



San Diego AOT

The Assisted Outpatient Treatment (AOT) program is San Diego County's response to Laura's Law and provides outpatient services for adults with serious mental illness who are resistant to treatment.

We know that the journey to recovery can be a tough one, and we believe that no one should have to go through it alone. Services at San Diego AOT are provided by a multidisciplinary team including team leads, peer specialists, nurses, prescribers, vocational specialists, family liaisons, case managers, and alcohol drug specialists.

Our program is based on the Assertive Community Treatment (ACT) model, where we connect members to the proper resources that can help them achieve their goals. All services are recovery-focused, strengths-based, and anchored in biopsychosocial rehabilitation and recovery principles. These services have on-call staff available 24/7. Field-based services are delivered in the community where members live and work.

What to Expect

While individuals may be joining the AOT program because of a court order, we want them to know that, for us, it does not matter how they got to this point, what matters is that they feel better in their life and we are here to help them do that.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationship we develop so we can foster a supportive program setting.

Our staff are passionate, resourceful, and motivated. They will partner with members throughout their recovery journey.

Our goal is to be a tool that helps individuals thrive no matter the obstacles. We want to help individuals to be the leaders of their own recovery journeys and personal growth.

“The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human.”

- PATRICIA DEEGAN, PHD, FOUNDER OF COMMONGROUND



CONTACT

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OFFICE HOURS

Monday-Friday: 8:00 a.m. to 5:00 p.m.
On-call staff availability 24 hours a day,
7 days a week



Services at San Diego AOT

Services include, but are not limited to:

- Mental health services
 - Individual rehabilitation utilizes evidence-based practices such as motivational interviewing, CBT, and skill building
 - Assessment and client planning
 - Educational and vocational services
 - Co-occurring disorder treatment
- Therapeutic groups
- Crisis intervention
- Medication support
- Case management

Requesting AOT Treatment

The county of San Diego has determined that all persons referred to the Telecare AOT program shall initially be screened and evaluated by the existing In Home Outreach Team (IHOT) program. There are two IHOT programs in San Diego County:

- MHS Inc. (North Inland, North Coastal, and North Central regions): 760-591-0100 or 858-573-2600 toll free
- Telecare (Central, East, and South regions): 619-961-2120 or 855-384-4468 toll free

The IHOT program's clinician will assess and determine if the participant is a candidate for AOT.

Admission Criteria

Only individuals who meet the nine criteria as established under Laura's Law are eligible for referral to AOT:

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 (not including current event).
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.