

List all your current medication and dosages

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Have a plan!

It is important to have a Safety Plan in case problems arise after you leave the hospital:

- Please review your Safety Plan
- Call 211 to locate your town's mobile psychiatric services for children and adults. Or call CT BHP
- Go to the nearest emergency room
- Call 911 if your situation is life threatening

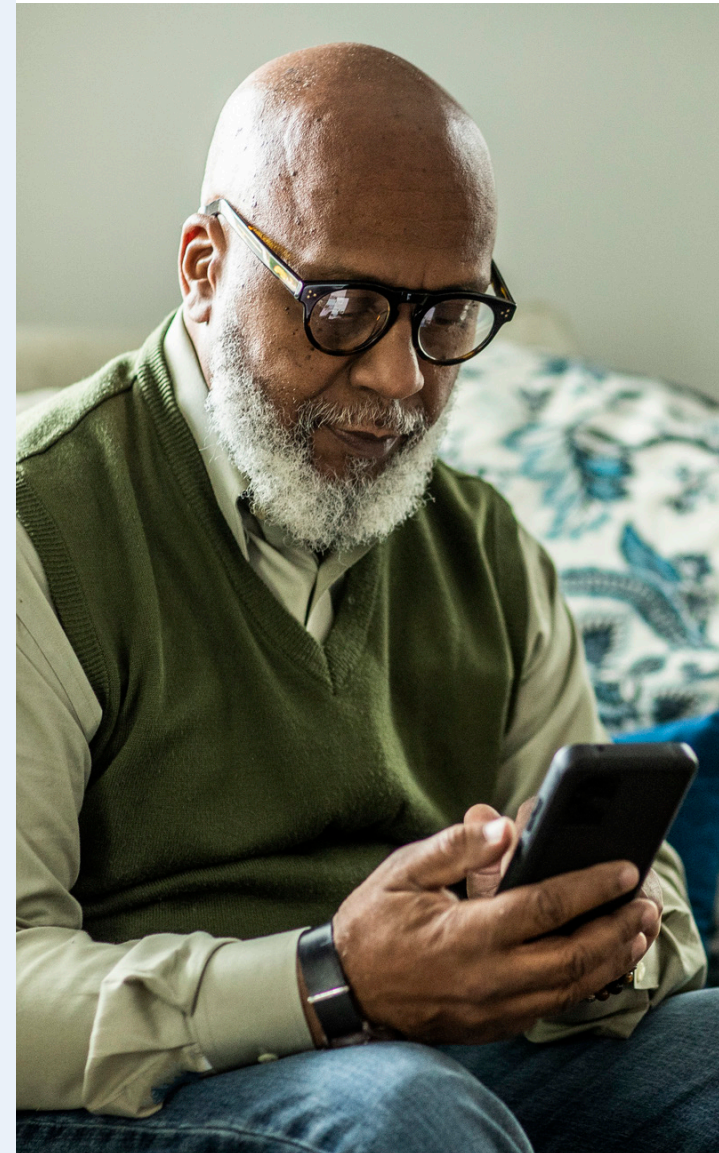
## The Connecticut Behavioral Health Partnership (CT BHP)

The CT BHP is a behavioral health service system developed to improve the quality of, and access to, services for the individuals and families enrolled in the state's HUSKY Health Plan.

For more information, visit [www.ctbhp.com](http://www.ctbhp.com) or contact customer service at **1-877-552-8247**. (Hearing-impaired members, dial 711 Relay Services.)



# When You Return from the Hospital



## When you return from the hospital

Continuing treatment soon after leaving the hospital will keep you on the road to recovery.

- Your first medical appointment following your hospital stay should have been scheduled before you left the hospital. If it was not, make sure to schedule it as soon as possible—in no event later than seven days from date of discharge. If you experience any difficulty making this appointment, call the Connecticut Behavioral Health Partnership (CT BHP) at the number on the back of this brochure.
- Anytime you have trouble understanding the language being used when making your calls, ask for a translator or an interpreter.

## Transportation

If your transportation was not arranged before you left the hospital, call the transportation number on the back of your Medicaid card. Schedule your transportation as soon as you know your appointment time and date. If there are any changes in your pick-up location or time, call to inform the transportation service. Note: HUSKY B members are not eligible for non-emergency medical transportation services.

## Your first post-hospital appointment

- If for some reason you can't go to your first appointment, call ahead to reschedule.
- Bring any paperwork given to you when you left the hospital to your first appointment.
- Bring a list of your medications, dosages and any side effects you may be experiencing to your first visit.
- Make sure you attend all of your scheduled aftercare appointments.
- Be sure to write down your questions so you can ask them during your appointment.
- If your doctor or therapist is not a good fit, call us for another referral.
- Think about bringing a friend or family member with you.

## Your medication

- You should have received a written list of all your medications when you or your child left the hospital. Know how much to take and when to take them. If you did not receive such a list, contact CT BHP.
- It is important to continue your medications after you are discharged from the hospital.

- Talk to your doctor about possible side effects.
- Be sure to know what foods and drinks to avoid while taking your medicines.
- Do not stop taking your medications without first consulting with your prescribing doctor.

## Important info

Name of Health Plan

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Contact number

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Transportation number

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## Appointment info

Therapist/Doctor name

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Address

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Date and time

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Phone number

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Name/Phone Number of your pharmacy

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Who to call if you need help

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