ALONGSIDE
ADVISORS

THE BRIEF · COMPANION DOWNLOAD

Twenty questions for the discharge meeting.

Bring this to the meeting where the treatment team walks you through the plan. Write the answers in the room. A good plan has a name and a date next to every item.

01 THE FIRST APPOINTMENT

☐	When is the first outpatient appointment, and is it within 7 days of discharge?	Answer / name / date
☐	Who is the provider, and what is the address?	Answer / name / date
☐	How are they getting there, and who confirms afterward that they went?	Answer / name / date

02 THE RECORD AND THE RELEASES

☐	Will the outpatient provider receive the treatment record before the first visit?	Answer / name / date
☐	Which releases are signed today, and which family members are named on them?	Answer / name / date
☐	Who do we call when we have a question after discharge?	Answer / name / date

03 MEDICATION

☐	Is a medication part of the plan? Which one, and why?	Answer / name / date
☐	Who prescribes it after today, and when is that appointment?	Answer / name / date
☐	Is there enough supply to bridge the gap, and where is it filled?	Answer / name / date

04 HOUSING

☐	Where will they live, and did the clinical team recommend it?	Answer / name / date
☐	Was recovery housing considered, and what was the reason for the decision?	Answer / name / date

Building fulfilled lives, alongside you.

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05 SAFETY AT HOME

☐	If opioids or stimulants were involved, is a naloxone kit going home today?	Answer / name / date
☐	Which adults in the house have been shown how to use it?	Answer / name / date
☐	What specific risks should we expect in the first two weeks?	Answer / name / date

06 THE STEP-DOWN

☐	What level of care comes next, and on what dates?	Answer / name / date
☐	Who is holding them to the schedule between levels of care?	Answer / name / date

07 IF THERE IS A SLIP

☐	How will we know, and who makes the first call?	Answer / name / date
☐	What happens next, and who decides?	Answer / name / date
☐	Who checks in with them, and how often, for the first 30 days?	Answer / name / date

08 OUR ROLE

☐	What should we do, what should we leave alone, and when is the next family session?	Answer / name / date

WHERE ALONGSIDE FITS

A Lead Advisor sits in on the discharge meeting when the family wants one there, then runs the handoff: appointments booked and confirmed, transport, releases, housing, check-ins and the family's role. Treatment teams: professional referrals at alongside-advisors.com. Families: start a conversation. Confidential from the first call.

"Advisor" is a professional title, not a license, certification or registration. Alongside Advisors provides non-clinical support; clinical care comes only from licensed professionals. General information, not medical advice. In an emergency, call 911. In a crisis, call or text 988.