



Assisted Outpatient Treatment (AOT)

420 W. Fifth Ave., Flint, MI 48503

(810) 257-3705

PROGRAM HANDBOOK



Dear Program Participant,

The Genesee County Probate Court has found by clear and convincing evidence that you are a person with a mental illness subject to court order. As a result, you have been ordered to participate in the Assisted Outpatient Treatment (AOT) Program with Genesee Health System (GHS). The purpose of the AOT Program is to give you the tools you need to help manage your mental illness so you can live successfully in the community. GHS will ensure that you have access to the mental health services you need, including assigning you a case manager and a psychiatrist. If you have other service needs, your case manager will help you secure those services. GHS will also oversee your progress in the AOT Program and provide regular updates to the court. You and your treatment team will develop your treatment plan. By taking an active role in your treatment and following your treatment plan, you can help reduce the amount of time you must remain in the AOT Program. Ultimately, however, it is the Probate Court that determines the length of time you are in the AOT Program based on the reports from your treatment team. If you have any questions about the AOT Program, please do not hesitate to ask a member of the treatment team.

Sincerely,

Genesee Health System
Assisted Outpatient Treatment (AOT) Program

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Program Description/Location/Phone Numbers

Assisted Outpatient Treatment (AOT) is a program within Genesee Health System. It is designed to provide assistance to adults with severe mental illness who have been court ordered to participate in treatment. The program provides a collaborative approach among key community providers to best help our consumers get the treatment they need. Service coordination may include, but is not limited to: housing assistance, physical health care, money management, community participation and integration, social and employment opportunities, support groups, therapy, medication management, and crisis intervention. Services are coordinated by case managers, AOT monitors, and other clinical staff who may also be supporting you.

Genesee Health System is located at 420 W. 5th Ave in Flint, Michigan. Our normal business hours are Monday through Friday from 8:00am-5:00pm. We are closed all major holidays. You can meet with your case manager at the office, your home, or in the community. Your case manager will give you their personal business card that contains their telephone number, however you may call 810-257-3714 and we will connect you with your case manager or leave them a message if they are not available.

After business hours crisis services are available 24 hours a day and 7 days a week. Call 810-257-3740 or text FLINT to 741741 to connect to a counselor immediately. You may also contact our Behavioral Health Urgent Care at 810-496-5500 or 877-346-3648. These services are completely free.

Program Components:

Members of the Treatment Team

- You!
- Probate Court Judge
- AOT Program Monitor
- AOT Coordinator
- Case Manager
- Psychiatrist/NP
- Other Service Providers, such as your therapist

Program Requirements:

While in the GHS AOT Program, you will be asked to be a full partner in the program and the treatment team encourages you to:

- Participate in discussing and developing your goals with the treatment team;
- Participate in all scheduled court appearances;
- Participate in the discussion of all possible medications you are prescribed and update the team on any issues with side effects;
- Participate and keep all appointments with treatment providers;
- Cooperate with psychological testing, therapy, and any other court ordered service;
- Keep your case manager advised of any change of address, location, or phone number;
- Obey all municipal, state and federal laws;
- Participate in each court session by giving a verbal update on your progress and program compliance.

Involvement in Surveys and Data Collection

Periodically, you will be asked to complete surveys to gather information on the progress you have made in the program. We will use this information in an anonymous and confidential way to submit data to SAMSHA, our grant provider. We will also discuss the trends we see in the data in community partnership meetings.

Treatment Compliance:

When you start in AOT Program, you will often be seen multiple times a week by your case manager. As you successfully progress through the GHS AOT Program, the level of monitoring by the court and your treatment team will be reduced and eventually, may be lifted altogether. However, should you fail to comply with the requirements of your treatment plan, the Court may take any of the following actions:

- Extend the length of time that you are in the AOT Program
- Increase the frequency of your court appearances
- Order your treatment plan to be reviewed

- Order you to be picked up and evaluated for hospitalization
- Order you to attend a court hearing or status conference

Your Rights regarding AOT orders

At Probate Court, you have a right to have an attorney to represent you at hearings. You have the right to be present during hearings to extend your orders. If you fail to attend the hearing after having an opportunity to meet with your attorney, you will be considered to have waived your right to attend, and the hearing may be held without you. You have a right to an independent evaluation. You have the right to demand a jury trial. You should discuss your rights with your attorney.

You also have Recipient Rights as a consumer at Genesee Health System. Ask your case manager for a Recipient Rights Handbook, or go to <https://www.genhs.org/Services/Recipient-Rights> to download a copy.

Person-Centered Planning Process, and Your Participation

The Michigan Mental Health Code requires that Person-Centered Planning (PCP) is a regular and consistent part of mental health treatment and services. PCP focuses on what you want for your life. It involves developing a life plan for your future and focusing on your strengths, abilities, and interests. You and your Case Manager decide who you want involved in the planning process, including natural supports such as family, friends and community acquaintances. With your case manager, probate court, your family, guardian (if applicable), significant others, and other members of the clinical team, together we will decide the direction your treatment and goals are pursued. At every step of the process, you will be asked what you want and need to reach your goals.

Once a year you will be asked to update specific forms. These forms include a Health Screening, Consent for Treatment, Recipient Rights form, Release of Information, Consent for Medication, Relapse Prevention Crisis Plan, among others.

Your treatment will be reviewed at least every 90 days by the case manager and any other professional staff working with you on your treatment goals. You will also have regularly scheduled hearings with the Probate Court judge to discuss your progress.

Duration of Services/Transitioning Out of the Program

The time you spend in our program varies. Our goal is to help you understand your mental health needs and be as independent as possible. After you meet your goals in the program, you will be referred to continue to receive case management services, either at GHS or at one of our contract providers.

General Program Information

Our program must provide a safe place for you to meet with our staff. For this reason, the following rules apply whenever you are in a GHS building, and when meeting with staff:

- Street drugs, alcohol and weapons are not allowed
- Anyone acting in a threatening or combative way will be asked to leave or taken to the hospital for assessment
- Abusive or sexual language is not appropriate or allowed
- All consumers and guests must respect program property
- Stealing may result in expulsion from the program or prosecution.
- Smoking is not permitted in GHS buildings
- Our buildings have an alarm system. If the fire or tornado alarm sounds, please cooperate with staff instructions.
- First aid equipment and trained staff are available

Severe Weather

Occasionally the weather may interrupt our services to you. You can find information on the following television stations: ABC12 and CBS5 for closings and weather related news. You may also check their websites at ABC12.com and WNEM.com. We also post closings on our website www.genhs.org or on our social media pages. If the weather should worsen during the day, we may decide to close early. Please use good judgement when deciding if you will be going into the community to meet with your treatment team, however be sure to call ahead and reschedule any appointments and let your case manager know.

Frequently Asked Questions:

How long will I be in the AOT Program?

An AOT order is generally a minimum of 180 days, however your original commitment may be extended. If it is extended for a second time, it will be extended for 90 days. After that, it can be extended on a yearly basis. Probate Court makes the decision whether to extend AOT orders with the recommendation of your treatment team. You may request a hearing with the court if you choose.

What do I need to do to complete the AOT Program?

This is up to you and your treatment team. If you are adhering to your treatment plan and have not had any psychiatric complications, the court will determine when your commitment will expire based on recommendations from the treatment team.

What happens if I am sick or forget an appointment?

You must contact your case manager immediately and provide a reason for missing an appointment. In addition, you must contact the person with whom you had the appointment and request to have it rescheduled as soon as possible.

What if I do not want to take the medications that have been prescribed?

Your psychiatrist/NP has prescribed the medication he or she feels is best to address the symptoms of your mental illness. If you are unable to tolerate the side effects and want to request a change in medications, discuss this with your psychiatrist. Remember, refusal to take your medication may result in one of the consequences listed above.

Am I allowed to speak to the Judge?

Yes, the Judge or magistrate will give you the opportunity to speak at all hearings.

Is there any cost to participate in the AOT Program?

No.

What is a status conference?

A status conference is a meeting with you, the Judge and the AOT team to discuss your compliance with the AOT order.

Remember, your case manager is there to help you. Please discuss any questions or concerns you have with him/her!