



Alameda AOT & CC

Assertive Community Treatment & Community Conservatorship

At the Alameda Assisted Outpatient Treatment (AOT) and Community Conservatorship (CC) program, you have the opportunity to connect with a group of people who are here to be your support team.

We know that the journey to recovery can be a tough one, and we believe that no one should have to go through it alone. We have a multidisciplinary team that consists of a peer specialist, a nurse, a psychiatrist, a vocational specialist, two clinicians, and a substance use specialist. Services are field-based and delivered in the community where partners live and work. We also have on-call staff available 24/7.

Our program is based on the Assertive Community Treatment (ACT) model, where we connect you to the proper resources that can help you achieve your goals. We will work together with your family, friends and the court system to help you take steps towards making recovery happen.

What to Expect

While you may be joining the AOT/CC program because of a court order, or voluntary participation, we want you to know that, for us, it does not matter how you got to this point, what matters is that you feel better in your life and we are here to help you do that. The team will work with you to meet these needs by supporting you with life skills coaching, co-occurring treatment, obtaining benefits, and community integration.

Our culture is based on recovery. We believe in respect and non-judgment, and we celebrate individual uniqueness. We care about the interpersonal relationships we develop so we can foster a supportive environment.

Our staff are passionate, resourceful, and motivated. They are your partners in recovery and will be throughout your journey.

Our goal is to be a place that helps you thrive. We want you to be the leader of your recovery journey, and to create the life you want for yourself.



CONTACT

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OFFICE HOURS

Monday - Friday: 8:30 a.m. to 5:00 p.m.
On-call and phone support available
24 hours a day, 7 days a week

Services at Alameda AOT/CC

- Mental health services
 - Individual rehabilitation — teaching skills from evidence-based practices (EPBs), such as Motivational Interviewing, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Seeking Safety
 - Assessment and client planning
 - Educational and vocational services
 - Substance use treatment
- Therapeutic groups
- Crisis intervention
- Medication support
- Case management

AOT Referral Process

The county of Alameda has determined that all persons referred to the Telecare AOT program shall initially be screened by ACCESS and referred to the existing In Home Outreach Team (IHOT) program.

There are four IHOT programs in Alameda County that will attempt to engage the referred individual with services. If the individual does not accept mental health treatment, they will be referred to the county investigator, who will determine if they meet the nine specific Welfare and Institution Code criteria to qualify for involuntary, court-ordered care.

County Council will notify the court of their petition and the individual will be assigned a public defender. Once the person is court-ordered into treatment, they are officially enrolled into the AOT program.

CC Referral Process

The CC program is the first of its kind. Individuals are referred by Alameda County sub-acute hospitals to the Public Guardian's Office for Community Conservatorship. They are then notified by the public defender of the opportunity to participate in the program. Program participation is voluntary. The individual benefits from the program because they are able to return to community and receive wraparound services in the most independent, least restrictive residential setting available.

Transitioning from AOT/CC

The goal of AOT & CC programs is for the individual to reach treatment objectives identified in their recovery plan, and be linked to other community behavioral health services through a collaborative transition planning process. The length of AOT participation will initially be one six-month term, with the possibility of extending services for up to two more 6-month terms, if clinically indicated. Length of CC participation will be determined in collaboration with partner, conservator and treatment team.

Our Story

In response to Assembly Bill 1421, also known as Laura's Law, Alameda County implemented its first Assisted Outpatient Treatment (AOT) program, which provides outpatient services for adults with serious mental illness with a safe course of care. The county also introduced a Community Conservatorship (CC) program as an alternative to court-ordered treatment.

Blended Medical & Recovery Model

We recognize the importance of having meaningful activities, as well as the right to have access to appropriate, effective medications and EPBs for symptom management. Services are recovery-focused, strengths-based, and anchored in Telecare's Recovery-Centered Clinical System (RCCS) principles, which emphasize choice-making skills and harm-reduction techniques.

Neither the AOT nor the CC program can force individuals to take medications against their will while they are in the community. Should an individual meet the criteria for a 5150 hold, they will be taken to an acute psychiatric or medical facility.

This program is funded by Alameda County MediCal.