
































Assisted outpatient treatment: A resource for families



This resource is a general overview of AOT for families and loved ones of those with serious mental illness (SMI). AOT is a civil court order for mental health treatment; it is a tool, not a specific type of mental health treatment. Adjustments can be made as needed, and each AOT case is different. Please check out our [Toolkit](#) for more information about the AOT process and how to decide if AOT is right for your family member.



WAYNE STATE UNIVERSITY
School of Social Work
Center for Behavioral Health and Justice

1	<p>Deciding to petition: If you're considering AOT (Assisted Outpatient Treatment) for a loved one, here's the key: AOT is for individuals lacking insight into their need for treatment due to mental illness, not for addressing substance use disorder.</p>	 Individual  Families/Advocates
2	<p>When to petition: If you see signs like stopping medication, increased irritability, or changes in sleeping or eating habits despite other attempts to help, you can file a petition. .</p>	 Mental Health Provider  Individual  Families/Advocates
3	<p>Filling out a petition: You can find the Petition for Mental Health Treatment (PCM 201) on our Toolkit. Instructions for filling out a petition can be found here. Petitions are filed with the probate court of the county where your loved one resides. For more information on the process click here.</p>	 Individual  Psychiatrist/Psychologist  Probate Court
4	<p>Getting supporting documents for the petition: To hospitalize your loved one, you'll need clinical certificates from two psychiatrists/physicians who have examined them. These certificates must be completed within 72 hours of submitting the petition. If you require assessment, take them to a pre-screening unit.</p>	 Peace Officer  Pre-screening Unit  Individual  Mental Health Provider  Psychiatrist  Hospital
5	<p>The court process: After receiving the petition, the court schedules a hearing and assigns an attorney for your loved one. Your loved one can: defer the order, request a hearing, waive their hearing rights and accept the terms, seek an independent evaluation, or opt for a jury trial. Details of the court process are available here.</p>	 Psychiatrist  Lawyer  Individual  Mental Health Provider  Probate Court
6	<p>After the order is issued: After the order is issued, the Community Mental Health Agency (CMH) takes charge of coordinating and providing services. Your loved one should have an intake appointment with them shortly after the hearing. The CMH care team will create a personalized service plan aligned with the order and your loved one's objectives.</p>	 Psychiatrist/Psychologist  Individual  Probate Court  Mental Health Provider
7	<p>Supporting treatment and goals: You can support your loved one by encouraging participation and celebrating their wins. Unless you are the guardian or your loved one authorizes it, you will not be informed about treatment or progress from the provider(s).</p>	 Individual  Families/Advocates  Probate Court  Mental Health Provider
8	<p>When the order is ending: As the order period nears its end, the CMH staff, psychiatrist, and your loved one discuss whether to extend it or let it expire. Second and continuing orders must be filed with and approved by the court. While one order ideally stabilizes your loved one, success varies for each person.</p>	 Mental Health Provider  Psychiatrist  Individual  Probate Court