

Top 10 Intervention Series:

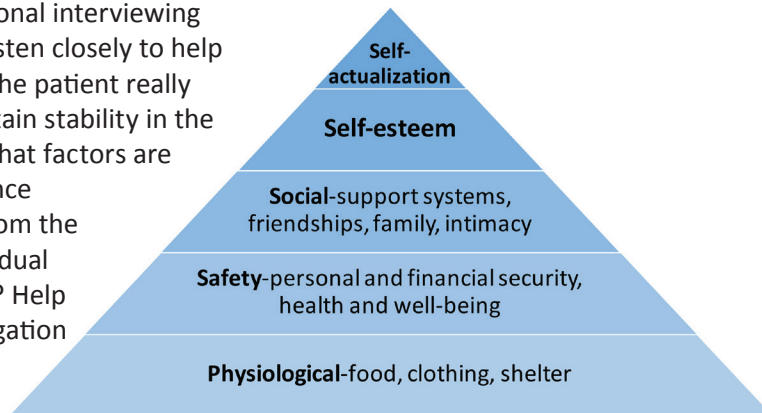
Reducing Inpatient Psychiatric Readmissions

The second of a 10-part monthly series brought to you by Health Services Advisory Group (HSAG)

HSAG is spotlighting the 10 practices identified in *Reducing Behavioral Health Readmissions: Strategies and Lessons Learned*. The article cites: "A key lesson learned is that a portfolio of mutually reinforcing interventions is needed to achieve project impact, and success depends more on robust implementation than on choice of any one intervention."¹ Surveys from numerous hospitals using a variety of readmission reduction interventions endorsed **these top 10 practices** as **very important** or **critical** for reducing readmissions.

Tips for implementation of intervention #2

Using motivational interviewing techniques,* listen closely to help identify what the patient really needs to maintain stability in the community. What factors are likely to influence readmission from the patient's individual circumstances? Help develop a mitigation plan for each barrier.



Maslow's Hierarchy of Needs** This is an illustration of the theory in the Psychology and Human Development Field in which it is believed that a person's basic survival needs must be met first in order to progress to the next level. Everyday needs being met is key for stability and developing or improving self-management skills.

For more information, read **Reducing Behavioral Health Readmissions: Strategies and Lessons Learned**, at <https://goo.gl/fo0sWr>



Intervention #2

Assess, anticipate, and address readmission risk factors in discharge planning.

- Financial Stress
- Unstable Housing
- Medical Conditions
- Medication Issues
- Substance Abuse
- Transportation
- Limited Support System
- Everyday Needs Unmet
- Unemployed/Under-employment
- Relationship or Family Conflict
- Illness of a Family Member
- Legal Involvement
- Isolation or Loneliness

For questions, please contact: **Dennette Janus, MA, LPC**
Quality Improvement Specialist
✉ djanus@hsag.com
☎ 602.801.6958

Look for Intervention #3 Coming in July!

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

* To access resources on Motivational Interviewing Techniques go to: <http://www.integration.samhsa.gov/clinical-practice/motivational-interviewing>.

** Maslow, Abraham. *Motivation and Personality*. 1st ed. NY: Harper & Brothers; 1954.