

*...A journey of a thousand miles
begins with a single step..*

— Confucius

People who are actively involved in their treatment often have positive outcomes including a better quality of life. The ability to influence your own destiny is the most powerful treatment of all and the basis of hope.



You can have the life you want.

After Care Information:

Therapist:

Appointment Date: _____

Appointment Time: _____

Telephone Number: _____

Psychiatrist:

Appointment Date: _____

Appointment Time: _____

Telephone Number: _____

List Your Current Medications:

1. _____
2. _____
3. _____
4. _____

Brought to you by:



***Important
Information
About Staying
Well After You
Leave the
Hospital***



***Be Involved!
You are the star
of the team..***

**If you need further
information
please call the
ValueOptions® toll free
number on the back of
your healthcare ID
card.**

Moving Ahead

Continuing your treatment after you leave the hospital is a very important part of your care.



**A New Beginning...
Reaching your
Goal!**

Follow up and After Care Plans:

The treatment you received during your hospital stay focused on quickly resolving your recent mental health crisis.

Continuing with treatment soon after a hospitalization is a very important part of your care that will help you progress toward remaining well.

It is a good idea to have a plan that helps guide you in identifying early stressors or problems and the steps to be taken to remain well. All of these elements are part of a successful aftercare plan.

The *first step* in staying well begins with an appointment right after a mental health inpatient stay. Ideally, outpatient care should begin with an outpatient appointment within **7 days** after your discharge.

Your Primary Care Physician:

It's important that your Primary Care Physician receives information about your hospital stay especially if you or your child has a medical condition that requires monitoring and/or medication.

Your written consent is needed to coordinate this information. Please be sure to ask your aftercare provider about coordinating with your Primary Care Provider.

Make an aftercare plan while you are still in the hospital:

- Take an active part in your discharge and aftercare treatment planning.
- Your plan should include your family or other available support systems.
- Schedule an aftercare appointment within seven (7) days after you leave the hospital
- If you have special needs that could keep you from going to your aftercare appointment, please tell the discharge planner so they can help you find the necessary resources including transportation.
- Your aftercare plan belongs to you and is driven by you. Be an active part of your discharge and aftercare treatment planning.



Choose and build the wellness plan that you want..