RECOVERY LIFE RESOURCES · PARTNER RESOURCE

Discharge-Day Aftercare Checklist

FACILITY / PROGRAM	STAFF MEMBER	CLIENT INITIALS	DISCHARGE DATE

Use at discharge so no client leaves without a plan. Tick each item as it is completed. Share only with the client's consent.

1 Appointments & Continuing Care

- ☐ Next level-of-care or outpatient appointment scheduled (date, time and provider written below)
- ☐ Recovery coach or peer support contact arranged, with a first meeting or call within the first week
- ☐ Primary-care wellness visit scheduled (see the Wellness Check & Health Screening checklist)
- ☐ A follow-up call from staff is on the calendar within 48–72 hours of discharge

2 Safety & Medications

- ☐ Crisis & safety plan completed and a copy sent home with the client (988 Suicide & Crisis Lifeline)
- ☐ Medications reviewed, prescriptions or medication-for-addiction-treatment bridge confirmed
- ☐ Naloxone (Narcan) provided to the client, with a short how-to-use review where appropriate

3 Daily Life & Supports

- ☐ Housing and transportation for the first two weeks confirmed
- ☐ Work, school or daily-structure plan discussed
- ☐ Support person identified and, with the client's consent, given family resources (CRAFT-informed)
- ☐ Insurance, benefits and discharge paperwork explained and copies provided

4 Aftercare Planning Tools

- ☐ Client given a written aftercare plan they helped write, not only a resource list
- ☐ Client introduced to Recovery Life Resources' Aftercare Wellness Toolbox (free sample available)

APPOINTMENT & CONTACT DETAILS

NOTES / NEXT STEPS

Free resources for your clients from Recovery Life Resources

Aftercare Wellness Toolbox free sample, a fillable Wellness Check & Health Screening checklist, and peer recovery coaching and case management for the first weeks after discharge. Scan the code or visit recoveryliferesources.org/aftercare.

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Planning aid for treatment staff — not clinical documentation or medical advice. Adapt to your program's protocols. In an emergency call 911 · 988 Suicide & Crisis Lifeline.

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