

Psychosocial Rehab & Targeted Case Management Discharge Planning Toolkit

Helping Providers Succeed in PSR & TCM

1. Why Discharge Matters

- Indicator of Provider Success → Demonstrates that providers are effective in delivering services and members are achieving treatment goals.
- Quality Outcomes → Improves continuity of care and reduces readmissions.
- Member Empowerment → Fosters independence, recovery, and community reintegration.

2. Keys to Successful Discharge

- Start Early → Introduce discharge planning from the beginning of treatment.
- Set Clear Criteria → Use measurable and specific goals such as skill mastery, stability, and community linkage.
- Communicate Transparently → Frame discharge as a graduation, not an ending.
- Plan Next Steps → Ensure warm handoffs to appropriate step-down services.

3. Recommended Step-Down Options

(Tailored to member needs following PSR/TCM)

- Outpatient Therapy → Individual, family, or group therapy for continued clinical support.
- Medication Management Only → For stable members requiring follow-up for medication adherence.
- Peer Support / Recovery Coaches → Continued skill practice and mentorship.
- Clubhouse / Drop In Centers → Structured social, vocational, and recovery activities.
- Adult Day Care → Daily support for members with cognitive or functional impairments.
- Community Supports → Housing, employment, faith-based, or recovery groups.

4. Provider Tips for Success

- Clearly document discharge readiness in the treatment plan.
- Reduce service frequency/duration to allow for skill practice in natural environments.
- Use motivational interviewing to address member and family resistance.
- Collaborate with Molina Care Coordination for referrals and warm handoffs you may call Molina Healthcare of Florida Provider Services at (855) 322-4076.
- Track and celebrate discharges in staff meetings as member graduations.

 **Remember: Successful discharges reflect your impact, demonstrate quality care, and empower members to thrive in the least restrictive environment.**