

# A Guide to Keeping Healthy After the Hospital



Portable Health Plan

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# Guide to keeping healthy

- Encourages patients to move toward self-management and make choices that facilitate recovery
- Addresses mental health, physical health, and alcohol and substance abuse
- Helps patients identify hopes and strengths
- Provides simple definitions for terms used by providers, such as, ambivalence, empowerment, person centered, peer, stage of change, and wellness

# Stages of Change

- The underlying tenets in the booklet were adopted from stages of change and motivational interviewing
- Substance Abuse and Mental Health Services Administration's (SAMHSA) illness management information
- Principles and practices of psychiatric rehabilitation and person-centered care

# Responsibility for Recovery

- Encourages consumers to attend to their own health in a non-judgmental way
- Teaches consumers that it is normal to feel conflicted about change
- Encourages the consumer to think about why they are in the hospital, how they can leave safely, and how they can stay out of the hospital
- It promotes a sense of responsibility and feelings of control over their recovery.

# Tips to Manage Mental Health

- ✓ Understand your symptoms and what they mean
- ✓ Know your triggers or things that cause stress
- ✓ Learn about the medications you are taking and talk to your provider about side effects
- ✓ Keep appointments
- ✓ Do things that you enjoy
- ✓ Set reasonable goals

# The Portable Health Plan

- Pocket size for convenience
- Provides an emergency contact
- Has useful information in case there is a crisis

[Available on-line](#)

# Helpful Numbers

- Community Resources
- Recovery Support Groups
- Peer Support
- Advocacy
- Emergencies
- Physical Health
- Job and Education Resources