

You Should Know

The AOT Program does not provide mental health crisis services. If you are experiencing a life-threatening emergency, call 911 immediately.

1340 Arnold Drive, Suite 200
Martinez, CA 94553
925-957-5201
cchealth.org/bhs



Assisted Outpatient Treatment

For
Clients

In Crisis?

If you are experiencing a life-threatening emergency, call **911** immediately.

To speak with a trained crisis counselor about a mental health concern, call

1-888-678-7277
day or night

The AOT Program does not provide mental health crisis services to the general public.



For more information about the AOT Program,
visit chealth.org/mentalhealth/lauras-law.php

What is Assisted Outpatient Treatment?

Assisted Outpatient Treatment (AOT) is a team-based support service to help you feel better and stay safe. A supportive team helps you identify your needs, helps create a plan for getting those needs met, and supports you each step of the way.

Who gets AOT?

We offer AOT to people who have had serious things happen, such as going to Psychiatric Emergency Services, having a problem with the police or who may just feel unsafe in the community. We only offer AOT if we think it can help.

What are the benefits of AOT?

NOBODY wants police, hospitals or courts in your life. People who participate in AOT are much less likely to have that kind of problem again. Also, people who participate in AOT are treated with respect and make their own choices. While receiving services, you still live at home and go where you want. Or, if you need a home, AOT can work with you to find one.

How does it work?

People who participate in AOT work with a team of professionals to make a treatment plan just for them. Plans address things that can get in the way of staying safe and healthy. Services can include:

- Help with medication
- Access to primary health care
- Substance abuse counseling
- Mental health treatment
- Help with health benefits
- Access to supportive housing programs
- Job training
- Peer support for you and your family

Why have I been contacted about AOT?

Someone recommended that this program might be helpful to you. Trained support staff from Contra Costa Behavioral Health will work with you to decide if AOT is a good fit, or if some other service might be better for you.

Do I have to pay?

This program is funded through a combination of the county's General Fund and the Mental Health Services Act. All eligible people will be served regardless of their ability to pay.

What about my privacy?

AOT is confidential. Not even the person who recommended you will know if you join the program or any other details about your treatment, unless you tell someone. You have the opportunity to include others in your plan if you choose.

What if I do not want help?

AOT works best for people who are willing to participate. A few of our clients are placed in the program after a court hearing, because a judge decides it is very important for them to participate.

The AOT team is mobile and offers flexible hours that make connecting more convenient for you.