



Our Goal

The goal of Assisted Outpatient Treatment (AOT) is to enable individuals to live safely within their communities, to avoid repeated hospitalizations and/or incarcerations, and to ensure that they have access to outpatient mental health services.

What is AOT?

Assisted Outpatient Treatment / Involuntary Outpatient Commitment (IOC) refers to mental health laws that allow for mandated, community based, mental health treatment for individuals with mental illness who, as a result of their mental illness, meet a legal standard for commitment.

AOT is an alternative to involuntary inpatient hospitalization for eligible consumers in Essex, Morris, and Sussex Counties. Individuals are assessed by a mental health screener and psychiatrist and if commitment to involuntary treatment is necessary, the screening staff and psychiatrist shall determine what type of treatment is the least restrictive to meet the needs of the individual pursuant to N.J.S.A. 30:4-27.2(m). If an individual meets the criteria for AOT, the individual will be mandated to participate in mental health treatment in the community.

The Essex, Morris, and Sussex AOT programs will consist of:

- a Coordinator
- 2 Case Managers
- a part-time Psychiatrist

Eligibility Criteria

- An adult who is 18 years of age or older and not at risk of a medical crisis.
- A Essex, Morris, or Sussex County resident.
- A serious mental illness, that if untreated, will cause the individual to be a danger to self, others, and/or property in the reasonably foreseeable future.
- Assessed as able to safely be served in an outpatient setting within the community.
- The capacity to participate in their treatment plan, even if unwilling to do so.
- A history of responding to treatment.