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I thought you would be interested in this updated retrospective study on how CET (Cognitive Enhancement Therapy) appears to be very effective in helping to manage/reduce psychiatric hospital remissions. Here is a brief report from InterAct Michigan, our CETCLEVELAND® Dissemination Partner Site in Kalamazoo, Michigan that demonstrates the impact that CET can have on a CMHC's hospital bed day usage. Of course, we cannot guarantee this result in every case but this is a clear example of how CET helped an agency. FYI, the majority of the CET participants in this program were ACT clients.

- CET reduced the need for urgent, high demand services
- 156 hospital bed days for the 17 CET Graduates for the year prior to CET (7 clients were hospitalized)
- 10 bed days for the CET treatment year (1 client was hospitalized; 146 less bed days used or a 93% reduction from the year prior to CET)
- 20 bed days for the 13 months after graduation, (2 clients hospitalized, data as of 1/1/15; 136 less bed days than the year prior to CET or a 87% reduction in bed days; 136 less bed days X average national bed day cost of \$1,565<sup>A</sup> equals \$212,840 in reduced costs )
- 41 bed days for 1-15-15 to 4-1-16, (3 clients, data as of 4-2016) a continuing 74% reduction in bed days usage from the year prior to CET treatment year

This is the report from Bridgehaven MHS in Louisville, KY that demonstrates the impact that CETCLEVELAND® has had on their hospital bed day usage

- 104 hospital bed days for the 13 CET Graduates from the year prior to CET (5 clients)
- 0 bed days for the CET treatment year (0 clients rehospitalized; 104 less bed days or a 100% reduction from the year prior to CET)
- 28 bed days for the 14 months after graduation, (1 client rehospitalized; data as of 1/1/15; 76 less beds or a 73% reduction from the year prior to CET; 76 less bed days X \$1,565 equals \$118,940 in reduced costs )
- An update on bed day usage will be available for Bridgehaven in late July, 2016
- Other agencies report similar experiences of reduced demand for urgent services

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<sup>A</sup> The average national cost of a psychiatric bed day as reported in an article in USA Today <http://www.usatoday.com/story/news/nation/2014/05/12/mental-health-system-crisis/7746535/> is \$1,565 per day (The \$29,737 total cost for a 19 day hospital stay divided by 19 bed days equals \$1,565 per day.)