



# Bridge on Discharge

Follow-up session occurring directly after discharge

Bridge on Discharge (BOD) is a program in which facility-based clinical staff provide an individual, focused aftercare plan review session immediately following the discharge from the facility's acute inpatient unit

## Why Do a Bridge Session?

- Serves as a “bridge” for patients discharged from an inpatient level of care to a lower level of care
- Highlights the importance of ongoing treatment in the patient’s recovery process and ensures that the last words the patient hears before leaving the facility emphasize the need to attend timely aftercare
- Allows facilities dedicated time and resources to conduct in-depth aftercare plan review required for successful engagement in continuing treatment
- BOD information enables Optum to more effectively outreach patients post-discharge in order to support the discharge plan and reinforce patient engagement in recovery

## Important Features

- Provided in the facility immediately after discharge, but not on the inpatient unit
- NOT a substitute for outpatient appointments with an Optum network clinician; a follow-up appointment should occur within 7 days of discharge, subsequent to the Bridge session
- A distinct service covered by the inpatient authorization when service is contracted
- Facilities contracted for this service are paid a fee for each completed Bridge session
- The facility staff person who conducts the session must be a licensed mental health provider such as registered nurse, counselor, therapist, social worker, psychologist or physician. The staff person does not need to be independently contracted with Optum.

## Conducting a Bridge Session

- Assess patient’s status, review their aftercare plan and engage him or her in their recovery by committing to the discharge plan
- Fax the completed and signed Bridge on Discharge Form to Optum and file it in the patient’s medical record

**If you are interested in learning more about this program and possibly participating, please contact your Network Manager by calling 1-877-614-0484.**