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

David Byerly
University of Southern Maine

Jennifer Caswell
University of Southern Maine

Erin Brooks
University of Southern Maine

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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.

Factors to Consider:
- Employment
- Physical Health
- Professional Support
- Internal Beliefs and Values
- Social Environment
- Physical Environment

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: 2
- Level II: 5
- Level III: 3
- Level IV: 3
- Qualitative: 3

References can be furnished upon request: david.byerly@maine.edu, erin.a.brooks@maine.edu, or jennifer.dewilde@maine.edu.