What services can AOT include?

Depending on an individual's needs, services may include:

- **Psychiatry**
- **Medication Management**
- **Individual Therapy**
- **Certified Peer Recovery Support**
- **Case Management**
- **Substance Use Treatment**
- **Crisis Services**
- **Housing Supports**
- **Employment and Vocational Services**
- **Medical Care Coordination**
- **Transportation Assistance (when appropriate)**

Participant rights

Every participant in Maryland's AOT Program has important rights, including:

- Legal representation
- Participation in treatment planning
- Respectful, person-centered care
- Privacy protections
- The opportunity to express treatment preferences
- Recovery-oriented services

AOT services are individualized based on each participant's needs.

Maryland's care coordination team

Your Care Coordination Team works with you to support your recovery and help you stay connected to treatment.

The team may include:

- Psychiatrist
- Certified Peer Recovery Specialist
- Case Manager
- Program Director

Together, they help:

- Develop your treatment plan
- Coordinate services
- Connect you with community resources
- Support your recovery goals
- Plan for continued care after AOT

Maryland
DEPARTMENT OF HEALTH

Behavioral Health Administration
Maryland Assisted Outpatient Treatment (AOT) Program

55 Wade Avenue, Catonsville, MD 21228
MDH.AOT@maryland.gov

health.maryland.gov

Learn more about Maryland

Visit the Maryland AOT Resource & Training Center to access:

- Information about AOT
- Frequently asked questions
- Forms and resources
- Training opportunities
- Family resources
- Provider information
- Judiciary resources

Scan the QR Code to visit health.maryland.gov/TryAOT

Maryland AOT E-Learning portal

Free online training and course materials:

- Individuals and families
- Clinicians
- Peer recovery
- Specialists
- Judges
- Attorneys
- Law enforcement
- Court staff
- Advocates
- Providers
- Community partners

Scan the QR Code to visit bit.ly/MDH-AOT-Training



Assisted Outpatient Treatment (AOT)



Supporting recovery through community-based care

A court-ordered program that helps eligible adults with severe mental illness stay connected to treatment, services, and support.

Maryland
DEPARTMENT OF HEALTH



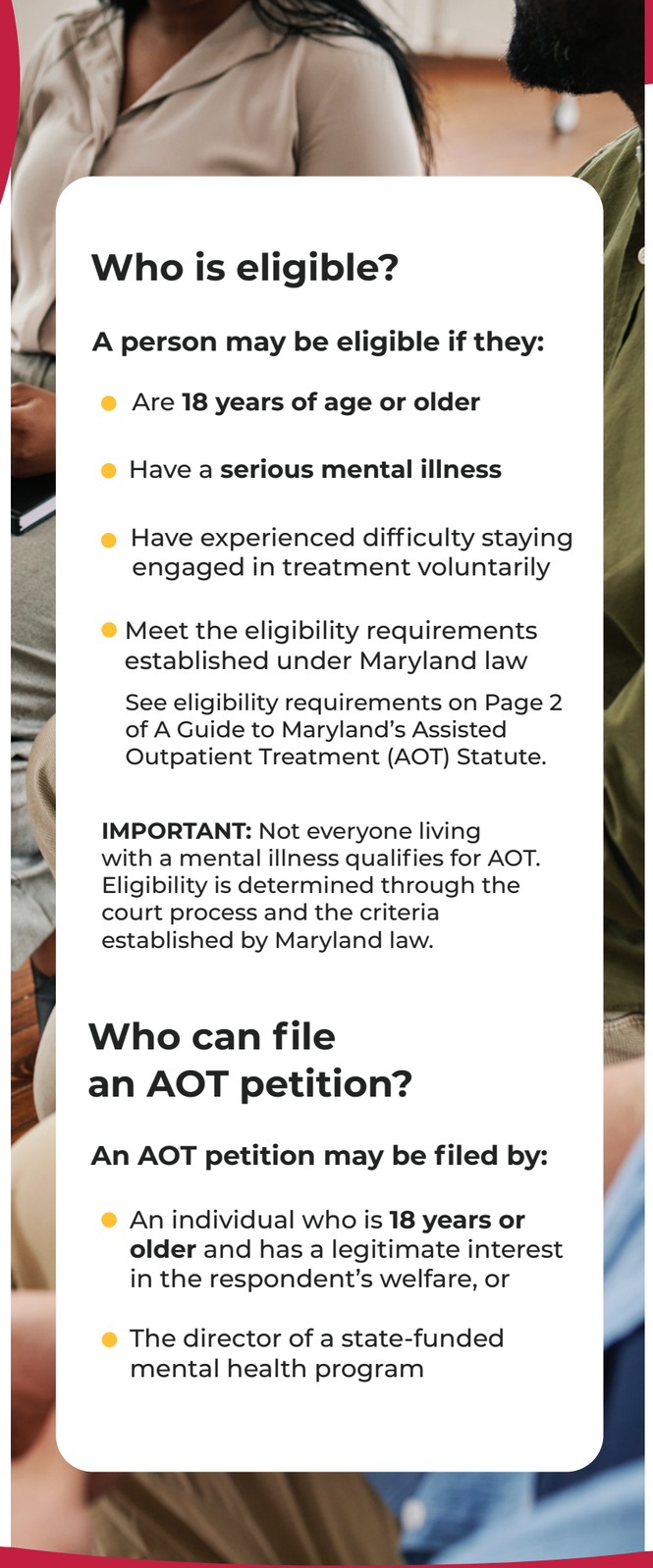
What is AOT?

Assisted Outpatient Treatment (AOT) is a civil, court-ordered outpatient treatment program for certain adults living with severe mental illness who have had difficulty staying engaged in treatment.

AOT connects eligible individuals with coordinated community-based services that promote recovery, improve stability, and help reduce repeated psychiatric crises, hospitalizations, homelessness, and involvement with the justice system.

The goal of AOT is to help individuals live safely and successfully in their communities while receiving the support they need.





Who is eligible?

A person may be eligible if they:

- Are **18 years of age or older**
- Have a **serious mental illness**
- Have experienced difficulty staying engaged in treatment voluntarily
- Meet the eligibility requirements established under Maryland law

  See eligibility requirements on Page 2 of A Guide to Maryland's Assisted Outpatient Treatment (AOT) Statute.

IMPORTANT: Not everyone living with a mental illness qualifies for AOT. Eligibility is determined through the court process and the criteria established by Maryland law.

Who can file an AOT petition?

An AOT petition may be filed by:

- An individual who is **18 years or older** and has a legitimate interest in the respondent's welfare, or
- The director of a state-funded mental health program

Is AOT part of the criminal justice system?

NO

AOT is a **civil court process**, not a criminal proceeding. It does not create criminal penalties or convictions.

The purpose of AOT is to connect eligible individuals with treatment and services, not to punish them.

Does the court hear testimony?

YES

As part of the court process, the judge considers testimony and other evidence before deciding whether AOT is appropriate.

This typically includes testimony from the psychiatrist who evaluated the individual, alone with any other information required by law.

How the AOT process works



AOT is...

Community-based treatment

Recovery-focused

Individualized

Designed to improve stability

AOT is NOT...

A criminal proceeding

A punishment

Inpatient hospitalization

A one-size-fits-all program