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Spring 2018

## Discharge to the Community from an Inpatient Psychiatric Hospital: Factors to Consider

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### Recommended Citation

Byerly, David; Caswell, Jennifer; and Brooks, Erin, "Discharge to the Community from an Inpatient Psychiatric Hospital: Factors to Consider" (2018). *Thinking Matters Symposium*. 125.  
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# Discharge to the Community from an Inpatient Psychiatric Hospital: Factors to Consider

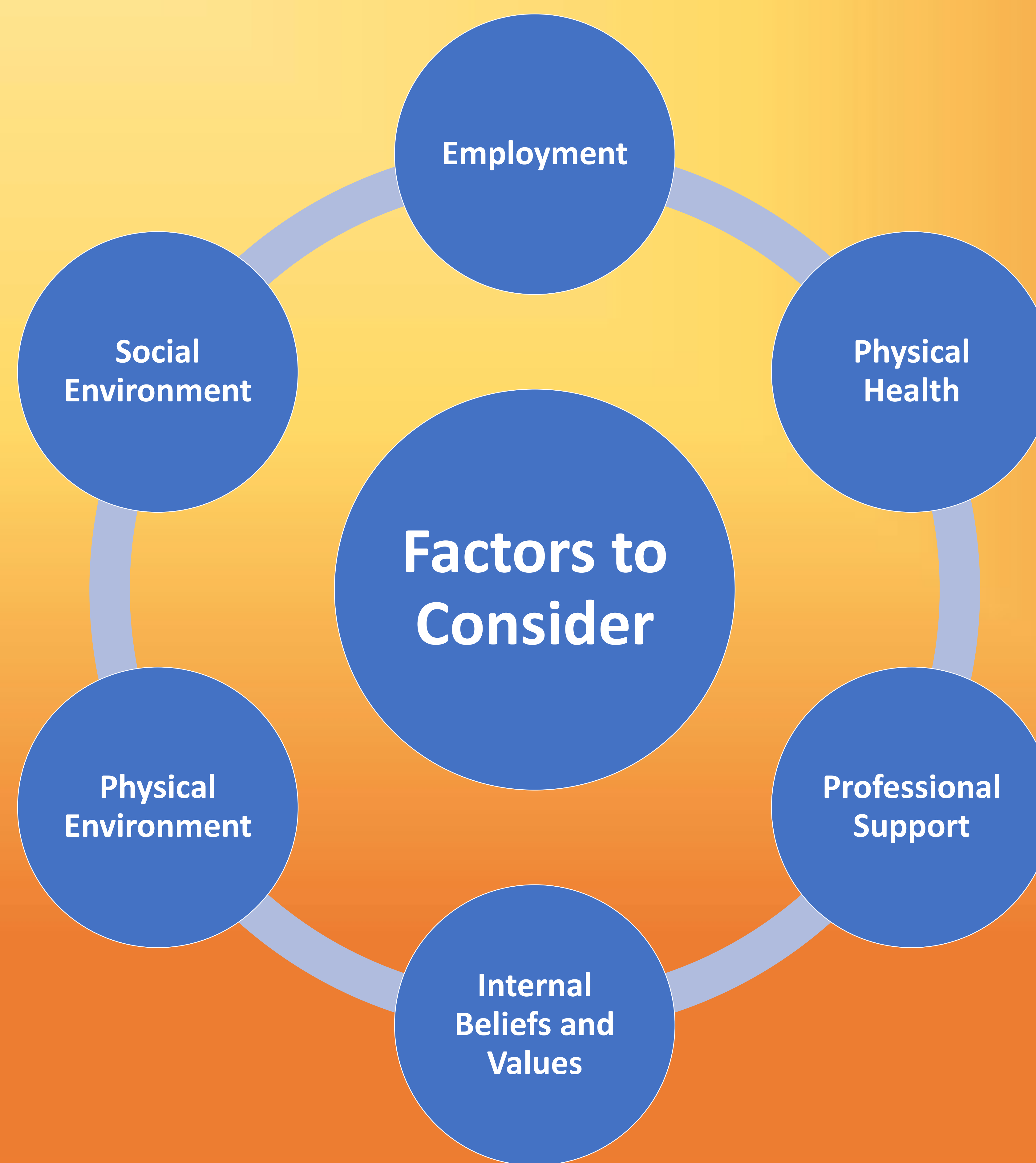
**Clinical Question:** What factors should be considered by an occupational therapist in planning for successful discharge to community-living from inpatient mental health facility, for persons with co-occurring conditions of substance abuse and mental illness?

## Why this is Important:

There is currently no single assessment to determine if a patient will be successful upon discharge to the community. National readmission rates average 5% within 30 days of discharge.

## Clinical Bottom Line:

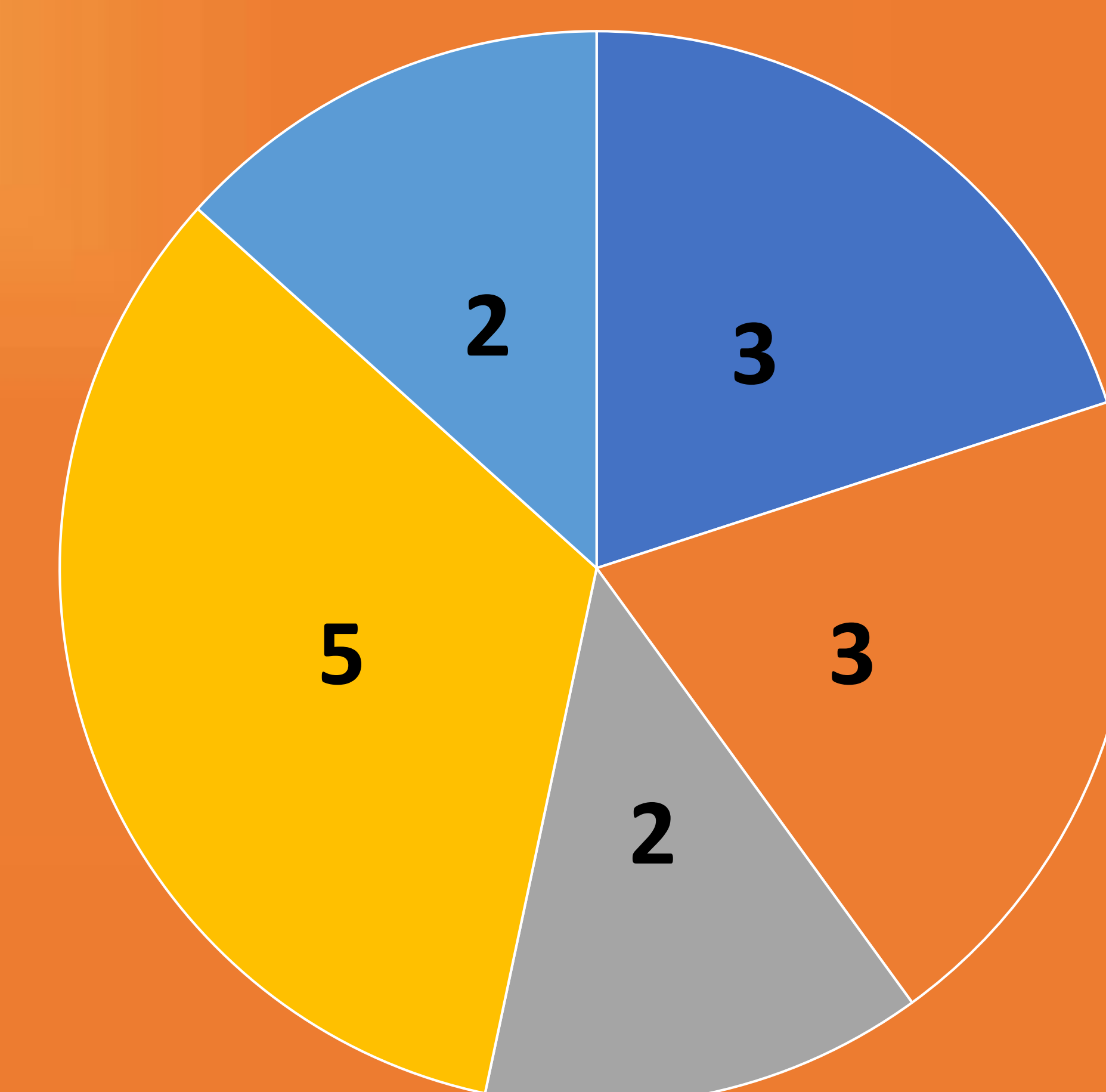
Successful discharge is multifaceted. When preparing for discharge, OTs should consider including more adaptations of the social environment, location of residence, and employment opportunities.



## Recommendations:

- Continuity of care into community through a multidisciplinary approach.
- Social support and an emphasis on AA philosophy.
- Preparation based on geographical discharge location.
- Promotion of supported employment services.

Levels of Evidence



■ Level I ■ Level II ■ Level III ■ Level IV ■ Qualitative