



## Assisted Outpatient Treatment in Snohomish County

North Sound Behavioral Health Administrative Services Organization (North Sound BH-ASO), in partnership with Snohomish County Superior Court and Conquer Clinics, is excited to inform our partners that **Assisted Outpatient Treatment (AOT) under RCW 71.05.148 is now fully operational in Snohomish County.** The program is ready to serve individuals who currently reside in the county or will be residing there upon release from a hospital or correctional facility.

**AOT services are provided by [Conquer Clinics](#),** which is also available to accept and monitor Less Restrictive Alternative (LRA) treatment orders under RCW 71.05.240 or 71.05.320 and Conditional Release under RCW 71.05.340.

AOT programs are an empirically supported, evidence-based form of Less Restrictive Alternative (LRA) treatment designed to provide court mandated intensive community-based treatment as an alternative to involuntary hospitalization. Unlike other forms of LRA, in addition to being ordered as a form of step-down care for hospitalized individuals **AOT can be ordered for individuals not currently hospitalized as a form of step-up care.** AOT is designed as a longer-term order, with a greater focus on intensive, wraparound treatment in addition to treatment compliance monitoring. **An AOT order can last up to 18 months and includes services delivered by a multidisciplinary treatment team.**

**AOT programs are designed to be intensive, wrap-around programs capable of meeting all or most of the individual's behavioral health needs.** This includes:

- Psychiatric evaluations
- Ongoing therapy
- Peer support
- Case management
- Assistance in attending mandated court appointments
- Medication support
- Assistance with finding and accessing additional resources
- And more

By connecting participants to the treatment they need via court order, AOT can be especially helpful to those who have difficulty regularly engaging in outpatient mental health treatment.

**North Sound BH-ASO'S AOT website: [Assisted Outpatient Treatment \(AOT\) | North Sound BH-ASO](#)** offers a range of resources, including fillable petitions and declarations. The website also contains a detailed guide to the petitioning process, outlining what qualifies a person for AOT. **The [Petitioner and Declaration Quick-Reference Help Sheets](#) provides a brief overview of the requirements for completing an AOT petition.**

**For more information about the AOT program as a whole or assistance with the petitioning process, please contact North Sound BH-ASO's AOT Coordinator, Garrison Whaley-Sharp at [garrison\\_whaley-sharp@nsbhaso.org](mailto:garrison_whaley-sharp@nsbhaso.org) or 360-746-0451**