



# Hospital Transition Team (HTT)

## Tips For Discharge Planning

### What Is HTT?

The Hospital Transition Team, offered through Therapeutic Alternatives, provides short-term services to help people:

- ✓ Maintain psychiatric progress made in psychiatric hospitals or progress related to substance use recovery.
- ✓ Connect with services and benefits quickly after hospital discharge.
- ✓ Receive support for returning back to their home and community.

#### HTT services may include:

- ✓ Assisting clients in obtaining medications.
- ✓ Connecting to community resources.
- ✓ Providing education on mental health and substance use issues, medications, coping mechanisms, and daily living skills.
- ✓ Coordinating transportation from the inpatient facility upon discharge and/or to the first aftercare appointment, pending safety protocols are followed.
- ✓ Contacting the client by phone to measure/assure stability until their first aftercare appointment and to remind the client of that appointment.

HTT qualifies to meet the follow-up from hospital discharge measure.

### Who Can be Referred for HTT?

HTT is appropriate for uninsured or Medicaid clients with a mental health or substance use disorder diagnosis who are discharging from an inpatient facility or emergency department. This service is available to Durham County and Wake County residents. Priority clients should meet at least one of the following criteria:

- ✓ Not currently engaged with an outpatient provider.
- ✓ Homeless upon admission and/or discharge.
- ✓ History of recent hospitalization.
- ✓ Admitted for detox.



**This service cannot be provided to any consumer currently receiving ACT or CST services, except under special circumstances approved by Alliance Care Coordination.**

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# How to Make A Referral

Please contact your hospital liaison to make a referral.

For questions or concerns about other services allowed and/or those in your provider contract, please contact your provider network specialist.

The information presented by Alliance Health above is for informational purposes only. It is not intended for use in lieu of State guidelines or service definitions nor is it to be used to guide individualized treatment. Please refer to your Medicaid contract for additional details.