

Meeting a Growing Challenge: Inpatient Care for Individuals with Complex Needs

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Emily Baldwin, MD, EdM, Medical Director, Behavioral Health Services, Alta Bates Summit Medical Center

Woodland Memorial Behavioral Health Unit

Tandy Burton, RN, MSN
Behavioral Health Director

Unit Overview

30 inpatient beds in Yolo County

Adults only

- Must have a primary psychiatric diagnosis and meet medical necessity for inpatient level of care
- May have co-occurring medical conditions
 - Admissions are pre-screened by a psychiatric provider and a medical provider prior to acceptance

What kinds of patients we regularly see

Admissions come from all over Northern California and from every health system.

Common diagnoses - Major depression, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Acute psychosis

- Common medical needs - oxygen and/or CPAP, wound care, IV fluids and antibiotics, urinary catheters, feeding tube needs (dietary assessments/needs), functional needs including the use of a walker or wheelchair (physical therapy assessments/needs)

Statistics for FY25

ALOS - 7.86 days

- Payer mix
 - 26.7% Commercial
 - 39.6% Medical
 - 14.1% Medicare
 - 16% Managed Medicare
 - 3.6% Other
- Discharged 1,286 patients
- Readmission rate - 2.5%

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FREMONT, CA

Innovation, Diversity, and Community

A city shaped by immigrants, innovation, and resilience



Known for a multicultural patient population, requiring **inclusive, trauma-informed, culturally sensitive care**

Strong collaborations with community mental health and wellness programs



Fremont is one of the safest large cities in California

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Kaiser Permanente Fremont serves a diverse and rapidly growing community in the southern Alameda County region.

“Complex Needs. Compassionate Solutions”

39400 Paseo Padre Pkwy, Fremont, CA 94538

The one-of-a-kind, 18-bed unit, which opened in NOVEMBER 2019 (6 YEARS)

Total building area: 11,600 sq. ft.

The program includes staff areas, a meditation room, an observation room, exam and consultation rooms, dining, recreation and group activity space, and an enclosed outdoor landscaped garden.



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Common Psychiatric Conditions

The MPU treats patients with acute psychiatric needs combined with medical instability, including:

- **Schizophrenia & Schizoaffective Disorder**
- **Bipolar Disorder (manic or depressive episodes)**
- **Major Depressive Disorder with suicidality**
- **Severe Anxiety Disorders**
- **Personality Disorders**
- **Eating Disorder (inpatient)**
- **PTSD and trauma-related disorders**
- **Severe behavioral dysregulation/agitation**
- **Substance-induced psychosis or withdrawal symptoms (stable enough for the MPU setting)**

Typical age range: 18–70+ years

Average age of patients treated: 57 years old

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General Medical Needs

- IV fluids / IV antibiotics
- Oxygen therapy or CPAP
- Tube feedings (NG/PEG)
- Complex wound care
- Pain management
- Rehabilitation Therapy – PT/OT
- Diabetes management

Chronic Illnesses with Acute Exacerbation

- COPD
- CHF
- Diabetes with unstable sugars
- Renal disease - Dialysis
- Liver disease
- Neurologic disorders (Seizures, Parkinson's)

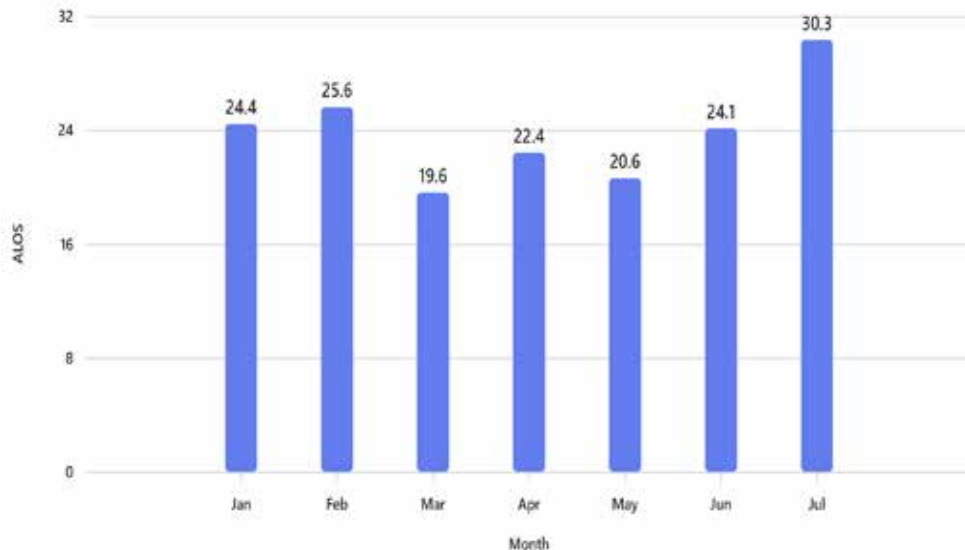
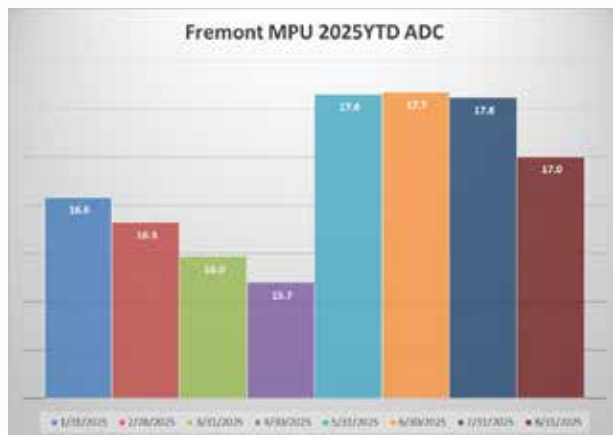


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18 beds

- Typical average daily census: 16-17
- Average length of stay (LOS): 25 days
- Annual throughput: 250-500 patients per year



Month	Admit	Transfers In	Admits + Tx In	Discharge	Transfers Out	Discharge + Tx Out	Pt Days (HOB)	ALOS	ADC (Month)
1/31/2025	21	4	25	22	0	22	514	24.4	16.6
2/28/2025	19	2	21	19	0	19	457	25.6	16.3
3/31/2025	21	2	23	26	0	26	495	19.6	16.0
4/30/2025	24	4	28	20	1	21	471	22.4	15.7
5/31/2025	21	4	25	19	2	21	547	26.0	17.6
6/30/2025	21	1	22	22	0	22	580	24.1	17.7
7/31/2025	19	3	22	18	0	18	546	30.3	17.6
8/31/2025	15	3	18	15	0	15	527	35.8	17.0
Grand Total	161	23	184	161	3	164	4,087	25.3	134.5

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Year	Commercial	Medicare	Medi-Cal
2022	48%	32%	20%
2023	46%	34%	20%
2024	44%	35%	21%
2025	42%	36%	22%

“Every data point represents a life. Every improvement represents a future. Together, we’re not just changing systems, we’re changing stories.”

THANK YOU!

"In the MPU, we meet patients where their medical and behavioral needs collide. Here, hope is rebuilt, dignity is restored, and lives are transformed. It takes courage, collaboration, and compassion — and together, we make it happen."

Alta Bates Summit Medical Center Herrick Campus (Behavioral Health)

Hospital Overview

Inpatient Psychiatric Services Overview

Herrick Highlights

Year Established

1980

Number of Beds

64

Patients Served¹

2,036

Counties

Served³

33

Employees

550+

Med Psych Beds

16

Med Psych
Patients Served¹

401

Med Psych
Counties
Served³

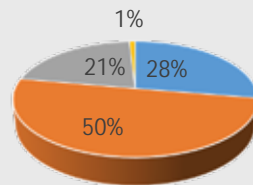
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Additional Med Psych Program Details

- Location: Berkeley, CA.
- Avg. Length of Stay: ~10 days
 - Multidisciplinary Care Management
 - Electroconvulsive Therapy (ECT)/Med Psych Integration

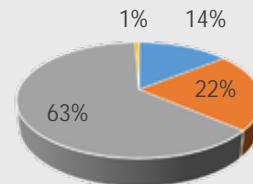
2025 YTD Payor Mix²

2025 Payor Mix (All)



■ Commercial - FFS ■ Medi-Cal - FFS
■ Medicare - FFS ■ Self Pay

2025 Med Psych Payor Mix



■ Commercial - FFS ■ Medi-Cal - FFS
■ Medicare - FFS ■ Self Pay

¹ Data references discharges from 1/1/25 to 11/30/25.

² Payor Mix data range 1/1/25 to 11/30/25.

³ Geographic distribution of Herrick behavioral health patients.

Questions?

Thank you

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