

## Assisted Community Treatment

Assisted community treatment is a treatment option for some involuntary patients under the *Mental Health Act*.

Involuntary patients may move from the treatment facility to the community to continue their treatment.

A Community Treatment Plan helps promote recovery by involving professionals, family, and community.

### Process

- 1 A doctor assesses the person living with the mental health disorder to determine if they can live safely in the community.
- 2 Community supports are identified.
- 3 A Community Treatment Plan is developed.
- 4 There are regular assessments while the person is in the community, as they are still considered to be an involuntary patient of the designated facility.

## Community Treatment Plan

A Community Treatment Plan is a signed agreement between the person living with the mental health disorder, the doctor, treatment team, and community supports.

The Community Treatment Plan outlines everyone's responsibilities and commitments to help the person live safely in their community.

## Designated Facilities

Designated facilities help voluntary and involuntary patients.

There are four (4) designated facilities in the Northwest Territories that assess, care for, and treat people living with mental health disorders.

- Stanton Territorial Hospital
- Inuvik Regional Hospital
- Hay River Health Centre
- Fort Smith Health and Social Services Centre

**The *Mental Health Act* is the law that guides short-term assessment, care, and treatment of people experiencing a mental health emergency.**

### For questions regarding the Mental Health Act Review Board

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### For questions regarding the *Mental Health Act*

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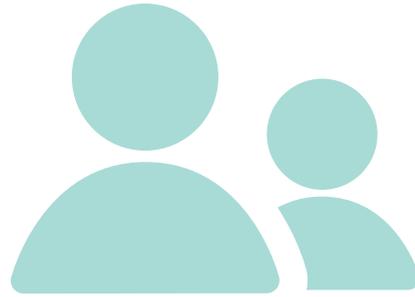
[www.hss.gov.nt.ca](http://www.hss.gov.nt.ca)

**If you would like this information in another official language, contact us at 1-855-846-9601.**  
**Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-855-846-9601.**

## Northwest Territories *Mental Health Act*

## Assisted Community Treatment

Government of  
Northwest Territories



## Who can be a part of a Community Treatment Plan?

Anyone willing to support the success of the person living with the mental health disorder can be a part of the treatment team.

The person living with the mental health disorder is the best resource to identify supportive people in the community.

### Examples

- Family members
- Friends
- Spiritual supports
- Nurses, social workers, counsellors, psychologists, occupational therapists, recreation staff, and other community support people

## What makes a successful Community Treatment Plan?

- Involve the person living with the mental health disorder in making the plan.
- Set goals before the person leaves the hospital.
- Define a local team of supportive individuals and their role in supporting the person.
- Discuss positive coping strategies.
- Identify resources and living arrangements in the community.
- Hold regular team meetings.
- Personalize the plan to meet the persons' needs.

## Sample agreements in a Community Treatment Plan

**Each community and each person is different. Each plan has its own list of agreements.**

### Sample Agreements

- Check in with the nurse for medication three times a week.
- Meet with the social worker two afternoons a week.
- Volunteer or help an elder once a week.

- Go to the gym three times a week, or go for a 30-minute walk with a friend four times a week.
- Have supper with a family member once a week.
- Attend counselling once a week.

