



## HOSPITALS

# Assisted Outpatient Treatment



**To learn more about AOT,  
please call 855-99-MCCMH  
(855-996-2264) or visit  
mccmh.net/AOT/**

**Call our Crisis Hotline for 24/7  
support: 586-307-9100**

## Helping people with serious mental illness

People with serious mental illness (SMI) may not realize they need help because of their condition. As a result, they may not receive the necessary treatment. This can lead to higher rates of suicide, self-harm, aggressive behavior, homelessness, and frequent visits to the emergency room (ER).

Assisted Outpatient Treatment (AOT) is a court order for community-based mental health treatment for people with SMI. It can help people get the support they need, which can prevent crises and improve their overall well-being.



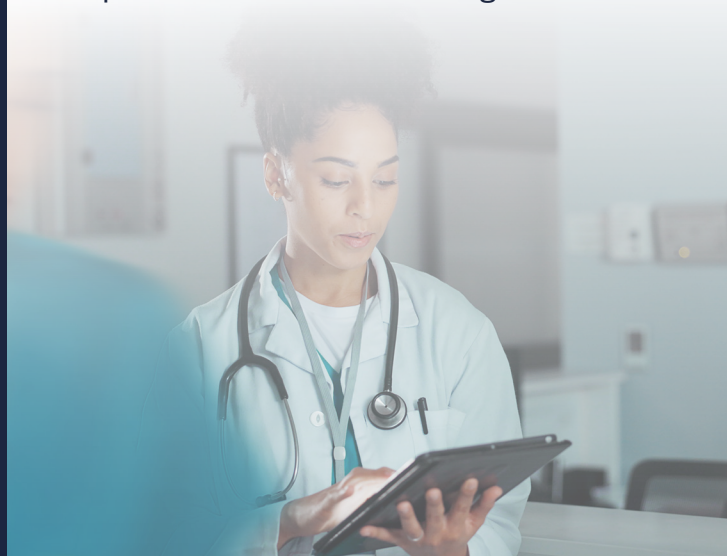
**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

 [mccmh.net](http://mccmh.net)

  @wearemccmh



AOT can be used before a mental health crisis, which keeps the person and the community safe. Hospital staff can petition for AOT using the same form for involuntary hospitalization (PCM 201 “Petition for Mental Health Treatment”).

Inpatient facilities play a key role in deferral conferences, which connect people with mental health services in the community. During these conferences, the person learns about their proposed treatment plans, which may include hospitalization. If the person agrees to the treatment plan, the hospital will release them to the care of the outpatient provider.

Research shows that AOT is effective at improving outcomes for people with SMI. This includes reducing substance use, hospitalizations, and aggressive or suicidal behavior.



## What are inpatient psychiatric facilities responsible for?

- Coordinate with MCCMH in discharge planning
- Notify the court within five days of discharge of a person on an AOT
- Screen patients for appropriateness of AOT if they are not already on one
- Schedule and host deferral conferences when appropriate

## Action steps for ERs and inpatient psychiatric facilities:

- Educate staff on patients eligible for AOT
- Develop an internal process for screening clients to identify who could benefit from AOT
- Identify community providers (such as CCBHCs and CRSPs) who offer common AOT services and establish a liaison role
- Work with county probate court(s) to create a system to easily file petitions
- Identify a contact person at MCCMH to help track and monitor the AOT process

## What are ERs responsible for?

- Contact MCCMH if someone with an AOT is present at the ER – if unsure, check with the probate court or directly with MCCMH
- Coordinate care with MCCMH and other providers