

Assisted Outpatient Treatment San Mateo County

What is Assisted Outpatient Treatment?

Do you know someone with a severe mental illness who needs help? San Mateo County's Assisted Outpatient Treatment (AOT) team connects people with treatment to help them get the care they need.

Developed out of Laura's Law adoption, the AOT team helps people achieve and maintain physical and mental health while decreasing mental health crises, hospitalizations, incarceration and homelessness through voluntary or court ordered treatment.

Services include:

- Intensive case management
- Psychiatry
- Medication management
- Benefit and housing support
- Life skill development
- Guidance and support to help people reach recovery goals

AOT provides us with the opportunity to serve people who need help most and work with clients to help them towards recovery, where they can remain in our community and thrive.

Who Qualifies for AOT?

A person is eligible for AOT if they are 18 years or older and a resident of San Mateo County with a serious mental illness that causes them to be unlikely to survive safely in the community without supervision. Additionally, the person's mental health must have either resulted in

- Psychiatric hospitalization or incarceration two or more times in the past 36 months.
- Threats or acts of violent behavior towards themselves or others in the past 48 months.

If the person meets the criteria, the AOT team will meet with them about accepting their services. People not meeting the AOT criteria will be referred to appropriate resources.



Who Can Make a Referral?

- Immediate family members who are adults.
- Adults who reside with the individual.
- Director of a hospital, facility or other organization treating the individual.
- Treating mental health providers.
- Probation, parole or peace officer.

How can I refer someone for AOT?

Our AOT team is here to help partner with clients and provide the care they need.

Contact the AOT Team at (650) 372-6125 or AOT@smcgov.org to make a referral.

This is not a crisis service. If you are experiencing a mental health crisis, call 911 or go to your nearest emergency room.

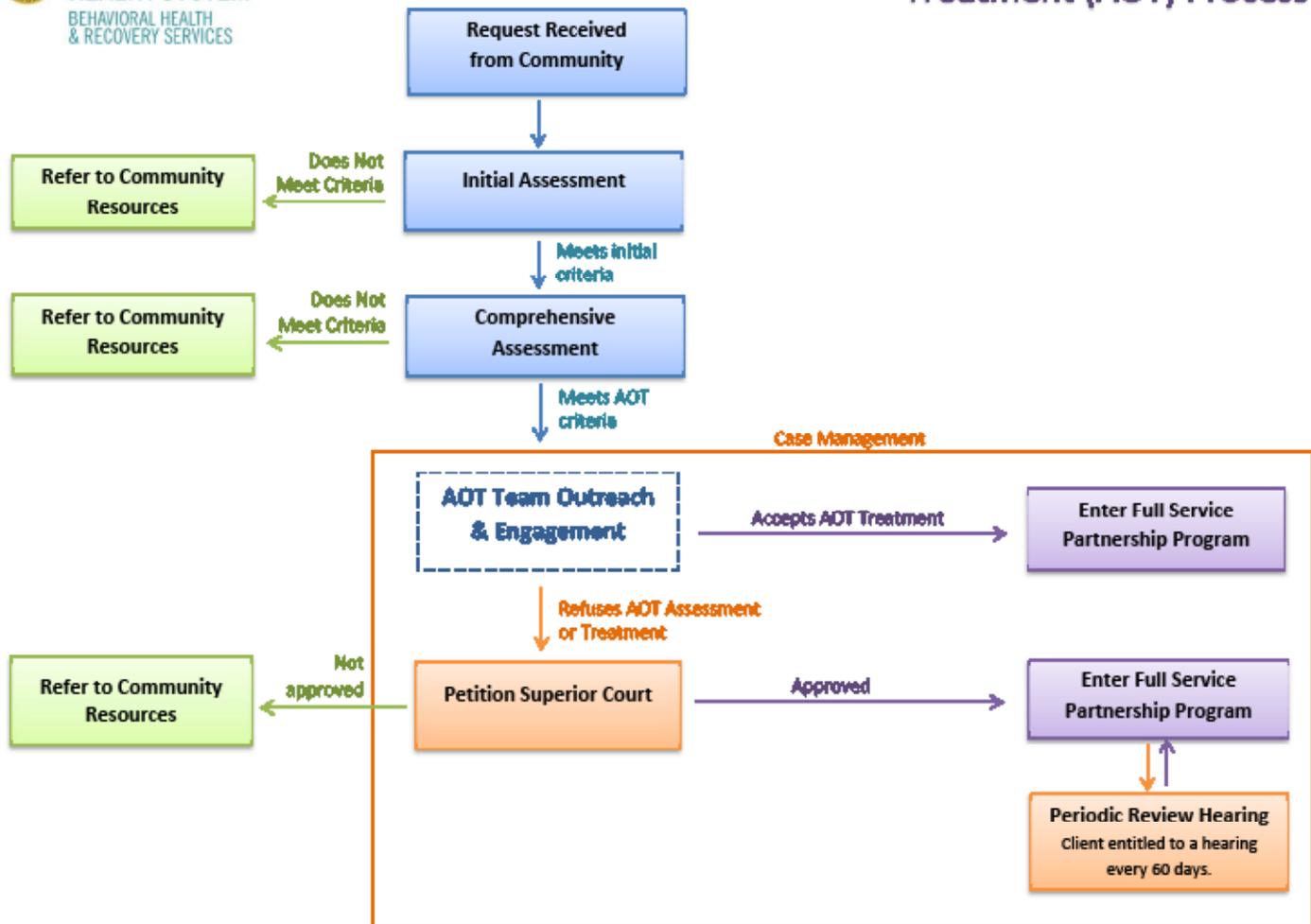


**San Mateo County
Behavioral Health and Recovery Services
Assisted Outpatient Treatment**
www.smchealth.org/AOT
(650) 372-6125 | AOT@smcgov.org

Find more information at www.smchealth.org/AOT



Assisted Outpatient Treatment (AOT) Process



What is the AOT process?

The AOT team reviews referrals during regular business hours to gather additional information to determine if individual meets the criteria for AOT.

If the person meets the criteria, the team will meet with them around accepting services. People who do not meet the AOT criteria are connected to appropriate resources.

If someone refuses AOT services, the team will continue to engage and support them in an effort to reach an agreement to voluntarily accept participation in AOT. If the person continues to refuse, a petition may be filed with the San Mateo County Courts for their services to be court ordered.

If the person accepts the services voluntarily any time prior to the court hearing, the petition will be dropped and they will be enrolled into services.

If the individual does not choose to accept offered services, the case will proceed to the AOT Court and legal representation will be provided by the Private Defender’s Office. If the judge finds that the person does meet the AOT criteria, he will order them to participate in the services. Court ordered services are in effect for 180 days with required reviews at least every 60 days.

If the judge finds the person does not meet the criteria, the petition will not be approved, at which time, the AOT Team will refer them to community resources.