



## ASSISTED OUTPATIENT TREATMENT

Assisted Outpatient Treatment (AOT) is a civil pathway to engagement in outpatient mental health services. AOT aims to motivate engagement with an agreed upon treatment plan to facilitate connections with health and human services and promote community stability. The Circuit Court of Cook County is collaborating with NAMI Chicago for case management and peer support services for AOT participants.

### NAMI CHICAGO HELPLINE

The Helpline is available for emotional support and for connection to resources in Cook County. Call or text:



**833-NAMI-CHI (833-626-4244)**

Our team utilizes an individualized, strengths-based, and trauma informed lens to connect, validate, and empower individuals on their journey to wellness and recovery. Some of the services offered are listed below.

The **Peer Support Specialist** will be one of the core team members working with each participant. Peer support will provide:

- relatable guidance
- peer support groups
- support during court calls
- non-judgment and genuine connection
- help in supporting ability to care for oneself
- resources for navigating one's mental health journey

The **Case Manager** will be the second component of the core clinical team. Case managers can offer:

- support to improve treatment outcomes
- advocacy during court calls
- safe and adequate transition plan
- education for family on mental health topics
- care coordination and linkage to community and mental health services
- development of a treatment plan based on an individual's self-identified goals
- ensuring the treatment providers are engaged and collaborative with AOT participants

NAMI CHICAGO SUPPORT GROUPS ARE ALSO AVAILABLE, HOSTED IN-PERSON AND VIRTUALLY. FOR MORE INFORMATION, CONNECT WITH US!



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