



Oakland Community  
Health Network

*Developmental Disabilities • Mental Health • Substance Recovery*



## Assisted Outpatient Treatment Program

### *Participant Handbook*

#### **Program Description**

Welcome to Oakland Community Health Network's (OCHN) Assisted Outpatient Treatment (AOT) Program. This handbook is designed to provide you with information about the AOT program and answer questions.

The court has decided that you fall under a court order as a person with a mental illness. This means you must take part in the AOT Program facilitated by OCHN. AOT is a way the Michigan law helps give mental health care to some people with a serious mental illness, whose non-engagement in treatment places them at risk for negative outcomes. The goal is to give you the tools you need to manage your mental health better.

OCHN will help you access mental health services, track your progress in the AOT Program, and give updates to the court when needed. Actively participating in your treatment, including meeting with your case manager and taking prescribed medications, will help you in completing the AOT program. The Oakland County Probate Court decides how long you stay in the program. Your treatment plan will be made together with your treatment team, based on your goals.

#### **We're Here to Help**

OCHN has developed this participant handbook to keep you informed, but remember, the AOT team is here to help! We encourage you to discuss any questions or concerns with your team.

**Inspire Hope, Empower People, & Strengthen Communities**

## The Treatment Team

- You!
- Probate Court Judges
- AOT Coordinator
- AOT Monitor
- AOT Case Manager
- Psychiatrist / Physician's Assistant / Nurse Practitioner
- Your service provider



## Program Requirements

While participating in OCHN's AOT Program, you will be invited to be a full and engaged partner in the program, and our team encourages you to:

- Take part in discussing and creating your goals for your treatment plan
- Sign necessary consents and releases as needed
- Take medications as prescribed and report any issues with side effects
- Attend and participate in all appointments with treatment providers
- Participate in any other court-ordered service, such as therapy or testing
- Let your case manager know of any change to phone number or your current location, if different than your home address
- Notify your case manager if you: run out of medication, miss an appointment, are hospitalized, are arrested
- Attend all scheduled court appearances
- Obey all municipal, state, and federal laws

## Treatment Adherence

As you progress through OCHN's AOT Program and fulfill its requirements, the court and your treatment team will closely monitor your progress. When you begin the program, there may be more oversight from your Case Manager and more meetings with your treatment team. As your treatment advances, the level of supervision will gradually decrease, and eventually, monitoring may no longer be necessary. However, if you do not follow your treatment plan or your team determines that the AOT program is no longer appropriate or is not sufficient to prevent harm to you or others, the court may take various actions without a hearing:

- Modify the order to 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

## Your Rights

You have the right to be present at all hearings and have an attorney represent you at the hearing. Your right to be present at a hearing will be waived under the following situations: (1) you sign and file a waiver of attendance witnessed by your attorney; (2) you waive the right of attendance at a scheduled hearing; or (3) you fail to attend the hearing after having the opportunity to consult with your attorney. Additionally, the court may exclude you from a hearing if your behavior makes it impossible to conduct the hearing. In such instances, the hearing may continue without your presence. You are also entitled to an independent evaluation or a second opinion and may request a jury trial. We encourage you to speak with your attorney about all your rights.

When you receive mental health services, Michigan's Mental Health Code and other laws safeguard your rights. Ask your Case Manager for a "Your Rights" handbook or go to [www.oaklandchn.org](http://www.oaklandchn.org) to download a copy. As always, remember to reach out to your treatment team and/or attorney if you have specific questions.

## Program Information

The AOT Program must be a safe place for you and your treatment team. For this reason, there are specific rules that you must comply with when meeting with OCHN staff. The following behavior is strictly prohibited and will not be tolerated:

- Abusive or sexual language
- Drugs, alcohol, and weapons
- Threatening or combative demeanor (regardless of whether it is physical or verbal)
- Being under the influence of drugs or alcohol

If you partake in any of the above actions, not only will your appointment will be immediately canceled or rescheduled, but you may be taken to the hospital for an assessment.

## Frequently Asked Questions

**Q:** How long will I be in the AOT Program?

**A:** An AOT order typically lasts for at least 180 days but can be extended. If extended for a second time, it would be for an additional 90 days. After that, extensions will be considered yearly.

**Q:** What do I need to do to complete the AOT Program?

**A:** While you are required to follow the court order, it is up to you and your treatment team to identify your specific goals. This collaboration ensures that your treatment plan addresses your individual needs and circumstances. Consistent communication and cooperation with your treatment team, along with adherence to the court's requirements are essential for successfully completing the AOT Program. If you are adhering to your treatment plan and do not experience psychiatric complications, the court will determine when your commitment expires.

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

**A:** 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.

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

**A:** Your psychiatrist/ Physician's Assistant / Nurse Practitioner has prescribed the medication they feel is best to address the symptoms of your mental illness. If you are unable to tolerate the side effects and want to change the medication or stop it, please discuss this with them.

**Q:** What will happen if I do not follow the court order or recommended services?

**A:** Non-compliance can result in a longer duration in the AOT program. Your treatment plan may be re-evaluated to address any issues or to make necessary adjustments. If non-compliance is significant, a pickup order may be issued. This means the police could be involved in transporting you to a facility for evaluation. Once transported, you will be evaluated to determine if hospitalization is necessary. A Judge may also order you to spend no more than 10 days in a hospital without a hearing.

**Q:** Am I allowed to speak to the Judge?

**A:** Yes, the Judge will give you an opportunity to speak at a hearing.

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

**A:** No, all services provided by OCHN's AOT program are free. However, you might have to pay for any extra services not covered by the AOT team through your insurance.



## Oakland Community Health Network

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# Stay Connected

## Oakland Community Health Network

5505 Corporate Dr.  
Troy, MI 48098  
248-858-1210

AOT Email: [aot@oaklandchn.org](mailto:aot@oaklandchn.org)

## OCHN's Resource & Crisis Center

1200 Telegraph Rd. Dept 457  
Pontiac, MI 48341  
248-464-6363 (Access)  
988 (Crisis)

## Oakland County Probate Court

1200 Telegraph Rd. Bldg 32 E  
Pontiac, MI 48341  
248-858-0260

## Crisis Phone Numbers

Suicide & Crisis Lifeline: 988  
Michigan Peer Warm-line: 888-733-7753  
Common Ground: 800-231-1127  
National Domestic Violence Hotline: 800-799-7233  
National Substance Abuse Hotline: 866-210-1303

People who receive public behavioral health services through OCHN's provider network include those who have an intellectual or developmental disability, mental health challenge, or substance use disorder. OCHN's goal is to ensure these individuals are aware of and have access to services and supports that will improve their health and quality of life, as well as ensure their engagement in full community participation.

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