Austen Riggs Center Patient Demographics

Patient Sex:
January 2016-April 2020

- Male: 46%
- Female: 52%
- 2% unreported

Patient Age at Admission:
January 2016-April 2020

- 18 to 20: 40
- 21 to 24: 45
- 25 to 30: 53
- 31 to 40: 52
- 41 to 50: 30
- 51+: 40

The median length of stay for patients at the Austen Riggs Center is approximately five and one-half months.

Admissions Data, January 2016-April 2020; N=265
Austen Riggs Center Patient Demographics, cont.

Region of Residence at Admission*

Top Referring States:
- New York
- Massachusetts
- California
- Connecticut
- New Jersey
- Florida
- Pennsylvania
- Texas
- Virginia

Admissions Data, January 2016-April 2020; N=265 *3% unreported
In addition:

- 60% of patients have suffered from early abuse, neglect, deprivation or loss
- 49% of patients have made one or more potentially lethal suicide attempt
- 60% of patients have had three or more hospitalizations
The BSI is a self-reporting symptom inventory designed to provide multidimensional symptom measurement and is administered at: (1) Clinical Entry (Admission) and (2) Discharge.

On average, patients reported statistically significant improvement in Depression, Anxiety, Obsessive-Compulsive feelings and overall severity of symptoms.
Of the 69% of discharged patients who had been to another psychiatric hospital or residential treatment center, 90% defined Riggs treatment as “Better.”
Quality of Riggs Experience as Reported by Discharged Patients

- Excellent: 40%
- Good: 46%
- Average: 9%
- Fair: 3%
- Poor: 2%

86% of discharged patients rate their experience at Riggs as “Good” or “Excellent”.

Treatment Needs Met as Reported by Discharged Patients

- Most: 42%
- Many: 33%
- Some: 19%
- Very Few: 2%
- None: 3%

75% of discharged patients believe Riggs met “many” or “most” of their treatment needs.

AUSTEN RIGGS CENTER

Patient satisfaction surveys, March 2011-December 2016; N=252
74% of discharged patients were rated as “Improved” by their Interdisciplinary Treatment Team.

84% of Treatment Goals were rated as at least “Partially Achieved” by discharged patients’ Interdisciplinary Treatment Teams.
Overall “Helpful” Elements of Treatment
as Reported by Discharged Patients

Element of Treatment

- Individual Psychotherapy: 92%
- Social Work / Case Management: 86%
- Nursing Staff: 80%
- Psychopharmacology: 76%
- Family Work: 73%
- Therapeutic Community Program: 69%

Patient satisfaction surveys, March 2011-December 2016; N=252
Over half of our patients live independently after treatment.
Families most often rate their satisfaction with the quality of treatment at Riggs as a “5” on a scale of 5 (with 5 being the best).

In addition, families most often rated the following questions as a “5” on a scale of 5:

- Would you recommend our program to others?
- Did your family member get the kind of treatment you wanted for him or her?
- Have the services your family member received helped him or her to deal more effectively with his or her problems?
- To what extent were family meetings useful for addressing family problems?