

Top 10 Intervention Series:

#8 Reducing Inpatient Psychiatric Readmissions

HSAG is spotlighting the 10 practices identified in *Reducing Behavioral Health Readmissions: Strategies and Lessons Learned*.¹ Hospitals using a variety of readmission reduction interventions endorsed **these top 10 practices** as **very important** or **critical** for reducing readmissions.

Using individualized resources is often the key to preventing admission and readmission. In addition to traditional outpatient, intensive outpatient, or partial hospitalization, consider these programs and organizations:

- Home Health Services^{a,b}
- Critical Time Interventions (CTI)^{a,c}
- Intensive Case Management^a
- Assertive Community Treatment (ACT)^a
- Peer Support Programs
- Respite Providers
- **12-Step Programs:** Alcoholics (AI-ANON, ALATEEN) Crystal Meth, Gamblers, Parents
- **Specialized Support Groups:** Grief, Trauma, Caregiver's, Eating Disorders



Try these online resource guides to help find vetted resources nationwide:

1. **Aunt Bertha:** Search and referral site for extensive no-cost and reduced-cost programs: www.auntbertha.com
2. **Benefits Checkup:** Anonymous pre-screening tool assesses qualification for over 2500 benefit programs: www.benefitscheckup.org
3. **2-1-1:** Community information and referral service—call “211” or visit: www.211.org
4. **Psychology Today**²: Individual provider resource including all aspects of practice information: www.psychologytoday.com/us/therapists
5. **Substance Abuse and Mental Health Services Administration (SAMHSA):** Search treatment programs/facilities including a summary of services and insurance accepted: findtreatment.samhsa.gov/

For more information, read
**Reducing Behavioral Health Readmissions:
Strategies and Lessons Learned** at

<https://goo.gl/fo0sWr>



Intervention #8

Increase individualized referrals

Anyone can provide additional resources and support for patients/clients/loved ones

Consider:

- Quality of resources
- Quantity of resources
- Warm hand-offs

Avoid:

- Repeating a failed plan
- Letting the person fall through the cracks
- Overwhelming the patient with too much

Tip:

- Initiate and nurture relationships with resources in your community.

For questions, please contact:

Dennette Janus, MA, LPC

Quality Improvement Specialist

✉ djanus@hsag.com

☎ 602.801.6958

To view and consider interventions 1 through 8 please visit www.hsag.com/bh-resources.

1. *The Office of Mental Health in New York.*

2. *Providers pay for listing but also vetted by Psychology Today*

a. *Confirm insurance coverage/referral process requirements for professional services*

b. *Learn about Home Health and how to refer someone www.youtube.com/watch?v=ZyCVG7d0Hu0*

c. *Learn about the Critical Time Intervention (CTI) Model here: www.criticaltime.org/model-detail/*

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