

Research into AOT Effectivity

There is a large collection of research available into the effectiveness and positive impact of AOT programs. Here, we have gathered a small sampling of some of these studies as well as literature reviews of AOT studies conducted by other organizations. They are presented below along with brief summaries of their findings.

This research summary from the Treatment Advocacy Center cites 47 separate studies to provide a brief overview of AOT effectivity across country as well as specific to particular areas where it has been implemented such as in Florida, Ohio, North Carolina, Arizona, California, New York, and the limited implementations thus far in Washington. It shows significant reductions in number of hospitalizations, length of hospital stays, incidences of arrests, incarceration rates, incidents of violent behavior, incidents of victimization, illegal substance use, and overall state costs. It also reports a high level of reported satisfaction with AOT services by those who have received them.

- [TAC-AOT-SUMMARY-FINAL-2021.pdf \(neomed.edu\)](#)

This study analyzed a large sample of New York AOT recipients. Compared with the pre-AOT period, consumers under a court order were significantly less likely to be hospitalized for psychiatric treatment, spent fewer days when hospitalized, were more likely to possess an adequate supply of psychotropic medication appropriate to their diagnosis, and were more likely to receive ACT, intensive case management, or other forms of case management in the community. It also compared those who received both AOT and ACT or AOT and intensive case management with those who received ACT alone and found that those receiving AOT experienced a significant reduction in hospitalization and a significant increase in likelihood of high engagement compared to those who received ACT alone. These studies also found increased improvement for recipients of AOT orders renewed after 6 months which is relevant given that Washington State AOT orders can last for up to 18.

- [Assessing Outcomes for Consumers in New York's Assisted Outpatient Treatment Program | Psychiatric Services \(psychiatryonline.org\)](#)

This report by the New York State's Office of Mental Health on Kendra's Law, the New York State law which resulted in the statewide implementation of AOT, found that AOT resulted in beneficial structural changes to local mental health service delivery systems, enhanced accountability and improved access to services, improved treatment plan development, discharge planning, and coordination of service planning, and improved collaboration between mental health and court systems. It also found through a large study that recipients of AOT showed increased participation in case management, increased engagement in services and adherence to prescribed medication, improved community and social functioning, reduced incidences of harmful behaviors, reduced incidences of hospitalization, homelessness, arrest and incarceration, and reductions in days hospitalized for psychiatric care. It also provides some details about how AOT was implemented in New York State.

- [AOTReport012005.qxd \(mentalillnesspolicy.org\)](#)

This literature review, compiled by the Institute of Social Research at the University of New Mexico following to the passage of a New Mexico senate bill implementing AOT, shows evidence that AOT reduces the risks of hospitalization, arrest, incarceration, crime, victimization, and violence, and increases

treatment adherence and eases the strain placed on family members or other primary caregivers. It finds this is the case when used as primarily as a mechanism to prevent decompensation, hospitalization, incarceration, or other negative outcomes of non-treatment, or when used primarily in connection with discharge planning for those already hospitalized.

- [assisted-outpatient-treatment.pdf \(unm.edu\)](#)