



Flexible Assertive Community Treatment Team

Evidence Based Goal-Focused recovery through person centered care in the community

What is the Flexible Assertive Community Treatment Team?

FACT is a multidisciplinary team based approach to support individuals living in the community who are dealing with significant mental health issues. We recognize resiliency and approach recovery as a process with ups and downs. We are able to adapt the intensity of support based on individual needs for support and flexibility

Who does the program serve?

This recovery oriented service is designed to address the needs of people who experience significant struggles with their mental health.

Specifically, it is available to individuals who are:

- Between 18 years of age and 65 years of age
- Experiencing severe and persistent mental health issues with or without other complex challenges that limit their ability to function on a daily basis

More about the Flexible Assertive Community Treatment Team

The FACT Team offers:

- Flexibly intensive individualized support
- A strength and resiliency based comprehensive assessment with collaborative, goal focussed recovery planning, facilitation and service coordination
- Help with independence, self-management and quality of life through empowerment, coordination of services and support
- Support for people realizing their personal recovery goals, stabilizing their life and improving their quality of life
- Support that is responsive to a person's multiple and changing needs over time and incorporates families and informal supports where needed

Where is this program available?

This is a community-based service for residents living in Kitchener Waterloo and our office is in Kitchener

How to start your journey

To start your journey, call Here 24/7 at 1-844-HERE-247 (437-3247) or visit www.here247.ca

Privacy

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www.cmhaww.ca/privacy

What to Expect from Your FACT Team?

When working with the Team you will receive individual support on a variety of recovery oriented functions including:

- Relationship building
- Personal goal and recovery planning
- Support with medication issues
- Service and system coordination
- Assistance with crisis management
- Connecting to formal and informal supports
- Practical supports in multiple life areas
- Advocacy



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
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