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.” 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

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Look for Intervention #3 Coming in July!

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1. The Office of Mental Health in New York.
2. To access resources on Motivational Interviewing Techniques go to: http://www.integration.samhsa.gov/clinical-practice/motivational-interviewing.