Assisted Outpatient Treatment (AOT)

Angelica Almeida, PhD
History of AOT

- 45 states have AOT laws

- Legislation varies across states

- Prevention versus Response

- Assembly Bill 1421 was passed in California in 2002

- Welfare and Institutions Code 5345-5349.5

- Named as EBP in 2015

- Mayor Lee’s CARE Task Force

- Board of Supervisors (July, 2014)

- 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
San Francisco AOT

• Community based, mobile, multidisciplinary, mental health team

• Multiple opportunities to engage in voluntary services

• Whatever it takes approach focused in principles of recovery and wellness

• AOT Care Team
  • Program Manager (Psychologist)
  • Clinicians
  • Team Members (Peer Specialist, Family Liaison)

• UCSF Department of Psychiatry-Citywide AOT
  • Clinical Supervisor
  • Clinical Case Managers
  • Psychiatrist
  • Peer Specialist
  • Nurse
What is AOT?

Calls to AOT

Referrals

- 123
- 82
- 90

Information Only

- 117
- 100
- 104

Referrals and Information Only from:

- 11/2/15-12/31/16
- 1/1-12/31/17
- 1/1-12/31/18

Calls to AOT by Month:

- Jan '18: 6
- Feb '18: 9
- Mar '18: 7
- Apr '18: 5
- May '18: 8
- June '18: 6
- July '18: 4
- Aug '18: 7
- Sep '18: 8
- Oct '18: 8
- Nov '18: 10
- Dec '18: 12
Referral Source

Total: 295 referrals

- Mental Health Provider, 53%
- Family, 39%
- Non Qualified Requesting Party, 5%
- Other, 3%
Location of Referral

- San Francisco County, 79%
- Out of State, 8%
- San Mateo County, 3%
- Santa Clara County, 1%
- Solano County, 1%
- Sonoma County, 1%
- Unknown Location, 1%
- Alameda County, 2%
- Contra Costa County, 3%
- Los Angeles County, 1%
- Marin County, 1%

Total = 295 referrals

*Rounded to the nearest whole number*
## Demographics

### Contacted Individuals

<table>
<thead>
<tr>
<th>Gender</th>
<th>18-25</th>
<th>26-35</th>
<th>36-45</th>
<th>46-55</th>
<th>56-65</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>18%</td>
<td>27%</td>
<td>26%</td>
<td>19%</td>
<td>5%</td>
<td>5%</td>
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<tr>
<td>Male</td>
<td>40%</td>
<td>59%</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
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<tr>
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<tr>
<td>Transgender - Male</td>
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<tr>
<th>Ethnicity</th>
<th>18-25</th>
<th>26-35</th>
<th>36-45</th>
<th>46-55</th>
<th>56-65</th>
<th>65+</th>
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<tbody>
<tr>
<td>White</td>
<td>42%</td>
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<tr>
<td>Black/African American</td>
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<tr>
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<td>Unknown</td>
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</table>
Risk Factors
Contacted Individuals

- Homelessness: 54%
- Incarceration: 63%
- Psych Hospitalization: 82%
- PES: 81%
Preliminary Outcomes
Psychiatric Emergency Services

36 Months Prior:
- 81%

Since AOT:
- 47%

Before:
- 0.18

During:
- 0.20

After:
- 0.07
Preliminary Outcomes
Total Population-Psychiatric Hospitalization

36 Months Prior
- 82%

Since AOT
- 47%

Before
- 0.96

During
- 2.27

After
- 0.29
Preliminary Outcomes
Total Population-Incarcerations

36 Months Prior
- 63%

Since AOT
- 40%

Before
- 2.31

During
- 3.13

After
- 1.34
Risk Factors
Court Ordered Individuals

- PES: 82%
- Psych Hospitalization: 88%
- Incarceration: 59%
- Homelessness: 47%
Preliminary Outcomes
Total Court Population

PES Contacts
- 36 Months Prior: 82%
- Since Court Order: 59%

Inpatient Hospitalizations
- 36 Months Prior: 88%
- Since Court Order: 82%

Incarcerations
- 36 Months Prior: 59%
- Since Court Order: 29%
Preliminary Outcomes

- 13% of cases result in a petition to the court
- 69% of cases engage in voluntary services
- X% remain connected to voluntary services
- LPS Conservatorship
- Average Length of Time Working with AOT
  - 138 days
Preliminary Outcomes
Feedback

• Feedback from Participants
  • 86% of individuals surveyed reported feeling hopeful about their future
  • 82% of individuals surveyed reported being treated with respect
  • Staff “made me feel safe. They were worried about me being on the streets.”

• Feedback from Families
  • Increased awareness of services in San Francisco
  • Increased awareness of mental health symptoms
  • “AOT’s diligence and care has literally been life saving for my sister.”

• Feedback from Stakeholders
  • Increased collaboration and coordination of care
  • “The AOT program has brought together and made for better working relationships that were not there prior.”
Preliminary Outcomes
Financial Implications

Monthly Cost Pre-AOT
$67,139
$345,799
$72,422

Monthly Cost Since AOT
$50,286
$29,452
$2,007
Preliminary Outcomes

Financial Implications

$485,360

Monthly Cost Pre-AOT

$81,745

Monthly Cost Since AOT