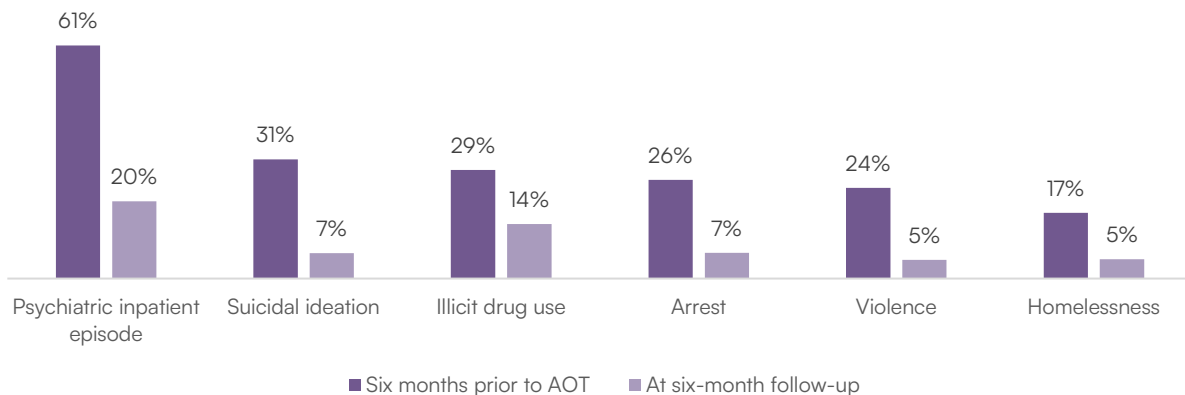


Evaluation of the Assisted Outpatient Treatment Grant Program

Assisted outpatient treatment (AOT) is a court-ordered outpatient treatment program for people with severe mental illness (SMI) who have a history of difficulty adhering to treatment voluntarily and are at risk of psychological deterioration or rehospitalization if left untreated in community settings. [An evaluation of the Substance Abuse and Mental Health Services Administration’s AOT grant program](#) conducted from September 2017 to March 2021 by researchers from RTI International, Policy Research Associates, Inc., and Duke University School of Medicine presented new findings about AOT’s effectiveness across six study sites. Key findings include high levels of satisfaction from family members and participants, improvements in outcomes, and a return on investment for AOT programs.

Figure 1: Occurrence of events at AOT intake vs. at six-month follow-up. The evaluation found strong or decisive evidence that AOT reduced the occurrence of events shown below:



There was a 22 percentage-point increase in medication adherence from intake to a 12-month follow-up.



There was a 24 percentage-point improvement in appointment adherence from intake to a 12-month follow-up.



Programs saw an 8% return on investment due to decreased inpatient stays and emergency department visits.



People who had been on an AOT court-order for more than six months had larger improvements in outcomes.