

# Integrating Assertive Community Treatment and Illness Management and Recovery for Consumers with Severe Mental Illness

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# Integrating Assertive Community Treatment and Illness Management and Recovery for Consumers with Severe Mental Illness

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## Abstract:

This study examined the integration of two evidence-based practices for adults with severe mental illness: Assertive community treatment (ACT) and illness management and recovery (IMR) with peer specialists as IMR practitioners. Two of four ACT teams were randomly assigned to implement IMR. Over 2 years, the ACT-IMR teams achieved moderate fidelity to the IMR model, but low penetration rates: 47 (25.7%) consumers participated in any IMR sessions and 7 (3.8%)

completed the program during the study period. Overall, there were no differences in consumer outcomes at the ACT team level; however, consumers exposed to IMR showed reduced hospital use over time.

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