

GOAL OF AOT

AOT an intensive outpatient recovery oriented, strengths based, client centered treatment program that will assist individuals in reducing the symptoms of mental illness or substance use disorders (or both), prevent mental health crisis, reduce the number of hospitalizations or incarcerations due to untreated mental health issues, and provide ongoing support through a step down process as symptoms subside.

The overarching goal of the AOT program is to connect referred persons to the least restrictive, high intensity, community based full service partnership program utilizing a **"whatever it takes"** model of service provision.



"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." — Julian Seifter

Director of Health Services Tim Lutz
Deputy Director of Behavioral Health Services
Ryan Quist, Ph.D.

7001-A East Parkway, Suite 400
Sacramento, CA 95823

Division of Behavioral Health Services
Hours of Operation:
Monday-Friday 8:00AM-5:00PM

For 24 hour a day assistance with Mental Health Crisis call 988

Mission Statement

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency." That recovery entails providing intensive engagement and outreach to the most vulnerable adults by assisting them in adhering to their treatment, which may entail collaborating with the civil courts for accountability and support.

[Behavioral Health Website](#)

Mental Health Crisis Calls
24 hours a day 7 days a week
916-875-1055

To learn more about Assisted Outpatient Treatment Program
[AOT Website](#)

Or Call
916-875-6508

Referrals can be submitted at:
DHS-MH-AOT@Saccounty.gov



"Bridging the Gap Together"

916-875-6508

DHS-MH-AOT@saccounty.gov



Assisted Outpatient Treatment Program (AOT)

Division of Behavioral Health Services

7001-A East Parkway, Suite 400
Sacramento, CA 95823





Meet the team:

Supportive, Compassionate, Understanding

The County Engagement team includes peer support, administrative support, and licensed counselors. We are here to help you through the process.

With knowledge, expertise, and strong relationships in the community, they are here to guide you and ensure you are connected to the services and supports you need.

For more information about our team members, go to our website: [\[LINK\]](#)

Program Objectives

Promote stability in the community
Further client self-determination in the most effective level of service intensity and community integration as appropriate.

Promote and optimize community functioning.

Elevate and improve client driven recovery-oriented, trauma informed and culturally responsive approaches
Advance and increase timely access to appropriate linkages and coordination with key services and benefits

Reduce emergency room visits, psychiatric hospitalizations, admission's to long term facilities, arrests, incarcerations and homelessness.

Eligibility Criteria [WIC 5346 \(a\) \(1-7\)](#)

Person is 18 years of age or older

Person is suffering from a mental illness as defined in [WIC 5600.3 \(2\)\(3\)\(b\)](#)

Clinical determination in view of person's treatment history and current behavior, one of the following is true:

- Person is unlikely to survive safely in the community without supervision and the person's condition is substantially deteriorating.
- The person is in need of assisted outpatient treatment in order to prevent relapse or deterioration that would likely result in grave disability or harm to self or others (defined by WIC 5150)

Person has history of lack of compliance with treatment for person's mental illness (one of the following is true)

- Person's mental illness resulted in at least twice in 36 months been a factor in hospitalization or services in a forensic or other mental health unit
- Has resulted in one or more acts of serious and violent behavior toward themselves or others, threats, or attempts to cause serious physical harm within 48 months

Who Can Refer to the AOT Program? [WIC 5346 \(a\)](#)

An adult who lives with the individual, parent, spouse, adult child of the individual.

Director of an institution or facility where the individual resides.

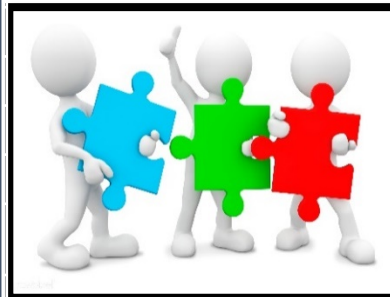
Director of the hospital where the person is hospitalized;

Treating or supervising mental health provider;

Probation or parole or peace officer.

SERVICES

- Process referrals
- Strengths-Based Support
- Intensive Engagement in the community
- Peer Support & Advocacy
- Linkage to services
- Assistance with navigation of services
- Quarterly Supportive Community Learning Collaborative



We are with you every step of the way ...

Mental Health Treatment Center: 916-875-1000

Suicide Prevention Crisis Line: 988

Community Support Team (CST) 916-875-6015

Homeless Encampment and Response Team (HEART) 916-875-1720

Substance Use Prevention and Treatment System of Care Monday thru Friday 8:00AM-5:00PM (916) 874-9754 or After 5:00PM 888-881-4881