



# Assisted Outpatient Treatment (AOT)

1040 W. Bristol Road, Flint, MI 48507

(810) 257-3705

# PROGRAM HANDBOOK



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Dear Program Participant,

The Genesee County Probate Court has found that you are a person with a mental illness who is subject to the court order. As a result, you have been ordered to participate in the Assisted Outpatient Treatment (AOT) Program with Genesee Health System (GHS).

The AOT Program will give you the tools you need to help manage your mental illness to live successfully in the community. GHS will make sure that you have the mental health services you need, including a case manager and a psychiatrist. If you have other service needs, your case manager will help you with those services. GHS will also provide regular updates to the court about your progress.

You and your treatment team will develop your treatment plan. Take an active role in your treatment and follow your treatment plan. This may help reduce the amount of time you are in the AOT Program. However, it is the Probate Court that will determine the length of time you are in the AOT Program based on your work and 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

## Program Description/Location/Phone Numbers

Assisted Outpatient Treatment (AOT) is a program of Genesee Health System. It provides support to adults with severe mental illness who are court-ordered to participate in treatment. The program provides a team approach to help individuals get the treatment and help that they need.

Service coordination is provided by case managers, AOT monitors, and other clinical staff who may be supporting you. These services may include:

- Housing assistance
- Physical health care
- Money management
- Community participation and integration
- Social and employment opportunities
- Support groups, therapy
- Medication management
- Crisis intervention
- Other services as needed

Genesee Health System is located at 1040 W. Bristol Rd. in Flint, Michigan. Our normal business hours are Monday through Friday from 8:00 A.M. - 5:00 P.M. We are closed on all major holidays.

You can meet with your case manager at the office, at your home, or in the community. Your case manager will give you their business card with their telephone number. However, you may call 810-257-3714, and you will be connected to your case manager or be able to 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. These services are completely free.**

## Program Components:

### Members of your 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 are a full partner in the program and are encouraged to:

- Discuss and develop your goals with the treatment team
- Participate in all scheduled court appearances
- Talk to your team about your medications and any side effects
- Participate in and keep all appointments with treatment providers
- Cooperate with psychological testing, therapy, and any other court-ordered service
- Tell your case manager about any change of address, location, or phone number
- Obey all municipal, state, and federal laws
- Give the Court your verbal update on your progress and program compliance

## Involvement in Surveys and Data Collection

Occasionally, you will be asked to complete surveys on the progress you have made in the program. We will use this information anonymously and confidentially. We will also discuss the trends we see in the data in community partnership meetings.

## Treatment Compliance:

When you start your AOT Program, you will be seen by your case manager many times a week. As you progress through the GHS AOT Program, the level of monitoring by the court and your treatment team will be reduced and 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 a status conference (meeting)

## Your Rights regarding AOT orders

At Probate Court, you have the following rights:

- You have the 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 the 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/Welcome> to download a copy.

## Person-Centered Planning Process and Your Participation

Person-Centered Planning (PCP) is a regular and consistent part of your 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 is involved in the planning process, including support such as family, friends, and community acquaintances. Your case manager, the probate court, your family, guardian (if applicable), significant others, and other clinical team members will plan your treatment and goals. 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, Release of Information, Consent for Medication, and 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 will vary. 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 case management services, either at GHS or at one of our contract providers.

### General Program Information

Our program provides 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, NBC25, and CBS5 for closings and weather-related news. You may also check their websites at ABC12.com, MidMichiganNow.com, and WNEM.com. We also post closings on our website, [www.genhs.org](http://www.genhs.org), or social media pages (Facebook, Instagram). If the weather should worsen during the day, we may decide to close early. Please use good judgment when deciding if you will be going into the community to meet with your treatment team; however, be sure to call ahead to 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 following your treatment plan and have not had any psychiatric complications, the court will determine when your commitment will end based on recommendations from the treatment team.

### *What happens if I am sick or forget an appointment?*

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

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

Your psychiatrist/nurse practitioner 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 on page 4 under treatment compliance.

### *Am I allowed to speak to the Judge?*

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

### *Is there any cost to participate in the AOT Program?*

Generally, no. We bill insurance. Please work with your case manager to make sure GHS has your information to reduce your cost. In many cases, services will be free to you.

### *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!**



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