



## San Diego IHOT + AOT

Assisted Outpatient Treatment programs provide outpatient services for adults with serious mental illness who have a history of lack of participation in a mental health program that has resulted in two or more hospitalizations or incarcerations within the last 36 months, or have attempted to cause harm in the last 48 months.

- An Axis 1 diagnosis of substance use alone does not meet eligibility criteria for AOT services. Aggressive or violent behavior as a result of Axis 1 diagnosis of substance use solely does not meet eligibility for AOT services.
- Laura's Law does not provide court-ordered medication. The court may not require treatment that is not stated in the client's proposed treatment plan.
- There are no legal repercussions for not complying in the AOT program. If the person refuses to participate in AOT, and if unsuccessful attempts are made to engage the person in AOT, the person may be taken into custody and transported to SDCPH/EPU for up to 72 hours to be examined to determine if the person is in need of treatment pursuant to Section 5150.

### Making a Referral

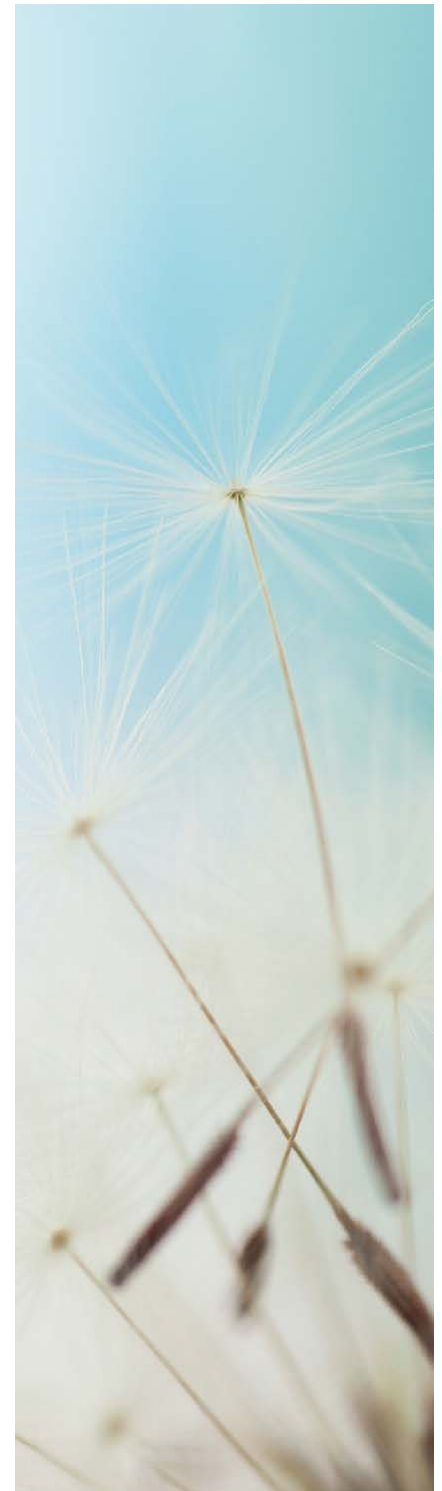
The county of San Diego has determined that all persons referred to the AOT program shall initially be screened and evaluated by either In Home Outreach Team program (IHOT) and provided the opportunity to accept voluntary services prior to initiating an AOT examination.

In San Diego County, all referrals for AOT can only be made through enrollment in one of the IHOT programs. There are two IHOT programs in San Diego County:

- MHS Inc. (North Inland, North Coastal, and North Central regions): 858-573-2600, 760-591-0100
- Telecare (Central, East, and South regions): 619-961-2120

The IHOT team's clinician will assess and determine if the participant is a candidate for AOT. If the participant agrees, they can voluntarily be enrolled into AOT ACT. If the participant refuses the assessment, the San Diego Office of Public Conservator will screen the individual for AOT.

If the Office of Conservatorship is unable to assess the participant, the Office of Conservatorship will contact the judge who will write an order for the Sheriff's Department to pick the participant up and take the candidate to the County Psychiatric Hospital (CPH), placing them on a hold to be evaluated within 24-72 hours.



## Once Enrolled

The member will be repeatedly engaged by the AOT Assertive Community Treatment (ACT) team. Services at San Diego AOT include, but are not limited to:

- Recovery-focused, strength-based services
- Services that are client-directed and are anchored in biopsychosocial rehabilitation and recovery principles
- Co-occurring disorder treatment
- 24/7 on-call staff response if needed
- Field-based services
- Peer-run activities
- Providing education and vocational services and training
- No forced medication

These evidence based ACT services are:

- Provided by a multidisciplinary team with a prescriber on staff
- 24/7 availability
- High frequency of services allowing for member to be seen weekly
- One to 10 staff to member ratio
- Primarily field-based
- Provide co-occurring services and groups
- Review of member care each morning in Morning Meeting

Assertive outreach will occur, but members will not be forced to participate. If a person does not participate the court team is notified and the member will be closed to services with the possibility of re-evaluation at a later date.

- Medication will not be forced on the member.
- Average length of stay is six months and no longer than 18 months.
- Individuals completing services will be referred on to other mental health services after six months.

### *Nine Criteria*

If **all nine criteria are met**, the court may order the person to AOT for an initial period not to exceed six months:

1. At least 18 years of age.
2. Have a serious mental illness.
3. Determined unlikely to be safe in the community without supervision
4. History of non-compliance with treatment that has either: Been a factor in their hospitalization and/or incarceration at least twice in the last 36 months, or resulted in one or more acts, attempts or threats of serious and violent behavior toward self or another within the last 48 months.
5. Has opportunity to voluntarily participate in mental health treatment but continues to fail to engage.
6. Condition is substantially deteriorating.
7. AOT is the least restrictive placement necessary to ensure recovery and stability.
8. Needs AOT to prevent a relapse or deterioration that would likely result in grave disability or serious harm to self or others.
9. Be likely to benefit from AOT.