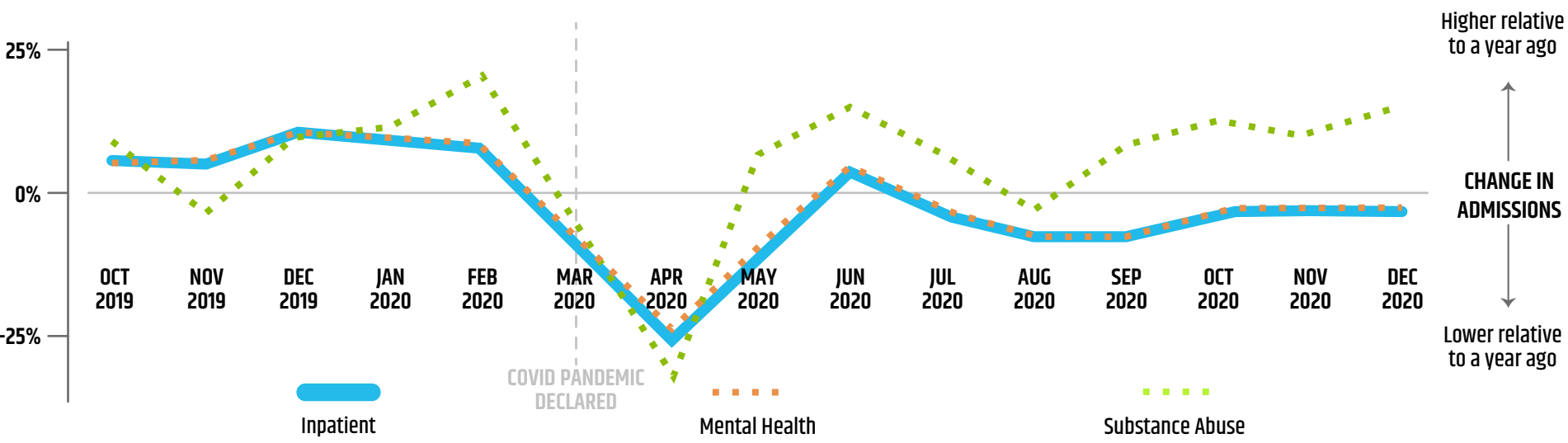


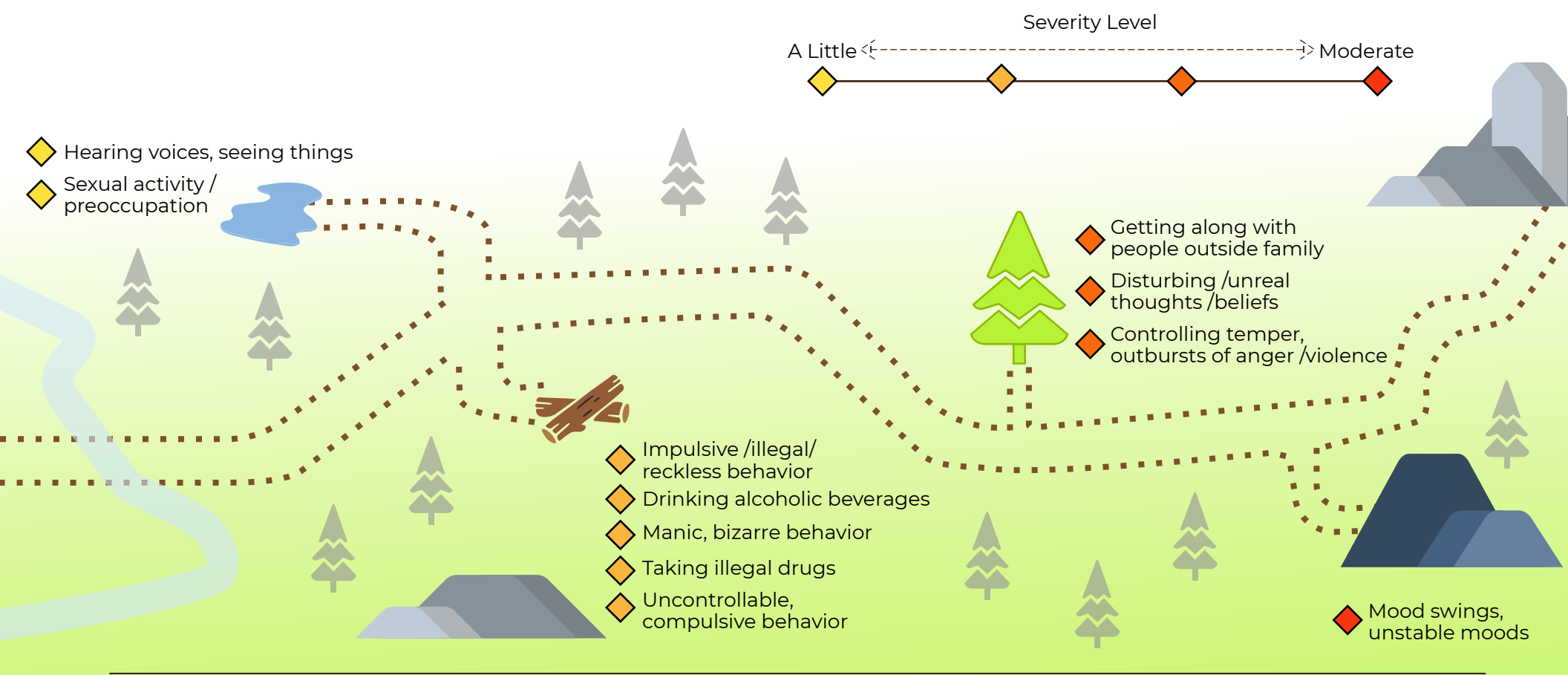
OFF THE BEATEN PATH: 2020'S IMPACT ON ADULT INPATIENTS

The year 2020 presented unprecedented challenges in delivering care. Behavioral health facilities responded to those challenges, but how did 2020 impact patients seeking treatment?

Overall, fewer patients sought inpatient treatment compared to the same timeframe one year ago, but more patients sought treatment for substance abuse.



Compared to patients in prior years, 2020 patients detoured to new areas of behavioral health symptomology, reporting more difficulty than usual on specific items of the BASIS-32.TM*



In the midst of COVID, patients may have delayed treatment or increased disordered coping, resulting in different struggles at admission. The patterns are very likely to continue in 2021, and the “post-COVID” landscape is uncertain. So what can hospitals do to help?

- Everyone’s response to the stressors of 2020 is different; continue to use individual symptom profiles in treatment planning
- Discharge planning may have new challenges; consider both the patient’s situation and any local public health restrictions
- Help with heightened distress by taking time to orient patients to the treatment process and providing stability where possible

*BASIS-32: The Behavior and Symptom Identification Scale is a self-report measure of a patient’s functioning. BASIS-32 © McLean Hospital, Used by licensee with permission from McLean Hospital.