

# MENTAL HEALTH REHOSPITALIZATION

## OF ADULTS AND OLDER ADULTS IN SAN DIEGO COUNTY



The analyses presented in this report, which examine topics related to rehospitalization of mental health services clients, were conducted to:

1. Determine the rate of psychiatric rehospitalization within 30 days among adults in San Diego County who receive mental health services;
2. Identify characteristics associated with rehospitalization and;
3. Evaluate how outpatient service use may be associated with the likelihood of rehospitalization.

### Why is this Important?

- **System Burden** — Hospitalizations put pressure on the mental health care system because of their relatively high cost and because there is a limited number of inpatient beds available.
- **Recovery Disruption** — Hospitalizations can be stressful and disruptive for those hospitalized, their families, and loved ones. Less restrictive environments are preferable for client recovery.

### What are Rehospitalization Rates in San Diego County?

In Fiscal Year 2010-2011 there were 7,726 incidents of adult psychiatric hospitalization among 4,706 people. We determined whether each of these incidents resulted in a rehospitalization within 30 days of discharge from the original hospitalization and found that 23% of these 7,726 incidents were rehospitalizations.

- **23% (n=1,780) of all incidents of hospitalization resulted in rehospitalization within 30 days of discharge.**

Of the 1,780 incidents of rehospitalization:

- 19% (n=346) occurred within 0-3 days of discharge.
- 21% (n=366) occurred 4-7 days after discharge.
- 26% (n=456) occurred 8-14 days after discharge.
- 34% (n=612) occurred 15-30 days after discharge.



### How do San Diego Rates Compare with State and National Rates?

San Diego County's Fiscal Year 2010-2011 30-day rehospitalization rate (23%) was slightly lower than the 2010 California rate (25%) and higher than the 2010 national 30-day readmission rate of 14%<sup>1</sup>.

### How Many People were Hospitalized in San Diego County?

A total of 4,706 people were hospitalized during Fiscal Year 2010-2011 in San Diego County. Of those, 1,437 people had multiple hospitalizations<sup>2</sup>.

NUMBER OF PEOPLE (N = 4,706)	WERE HOSPITALIZED...	% OF ALL PEOPLE HOSPITALIZED
3,269	1 time	69.5%
772	2 times	16.4%
540	3 to 5 times	11.5%
114	6 to 10 times	2.4%
11	11 or more times	0.2%

<sup>1</sup> 30-day readmission to any psychiatric hospital; from California 2010 Mental Health National Outcome Measures (NOMS) CMHS Uniform Reporting System (URS). U.S. rate based on 31 states reporting.

<sup>2</sup> Not all multiple hospitalizations were 30-day rehospitalizations. San Diego County data include all adult and older adult mental health clients admitted to Fee for Service or County hospitals during FY10-11 and discharged before 9/30/2011.

## KEY FINDINGS

- ◆ Over a third (39%) of all rehospitalizations occurred within 1 week of discharge from the hospital.
- ◆ Men were 1.18 times more likely than women to be rehospitalized within 30 days.
- ◆ A diagnosis of Schizophrenia or Schizoaffective Disorder was associated with a much stronger risk of rehospitalization. People diagnosed with Anxiety Disorders were the least likely to be rehospitalized.
- ◆ Age, race, ethnicity, language, and educational status were not related to risk of 30-day rehospitalization.
- ◆ Adults who were not employed or not seeking work were more likely to be rehospitalized than their counterparts who were employed in the competitive job market.
- ◆ Adults living in Board and Care homes, institutional settings, or who were homeless were more likely than those living independently to be rehospitalized.
- ◆ People who were rehospitalized once were twice as likely to be rehospitalized again.
- ◆ People who reported any substance abuse were more likely to be rehospitalized than those without substance abuse problems.



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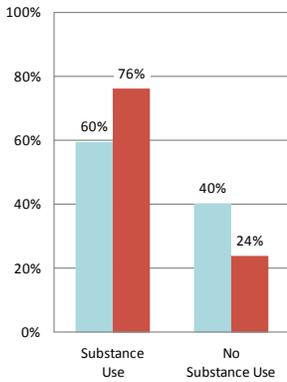
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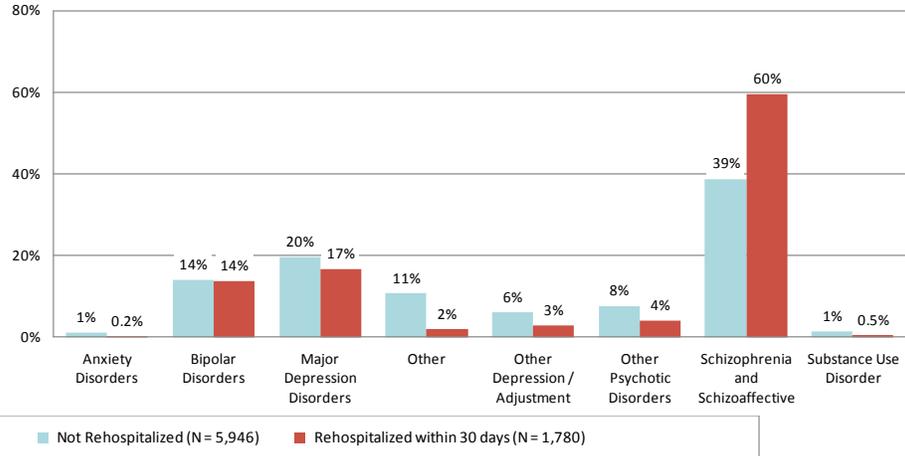
## Who is Rehospitalized?

Of the 1,780 rehospitalizations, 76% involved people who had a co-occurring substance use problem; 61% were among men, 61% involved people with Medi-Cal only, and 60% were among people diagnosed with Schizophrenia/Schizoaffective disorder. Fifty three percent involved Whites, 21% Hispanics, 15% African-Americans, 5% Asian/Pacific Islanders, 1% Native Americans, and 4% were among another race/ethnicity.

**ANY SUBSTANCE USE**



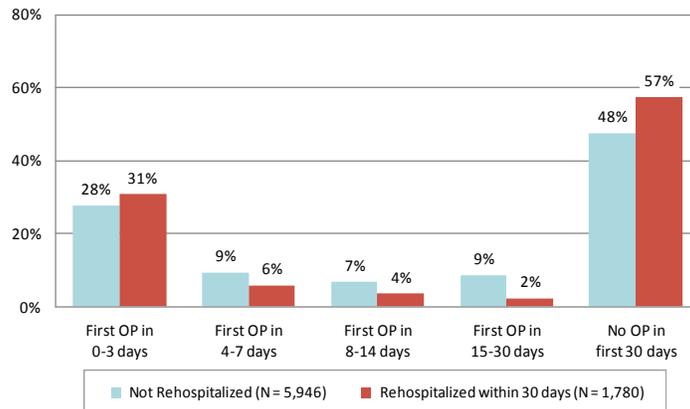
**PRIMARY DIAGNOSIS**



## What Service Use Factors are Associated with Rehospitalization?

- Clients received outpatient services within 72 hours after less than one third of all hospitalizations.
- Outpatient service use within 72 hours of discharge, which may be partially related to illness severity, was associated with a higher rate of rehospitalization.
- No use of outpatient services within the first 30 days following discharge was also associated with a higher rate of rehospitalization.

**TIMING OF 1<sup>ST</sup> OUTPATIENT SERVICE AFTER DISCHARGE—EFFECT ON REHOSPITALIZATION RATE**



## Intensity of Service Use

- People who were not rehospitalized received slightly more services in the first 30 days on average, but less in the first 7 days, than those who were rehospitalized.

**AVERAGE NUMBER OF OUTPATIENT SERVICES**

# Days After Discharge	Not Rehospitalized within 30 Days (N = 6,907)	Rehospitalized within 30 Days (N = 1,981)
1-7	0.96	1.41
8-14	0.66	0.66
15-30	1.28	0.51
1-30	2.98	2.58



San Diego County data include all adult and older adult mental health clients admitted to Fee for Service or County hospitals during FY10-11 and discharged before 9/30/2011.