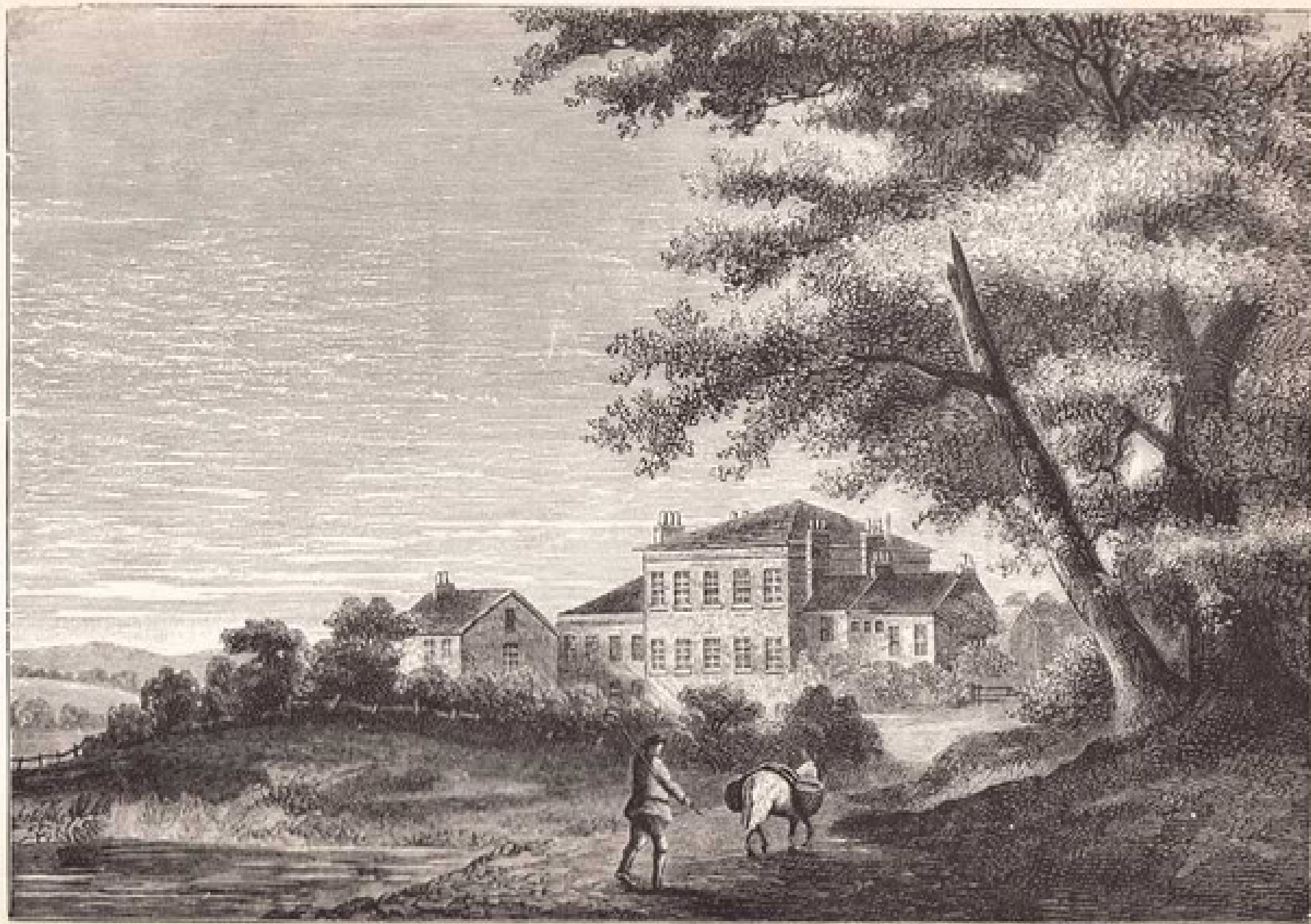


Alternatives to the Hospital for Acute Psychiatric Treatment

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ORIGINAL BUILDING OF THE RETREAT, YORK. INSTITUTED 1792.

From a Painting by Cave.]

Moral treatment: The York Retreat

“ The house is situated a mile from York in the midst of a fertile and smiling countryside; it is not the idea of a prison that it suggests, but rather that of a large farm; it is surrounded by a great walled garden. No bars, no grilles on the windows....

Visitor to the York Retreat, 1798.







Cedar House

- Acute treatment facility
- Full range of psychiatric treatment
- Non-coercive, domestic environment
- No locked doors, seclusion or restraints
- Receives patients 24 hours a day
- Accepts involuntary patients
- 15-bed capacity
- In mixed business and residential neighborhood
- Cost = \$223/day/bed
- Average length of stay = 18 days
range = 1 day to 1 year

Warner, R. et al. Cedar House, Alternatives to the Hospital, Warner, R. (ed) Am Psych Press, 1995

Cedar House

Staff

On each 8-hour shift:

1 nurse

1 mental health worker

Every weekday:

1 team leader

2½ therapists

1 office manager

½ psychiatrist

½ cook

After hours:

On-call psychiatrist

Boulder County, Colorado, 1985-2005

Population 300,000

Public mental health center with full community support system

No. of adults, at any time:

in state hospital	=	10
in private psychiatric hospital units	=	4-6
in Cedar House	=	up to 15



Balsam House

- Acute treatment facility
- Full range of psychiatric treatment
- Non-coercive domestic environment
- No locked doors, seclusion or restraints
- Receives patients 8 hours/day, 5 days/week
- Receives involuntary patients
- Resident involvement in managing environment
- 8-bed capacity
- Mixed business and residential neighborhood
- Cost = \$445/day/bed
- Average length of stay = 25 days
range = 1 day to 3 months

Balsam House

Staff

On each 8-hour shift:

1 mental health worker

Every weekday:

1 nurse

1 team leader

1/2 case manager

1 therapist

1 office manager

1 psychiatrist

No cook

After hours:

On-call managers and psychiatrist

Colorado Recovery February 2014

Acute treatment residence + intensive OP treatment

Clients with psychosis = 98

Outcomes at:	0-6 months (n=23)	7-24 months (n=25)
Any work, school, homemaker, retired	30%	54%
Independent living	39%	71%
In acute treatment	26%	0%

Costs of Cedar House & Balsam House

Balsam Hse (2013) Cedar Hse (2014)

Payroll

Psychiatrists 170,000 195,000

All other staff 530,000 491,000

Fringe benefits 70,000 97,000

Rent/donated space 46,000 8,000

Repairs/maintenance 9,000 20,000

Program

Food 55,000 47,000

Other 33,000 9,000

Utilities 11,000 35,000

Overhead 414,000 425,000

Total expense 1,338,000 1,327,000

“Crisis Houses” in England, 2006

Facility

Number of facilities	18
Mean number of beds	8
Mean length of stay	38 days
% with staff awake at night	89%
% accepting compulsory admissions	83%

Patients

% of patients who were compulsory	16%
% of patients who were psychotic	60%

Johnson et al. Brit J Psychiatry, 194: 456-63, 2009

Summary

- Small, domestic, non-coercive environments are effective and less alienating alternatives to the hospital for acute psychiatric treatment