



Assisted Outpatient Treatment: Improving Outcomes

Research Summary

What is AOT?

Assisted Outpatient Treatment (AOT) is a way for people with serious mental health conditions to get treatment and support while living in the community. With a court order, the person agrees to follow a care plan that may include regular therapy, assistance from a case manager, and support with tasks such as finding housing, securing employment, or returning to school. The goal is to help the person stay safe, healthy, and on the path to recovery, all while staying connected to their community.

Aims, Target Population, and Eligibility

The Kentucky AOT Program aims to narrow the gap between the behavioral health service continuum for a small but especially vulnerable portion of Kentucky's population who have a serious mental illness (SMI) and have a greater risk of recurrent and costly psychiatric admissions and involvement with the criminal justice system. Beginning in 2020, individuals were eligible for the federally funded AOT Pilot Program (2020-2024) if they had been committed to Central State Hospital or Western State Hospital and met Tim's Law Criteria. The grant has concluded, and AOT is now funded by state general funds. We are actively working to expand AOT programs across the state, including areas served by Eastern State Hospital and Appalachian Regional Healthcare. Eligibility for AOT has been expanded statewide to include anyone who meets the criteria set by Tim's Law, regardless of whether the individual is in the community or receiving hospital-based care at the time of their petition.

The information below includes only people who took part in the AOT program through grant funding between 2020 and 2024.



Assisted Outpatient Treatment SAMHSA Grant Highlights



139

Total clients served at 12 months



90%

Of consumers report feeling capable of handling daily life
N=39



87%

Report getting along with family
N=38



75%

Reduction in homelessness
N=139



95%

Reduction in hospitalizations for mental health
N=139



100%

Reduction in inpatient/detox
N=139



100%

Reduction in jail
N=139



75%

Reduction in ER visits for mental health
N=139



100%

Reduction in arrests
N=139

*Data reflects time before 30-day assessment at entry and 12 months into AOT. And only includes those with baseline and 12-month assessments