



Together Towards Recovery

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

Together Towards Recovery means we partner with clients and their family members to achieve these goals through a collaborative process and ensure the best treatment possible.



To learn more about San Mateo County's Assisted Outpatient Treatment Program, visit www.smchealth.org/AOT.

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 incarceration 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.

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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 the nearest emergency room.



**San Mateo County
Behavioral Health and Recovery Services
Assisted Outpatient Treatment**

www.smchealth.org/AOT
(650) 372-6125 | AOT@smcgov.org