



# Adult Outpatient Services Patient Oriented Discharge Summary (PODS)



## \_\_\_\_\_ 'S CARE GUIDE

I participated in \_\_\_\_\_ from \_\_\_\_\_ until \_\_\_\_\_  
because I experienced \_\_\_\_\_



## MEDICATIONS

It is important to take my medication as prescribed to me. If I have questions about my medications, their side-effects or if I want to stop or change my medication, I should first consult my doctor.



## APPOINTMENTS I HAVE TO GO TO

Not Applicable

I will see: \_\_\_\_\_ on \_\_\_\_\_

Location: \_\_\_\_\_   Booked

I will see: \_\_\_\_\_ on \_\_\_\_\_

Location: \_\_\_\_\_   Booked



## MY DAILY SELF-CARE STRATEGIES

Activities	
Sleep	
Nutrition and Hydration	
Thoughts	
Emotions	
Stressful Situations	
Other	



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## HOW I MIGHT FEEL AND WHAT TO DO

It is normal to feel worried, sad, lonely, or stressed after being discharged. Use your **Daily Self Care Strategies** to manage these feelings. If these thoughts or feelings become distressing, I can use my **Coping and Crisis Plan** which is kept in the following location: \_\_\_\_\_.



## GOALS I CAN WORK ON AFTER MY DISCHARGE

## HOW I CAN ACHIEVE THEM

GOALS I CAN WORK ON AFTER MY DISCHARGE	HOW I CAN ACHIEVE THEM



## WHERE I CAN GO FOR MORE INFORMATION OR SUPPORT

Medication Questions	Your family physician or your local pharmacy
Online Support	<a href="http://www.bigwhitewall.ca">www.bigwhitewall.ca</a>
Walk-In Counselling	<b>Canadian Mental Health Association</b> 1-877-693-4270 <a href="http://www.halton.cmha.ca/our-services/get-support/">www.halton.cmha.ca/our-services/get-support/</a> <b>Thrive</b> 1-866-457-023; <a href="http://www.thrivecounselling.org/">www.thrivecounselling.org/</a>
Self-Help Groups	<b>Equilibrium</b> <a href="https://www.equilibrium-oakville.com/">https://www.equilibrium-oakville.com/</a> <b>TEACH</b> 905-693-8771 ext. 390 or <a href="http://www.t-e-a-c-h.org">www.t-e-a-c-h.org</a>
Family Education	<b>Halton Healthcare</b> <a href="mailto:FamilyEDinfo@haltonhealthcare.com">FamilyEDinfo@haltonhealthcare.com</a> <b>Schizophrenia Society</b> <a href="http://www.schizophrenia.on.ca">www.schizophrenia.on.ca</a>
Housing or Financial Support	<b>Halton Region</b> 905-825-6000 or <a href="http://www.halton.ca">www.halton.ca</a>
Social Recreation Programs	<b>Summit Housing and Outreach</b> 905-847-3206
Referral to Mental Health and Addiction Services	<b>one-Link</b> 1-844-216-7411
Distress or Crisis Centres	<b>COAST</b> 1-877-825-9011 or call 911 for urgent help <b>Crisis Services Canada</b> 1-833-456-4566 or Text 45645 <b>Distress Centre Halton</b> <i>Oakville</i> 905-849-4541 <i>North Halton</i> 905-877-1211; Text and Chat: 647-557-6250



## THINGS TO DO AFTER I AM DISCHARGED

<input type="checkbox"/> Schedule appointment with my family doctor	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

\_\_\_\_\_  
*Patient or Other (name and relation) Signature*

\_\_\_\_\_  
*Clinician Signature*

\_\_\_\_\_  
*Date*



# My Coping Plan

Use your coping plan when you have thoughts or feelings you want to change.



My Coping Plan was developed on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Month / Day / Year



## How I Might Feel If I'm Not Coping

Warning Signs that I'm Not Coping (*thoughts, mood, situation, behaviours*)

Blank space for writing warning signs.



## What I Can Do If I'm Not Coping

Physical	Intellectual	Soothing
<i>A task that uses up energy</i>	<i>A task that is distracting</i>	<i>An activity that is calming</i>
<input type="checkbox"/> Physical activity <input type="checkbox"/> Movement on the spot <input type="checkbox"/> Stretching <input type="checkbox"/> Yoga <input type="checkbox"/> Cooking or baking <input type="checkbox"/> Scribble on paper <input type="checkbox"/> Household tasks <input type="checkbox"/> Use ice or a cold face cloth on body <input type="checkbox"/> Play with a stress ball	<input type="checkbox"/> Crosswords <input type="checkbox"/> Word Search <input type="checkbox"/> Puzzles/Sudoku <input type="checkbox"/> Crafts <input type="checkbox"/> Art / Colouring <input type="checkbox"/> Writing (only positives) <input type="checkbox"/> Reading <input type="checkbox"/> Video games <input type="checkbox"/> Movies/Television <input type="checkbox"/> Card games <input type="checkbox"/> Positive affirmations <input type="checkbox"/> Observe nature	<input type="checkbox"/> Self-care (nails, wash hair) <input type="checkbox"/> Deep breathing <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a bath <input type="checkbox"/> Engage in spiritual practice <input type="checkbox"/> Scented candles, soaps, oils <input type="checkbox"/> Have a cold or hot drink <input type="checkbox"/> Coloured lights <input type="checkbox"/> Massage <input type="checkbox"/> Meditation (app or Youtube)  <i>(e.g., Virtual Hope Box; Simple Habit; Down Dog; Calm; Insight Timer; Happify; Pacifica; Stop, Breath and Think)</i>



## My Top 5 Coping Strategies That I Can Use on My Own

1.	<b>Instructions:</b> 1. Pick at least one strategy from each category 2. Do them in the same order (1 to 5) 3. Try them for at least 20 minutes each day 4. Stop when you feel "okay" again
2.	
3.	
4.	
5.	

If you have tried your coping strategies and they aren't working, move on to your "Crisis Plan"!



# My Crisis Plan

Use your crisis plan to help control your behaviour when you can't control your thoughts.



## A Crisis For Me Looks Like *(describe your thoughts, feelings and how your body feels)*




## People I Can Call Just To Talk *(i.e. about anything .....not just about how I am feeling)*

1.	
2.	
3.	



## Safe Places I Can Go To Be Around People *(i.e. the mall, coffee shop, library, public park, gym, 24-hour grocery store, restaurant, etc.)*

1.
2.
3.



## People I Can Call If I'm In Crisis *(i.e. family, friend, spiritual leader, sponsor, etc.)*

1.	
2.	
3.	



## Mental Health Supports I Call If I'm In Crisis

Distress Centres	Kids Help Phone: 1-800-668-6868 Distress Centre Halton: <i>Oakville:</i> 905-849-4541; <i>North Halton:</i> 905-877-1211; Text and Chat: 647-557-6250
Crisis Services	Children (up to age 17) - Reach Out Centre for Kids 24 hour Mobile Crisis Service: 905-878-9785 Adults - COAST; 1-877-825-9011 Crisis Services Canada 1.833.456.4566 Text 45645
Emergency	911



## Go to the Emergency Department If:


I understand what to expect if I go to the Emergency Department