



## What is Assisted Outpatient Treatment?

Do you know someone with a severe mental illness who needs help and struggles to engage in treatment? Santa Clara County's Assisted Outpatient Treatment (AOT) team connects people with treatment to help them get the care they need.

Based in AB1976, AOT helps people achieve and maintain physical and mental health while decreasing mental health crises, hospitalizations, incarcerations and homelessness through voluntary or court ordered treatment.

Services include:

- Intensive case management
- Psychiatry and medication management
- Benefit and housing support
- Life skill development
- Guidance and support to help people reach recovery goals

AOT provides us with the opportunity to serve individuals who need help most and to work with them towards recovery, while they can remain in our community and thrive.

## Who Qualifies for AOT?

An individual 18 years or older and a resident of Santa Clara County with a serious mental illness that causes them to be unlikely to survive safely in the community without supervision. Or, they need AOT to prevent deterioration that can result in grave disability. Additionally, the person's mental health must have either resulted in:

- Psychiatric hospitalization or incarceration two or more times in the past 36 months.  
Or
- Threats or acts of violent behavior towards themselves or others in the past 48 months.



If the person meets the criteria, the AOT team will meet with them about accepting their services. People not meeting the AOT criteria will be linked to appropriate services.

## How can I refer someone for AOT?

Contact the AOT Team at

**1 (800) 704-0900**

**option #7**

or [AOT@hhs.sccgov.org](mailto:AOT@hhs.sccgov.org)  
to make a referral.

*This is not a crisis service. If you are experiencing a mental health crisis, call 911 or go to the nearest emergency room.*



**Santa Clara County  
Behavioral Health Services  
Assisted Outpatient Treatment**

[AOT@hhs.sccgov.org](mailto:AOT@hhs.sccgov.org)

Find more information at:

<https://bhsc.sccgov.org/get-help/assisted-outpatient-treatment-aot>