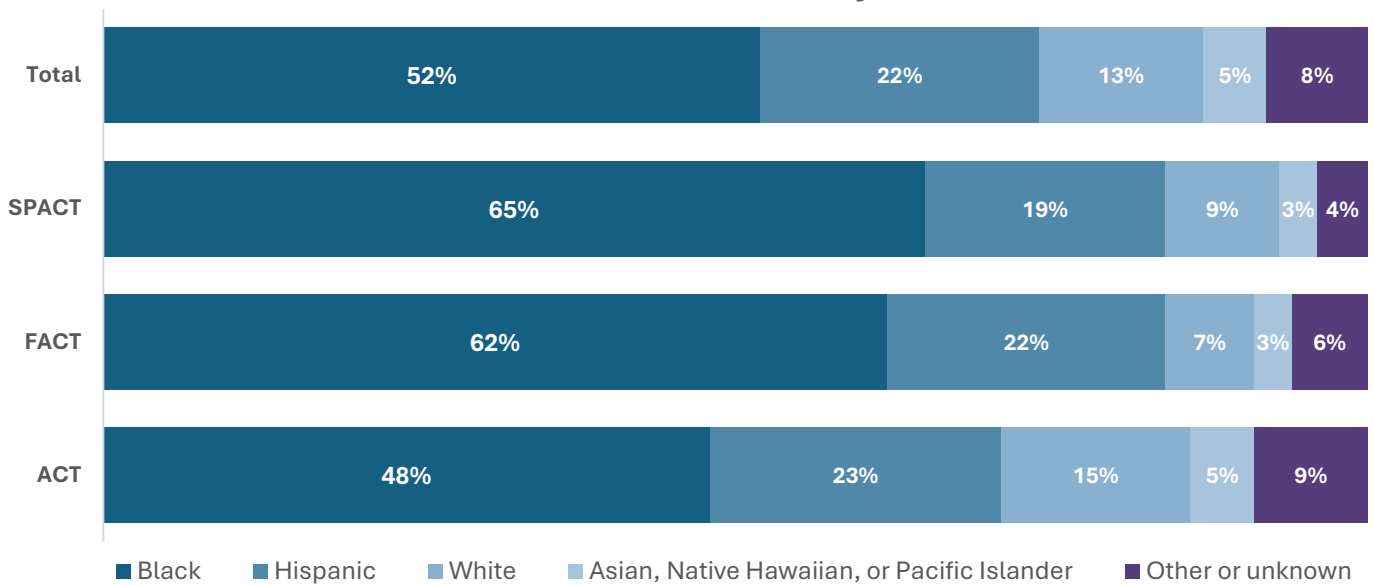
Age in Years



Gender*



Race and Ethnicity†



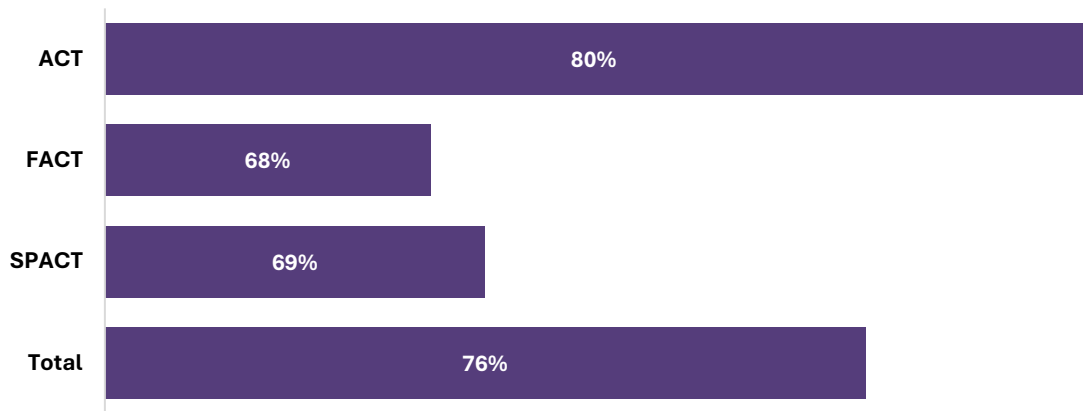
*Not shown: Gender for less than 1% of participants, such as “Other or unknown” gender including transgender, nonbinary/gender nonconforming, unknown, and missing. †Other or unknown race and ethnicity includes American Indian or Alaska Native, other, and people with more than one race.

Engagement in the First Three Months of Care

Mobile treatment programs such as ACT can face challenges finding and engaging newly referred individuals. Typically, an individual would need to remain in the program for more than three months to experience its benefits. Among all 2,131 newly enrolled participants, 1,625 (76%)

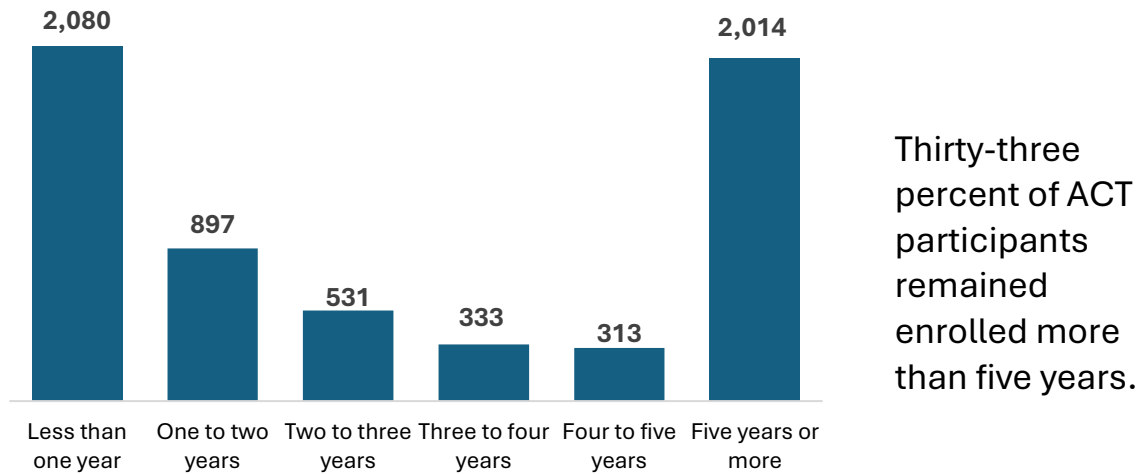
remained in the program for three months or longer during FY25. Newly enrolled participants include individuals who were referred to and enrolled in the program between the fourth quarter of FY24 and the third quarter of FY25.

Compared to the general ACT population, the special subpopulations who are experiencing criminal legal involvement (supported by FACT) or homelessness (supported by SPACT) had a slightly lower early retention rate.



Duration of Enrollment

Generally, courses of treatment in the three ACT programs are expected to last several years. The chart below shows the distribution of enrollment duration among the 6,168 participants who received services in FY25.*



*ACT served 6,106 unique individuals in FY25; participants may have been enrolled more than once within a year. Transfers among ACT, FACT, and SPACT and reenrollments within 90 days after discharge are considered continuous enrollments.

Discharges in FY25

Discharges occur for a variety of planned or unplanned reasons, and individuals have been in the program for varying times. In FY25, ACT had 990 discharges, SPACT had 347, and FACT had 143. The reasons for these 1,480 discharges are detailed below.

Unable to locate after dilligent search, 23%	Treatment completion: graduation or step-down, 18%	Discharged to higher level of care, 17%	Requested discharge or became inelligible, 14%	Deceased, 8%	Other, 8%
				Incarcerated, 8%	Moved out of NYC, 8%

4.26

Suggested citation: Bureau of Mental Health. Assertive Community Treatment Program Profile, Fiscal Year 2025. NYC Dept of Health and Mental Hygiene; 2025, updated March 2026.