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Mental Health Internship Discharge Review and Community Linkage

Practical 02 / Supervised community practicum

Aim

Prepare an individual discharge or community review and verify safe follow-up and family education.

Principle

Recovery after discharge depends on practical access, agreed support, safe contact and a clearly owned clinical plan.

Articles and Materials

- Fictional discharge and follow-up chart
- Medication plan, referral and competence log

Procedure

1. Review the approved discharge or follow-up plan, patient preferences, existing support and next appointment. Confirm current clinical stability with the supervisor.
2. Verify medicines, monitoring, early concerns and the clinician responsible for changes. Identify barriers such as cost, access and language.
3. Review the person's goals and consent for involving family or community staff. Agree on the safe contact route.
4. Discuss signs of relapse or difficulty and how to obtain timely care. Use teach-back for the plan and whom the person would call.
5. Prepare the referral or home follow-up with the relevant findings and agreed actions. Confirm which team receives it.
6. Review attendance or adherence barriers and adjust support with the authorised team. Verify whether urgent safety or clinical concerns emerged.
7. Document agreements, review timing, response and responsibilities and protect confidential information.
8. Ask faculty to review the learning evidence and record what was performed, assisted or observed.

Precautions

- Confirm services and contact permissions.
- Refer any significant new safety concern promptly.

Observations and Record

Mental Health Internship Discharge Review and Community Linkage

Documentation

Item	What to record	Why it matters
Plan	Consent, goals and approved follow-up	Supports continuity
Linkage	Referral, receiver and barriers	Reduces missed care
Review	Response, next step and verification	Tracks care and learning

Worked Example

The patient is unsure how to attend follow-up while working. The intern discusses consented support and arranges an accessible clinical check.

Result and Evaluation

Complete a workable discharge or community plan with verified handover and a supervised learning record.

Viva Questions and Answers

What makes follow-up accessible?

A feasible date, address or channel and a known point of contact.

Why check teach-back?

It confirms the person can explain the plan and when to request help.

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