



# Assisted Outpatient Treatment

Mental Health and Substance Use Services

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, incarcerations 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 serves people who need help the most. We work collaboratively with clients and their family members to help them towards recovery, and to remain in the community and thrive.

## Contact the AOT Team at



**(650) 372-6125**

or [AOT@smcgov.org](mailto:AOT@smcgov.org) to make a referral.

## Who Qualifies for AOT?

A person is eligible 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 treatment in a correctional facility two or more times in the past 36 months

OR

- 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.



If you are in a mental health crisis, call 911 or go to the nearest hospital emergency room if you can safely get there.

***Together Towards Recovery***



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**

[www.smchealth.org/AOT](http://www.smchealth.org/AOT)