



# Assisted Outpatient Treatment (AOT)



- History of AOT
- 45 states have AOT laws
- Legislation varies across states
- Prevention versus Response
- Named as EBP in 2015



# History in San Francisco



Assembly Bill 1421 was passed in California in 2002

Welfare and Institutions Code 5345-5349.5

Mayor Lee's CARE Task Force

Board of Supervisors (July, 2014)

Implementation Committee

Stakeholder Trainings

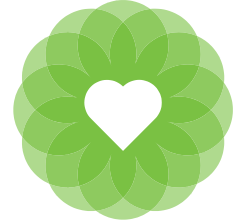
Implementation of AOT (November 2, 2015)

# What is AOT



- Commonly known as “Laura’s Law”
- Must be adopted by a county
- Court ordered outpatient treatment for individuals with severe mental illness
- Does not allow for forced treatment or forced medications
- Designed to assist individuals with severe and persistent mental illness who are not engaged in treatment, are deteriorating, and have a history of poor treatment compliance
- Goal of reducing hospitalization, incarceration, and victimization

# Counties with AOT



- Alameda County
- Contra Costa County
- El Dorado County
- Kern County
- Los Angeles County
- Marin County
- Mendocino County
- Nevada County
- Orange County
- Placer County
- San Diego County
- San Francisco County
- San Luis Obispo
- San Mateo County
- Shasta County
- Yolo County
- Ventura County



# San Francisco AOT



- Multiple opportunities to engage in voluntary services
- AOT Care Team
  - Community based, mobile, multidisciplinary, mental health team
  - Consists of:
    - Director (Psychologist)
    - Peer Specialist
    - Family Liaison



- Request for Petition
- Investigation
- Court Petition Filed
- Court Hearing
- Court Ordered AOT



# Qualified Requesting Party (QRP)



- Adult who lives with individual
- Family member (parent, sibling, spouse) of individual
- Director of a treatment facility where individual lives
- Director of a hospital where the individual is hospitalized
- Licensed mental health provider who is working with the individual or supervising their treatment
- Peace Officer, Probation Officer, or Parole Officer who has the individual on their caseload





- Overseen by AOT Director
- If the individual is in acute crisis, an appropriate assessment and crisis intervention will occur
- AOT Candidate must meet all of the below criteria to be considered for the program:
  - 18 years or older
  - Resident of San Francisco
  - Has a severe and persistent mental illness
  - Be unlikely to survive safely in the community without supervision
  - Has a history of lack of compliance with treatment and
    - their mental illness has been a substantial factor in hospitalization or incarceration at least twice within the last 36 months (Note: This does not include the events immediately leading up to the investigation)
  - OR
  - their mental health has led to one or more acts of violent behavior towards himself/herself or another, threats, or attempts in the last 48 months (Note: This does not include the events immediately leading up to the investigation)

# Investigation



- Has been offered an opportunity to participate in voluntary treatment
- Their condition is substantially deteriorating
- Participation in AOT is the least restrictive option to ensure recovery and stability
- AOT is needed to prevent relapse or deterioration that would likely result in grave disability, or serious harm to self or others (i.e., AOT can prevent future hospitalization)
- Likely to benefit from AOT
- **If the above conditions are not met, the individual is offered services**

# Investigation



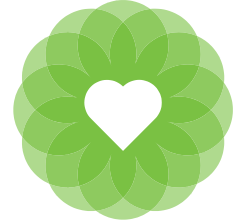
- If the above conditions are met (estimated to be 100 individuals or less), the following process begins within 5 business days of initial referral:
  - Referral party is interviewed by AOT Team
  - Review of records is completed
  - Treatment plan is written
  - AOT Candidate is outreached:
    - Provided with information regarding Patient's Rights
    - Mental Status Evaluation is conducted with informed consent
- If AOT Candidate accepts voluntary treatment or does not meet criteria for the program, they are referred to appropriate services
  - If an individual who meets AOT criteria is linked to voluntary services the investigation can commence if they refuses services within 6 months of initial intervention

# Court Petition Filed



- If AOT Candidate refuses to consent to an evaluation and/or treatment plan, the AOT Team attempts to engage him/her for a minimum of 30 days prior to a court petition being filed (unless significant deterioration occurs)
- If AOT Candidate declines voluntary treatment, meets all criteria, and is in need of treatment, the following occurs:
  - Court Petition is filed by AOT Director within 10 days of the last assessment/attempted assessment
  - Treatment plan is updated
  - AOT Candidate is again offered voluntary services
    - If candidate accepts voluntary treatment and AOT Team monitors compliance

# Court Hearing



- If AOT Candidate declines voluntary treatment the case is set for a hearing within 5 court days
- If client waives the hearing after consulting with their counsel, the treatment plan becomes a “Settlement Agreement (SA)” and compliance is monitored
- If the court determines that all AOT conditions are met, the treatment plan becomes a court order for up to 180 days
  - Update to court every 60 days
  - Hearing of noncompliance
- If the court determines that the AOT conditions are not met, the petition is dismissed

# Court Ordered AOT



- Once the treatment plan becomes a court order, the AOT client can:
  - accept AOT and an evaluation is completed by the AOT Care Team every 60 days to ensure ongoing need for AOT
    - A petition to terminate AOT can be filed at any time if the client no longer meets criteria for the program
  - decline AOT and the court orders the individual to meet with AOT Care Team to complete assessment
- At any juncture, the AOT team may initiate a 5150 WIC hold if the client decompensates and meets criteria
- At any juncture, the client can file a writ of habeas corpus to require the AOT Director to prove that he/she continues to meet criteria for AOT
- If it is determined that the client continues to meet AOT criteria past the 180 days, the AOT Director will file a petition to continue AOT 30 days prior to expiration of the court order.

# AOT Treatment



- Individualized treatment plan
  - Takes into account the client's preferences, unique needs, available services, and AOT determination of appropriate level of care
  - Dynamic and flexible
- Does not include an involuntary medication order
- Is an intervention and engagement tool
- Goal of reducing hospitalization, incarceration, and victimization



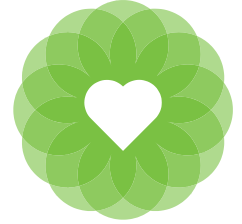
- Field based services
- Focused on recovery and wellness
- Full Service Partnership (intensive case management) between client and, when appropriate, their family/natural support system
- Goal of linking to long term care post AOT services





- **Services are:**
  - client centered
  - community based
  - least restrictive
  - integrative
  - client directed and utilize principles of psychosocial rehabilitation and recovery
  - culturally/linguistically competent and diverse
  - gender specific
  - trauma informed
  - ADA compliant

# AOT Treatment



## Services may include:

- coordination and access to medications
- housing assistance
- assistance with accessing primary care
- vocational rehabilitation
- assistance with accessing educational resources
- substance abuse treatment
- cognitive remediation
- veteran specific resources
- older adult specific resources
- TAY specific resources
- family support
- peer support
- life skills training
- evidence based practices

# Next Steps



- Annual Report
  - Quantitative Data
  - Qualitative Data
- Long Term Evaluation
  - Three year report to assess efficacy
  - External consultant
- Development of Best Practices for Engagement



[www.sfdph.org/aot](http://www.sfdph.org/aot)



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# Questions?