



Reopening 12-bed Unit
Talking Points Feb. 12, 2016

- The Maine Department of Health and Human Services (DHHS) has supported a funding request made by Spring Harbor Hospital to reopen 12 psychiatric treatment beds in Westbrook.
- Maine Behavioral Healthcare and MaineHealth Trustees have approved the re-opening of 1 West, as a 12-bed adult unit at Spring Harbor. Formerly a children's unit, 1 West was closed in 2009.
- As a division of Maine Behavioral Healthcare, Spring Harbor will be able to coordinate with other mental health providers, hospitals and primary care sites in southern Maine to admit patients for treatment.
- Spring Harbor will now function at full capacity with 100 beds: 60 adult, 28 children/adolescent and 12 Developmental Disorder (for children/adolescent) beds.
- Currently, the Hospital accommodates an average of 79 adult and child/adolescent patients daily. Through this funding support, Spring Harbor expects to accommodate 10 additional adult patients daily.
- The adult beds at Spring Harbor are available for treating those experiencing mental illness or co-occurring disorders (mental illness and substance abuse). According to a recent study, 1 in 8 patients in EDs have mental health or substance abuse conditions as a primary diagnosis.
- Wait times are growing longer in EDs for those needing psychiatric hospitalization; an average length of stay at the Maine Medical Center ED rose from 12 hours in 2012 to 21 hours in 2015.
- The new beds will improve the care coordination process, and also support the overall mental health system in Maine. Spring Harbor Hospital, covering the southern region, and Acadia Hospital, covering the northern region, are the only two free-standing psychiatric hospitals in Maine.
- We plan to open the 12 adult beds with a phased approach. The first six beds will open at the end of May, and the second six will open gradually to reach full capacity by the end of September.
- The decision by the state to re-open the beds is a result of greater demand, and also a reflection of the exemplary work of Spring Harbor employees.
- We estimate hiring an additional 33 full-time employees including medical staff, nurses, psychiatric technicians, social workers, care coordinators, and other support services for the unit.
- Maine Behavioral Healthcare is the behavioral health provider for MaineHealth, the state's largest integrated healthcare system.