Austen Riggs Center Patient Demographics

The median length of stay for patients at Austen Riggs is approximately six months.
Admissions Data, January 2014-May 2017; N=294 *3% unreported
Austen Riggs Center Patients - Diagnoses at Admission

Diagnostically complex patients with an average of six diagnoses

- **Mood disorders** (including major depressive and bipolar disorders)
- **Personality disorders** (borderline, narcissistic, dependent, avoidant or schizoid)
- **Post-traumatic stress disorder**
- **Psychotic disorders**
- **Substance use disorders**
- **Eating disorders**

**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

Admissions Data, January 2014 – May 2017; N=294

Perry, et al., 2009; N=219
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.”
86% of discharged patients rate their experience at Riggs as “Good” or “Excellent”.

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

- Individual Psychotherapy: 92%
- Social Work / Case Management: 86%
- Nursing Staff: 80%
- Psychopharmacology: 76%
- Family Work: 73%
- Therapeutic Community Program: 69%
Over half of our patients live independently after treatment.
Family Satisfaction

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?