



ASSISTED OUTPATIENT TREATMENT (AOT)

IMPROVING OUTCOMES & SAVING MONEY

WHAT IS AOT?

Assisted Outpatient Treatment (AOT) is a tool in the toolbox for civil courts and mental health systems to work collaboratively to help individuals with serious mental illness caught in a cycle of repeat hospitalizations, homelessness and incarcerations.

Individuals who benefit from AOT have a history of inconsistent engagement with treatment often due to diminished awareness of the need for treatment. AOT aims to motivate and assist individuals with serious mental illness to engage in treatment and ensure that the mental health system is attentive to their needs.

IS AOT EFFECTIVE?

Studies show that AOT can dramatically improve treatment outcomes and substantially reduce the likelihood of repeat hospitalization and criminal justice involvement for its target population.

HOW DOES AOT WORK?

A judge usually orders AOT upon discharge from a hospital or jail, but in many states, a judge can order it for individuals who are living in the community if they have a recent history of cycling in and out of the hospital or jail.

The AOT participant is court-ordered to follow an individualized treatment plan in the community for a specific period and the local mental health system monitors adherence to the treatment plan.

If the AOT participant does not adhere to treatment, the court has several options including modifying the treatment plan, ordering the participant to appear in court, and ordering the participant to be evaluated for possible hospitalization.

Once the participant demonstrates voluntary engagement in treatment, the court dismisses the AOT order or allows it to expire and care continues.

AOT RESEARCH HIGHLIGHTS



**Treatment
Advocacy
Center**