



## Tips for Success: Follow-up After Discharge

The purpose of the seven-day follow-up is to ensure that the member has an appropriate plan and supports following a hospital discharge.

- ✓ During the first seven days post-discharge, the patient is at greater risk for re-hospitalization. Within the first three weeks post-discharge, the risk of self-harm is high.
- ✓ The follow-up appointment should be made with a mental health/substance abuse provider at your organization before the patient leaves the hospital and should be scheduled between one to seven days after discharge.
- ✓ Follow-up visits must be shown by a paid claim in order to count toward the measure.

### Services counting toward follow-up:

- Outpatient
- ACT
- CST
- MST
- Psychosocial rehab
- Peer support
- Intensive in-home
- SAIOP/SACOT/opioid treatment/SA non-medical community residential treatment
- MH or Diagnostic assessment
- Targeted case management
- BH day treatment

### Seven-Day Challenge Reminders

- If your organization is actively serving a member, you are responsible for the follow-up.
- Services on the day of discharge do not count toward the measure.
- ED discharges are not part of the measure (inpatient discharge must be from a state hospital, community hospital, FBC, ADATC, psych hospital, detox).
- State and Medicaid members are part of the seven-day challenge.
- The seven-day challenge applies to members ages 3-64.
- Follow-up visits do not count if they occur at an inpatient hospital, inpatient psych facility, or hospital ED.

**For questions or concerns,  
please contact your provider  
network specialist.**