

# Calendar Year 2015-2017

## Mental Health Outpatient Only ER Utilization

		Discharges			Days (Length of Stay)	
		Number	% Total	% Change from Prior Year	Number of Days	% Change from Prior Year
CY 2015	Same Day	5,603	73.5%		3,138	
	1 Day-10+ Days	2,022	26.5%			
CY 2016	Same Day	5,472	69.5%	3.2%	4,037	28.6%
	1 Day-10+ Days	2,396	30.5%			
CY 2017	Same Day	5,281	65.3%	2.8%	5,237	29.7%
	1 Day-10+ Days	2,809	34.5%			

**Data Source:** Vermont Association of Hospitals and Health Systems – Network Services Organization, Vermont Uniform Hospital Discharge Data Set. This is aggregate outpatient data pulled from the discharge data warehouse as received from Vermont hospitals. Mental health services were identified by the Healthcare Cost and Utilization Project clinical classification software group of the primary diagnosis being “Mental Illness.” Alcohol and substance use disorders are excluded.

# Takeaways: Mental Health Outpatient-Only Emergency Room Utilization

- ❖ Total discharges increased modestly from 2015-2016 (3.2%) and 2016-2017 (2.8%). During the same time periods, same-day discharges decreased, while discharges with stays of 1 Day to 10+ Days increased.
- ❖ Even with this modest increase in discharges, total days increased by 28.6% from 2015-2016, and 29.7% from 2016-2017.
- ❖ Driving the change in total days is the increase in discharges with stays of 1 Day to 10+ Days. The percentage of total discharges increased for every subcategory in this group:
  - ❑ Discharges with a stay of 1 Day constituted 21.8% of total discharges in 2015, increasing to 25.4% of total discharges in 2017
  - ❑ Discharges with a stay of 2-4 Days constituted 3.7% of total discharges in 2015, increasing to 6.8% of total discharges in 2017 (median in 2017 was 2 days)
  - ❑ Discharges with a stay of 5-9 Days constituted 0.8% of total discharges in 2015, increasing to 1.8% of total discharges in 2017 (median in 2017 was 6 days)
  - ❑ Discharges with a stay of 10+ Days constituted 0.2% of total discharges in 2015, increasing to 0.7% of total discharges in 2017 (median was 13 days)