

# 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%

# 2025 | Behavioral Health Care Symposium | SACRAMENTO

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)

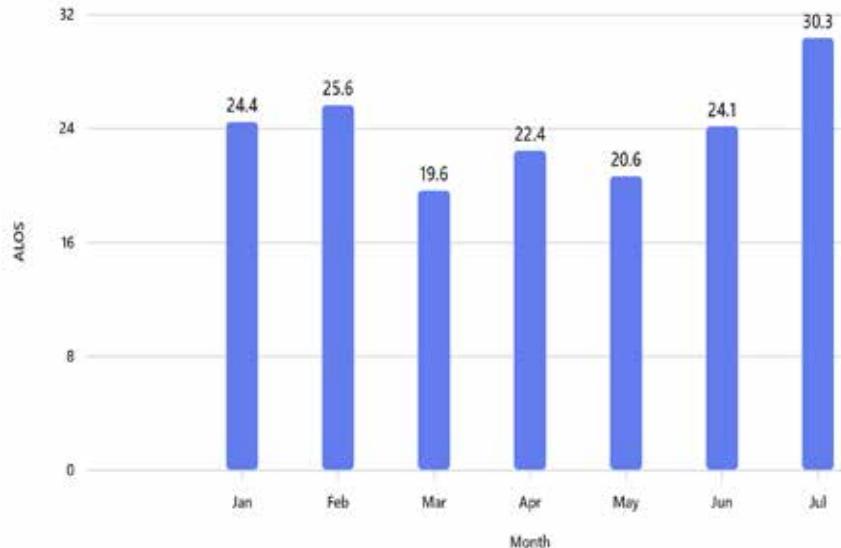
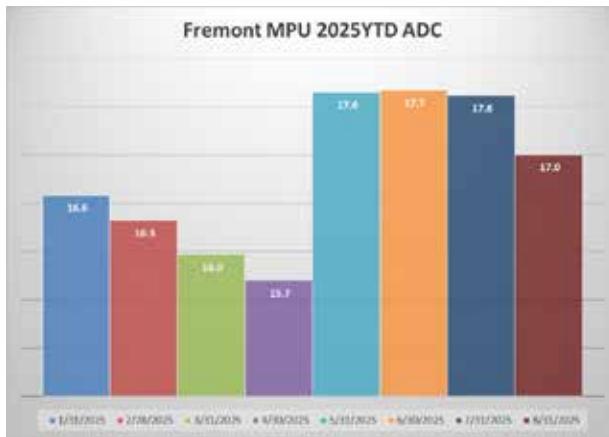


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18 beds

- 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 In	Transfers Out	Discharge + Tx Out	Pt Days (000s)	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	15	2	21	547	28.0	17.6
6/30/2025	21	1	22	22	0	22	530	24.1	17.7
7/31/2025	19	3	22	15	0	15	546	30.8	17.6
8/31/2025	15	8	18	15	0	15	527	29.8	17.0
Grand Total	161	23	184	161	3	164	4,087	26.3	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 Served<sup>1</sup>  
**2,036**

Counties Served<sup>3</sup>  
**33**

Employees  
**550+**

Med Psych Beds  
**16**

Med Psych Patients Served<sup>1</sup>  
**401**

Med Psych Counties Served<sup>3</sup>  
**29**

### Additional Med Psych Program Details

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

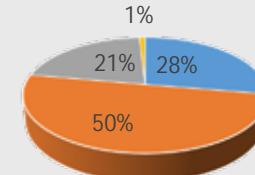
<sup>1</sup> Data references discharges from 1/1/25 to 11/30/25.

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

<sup>3</sup> Geographic distribution of Herrick behavioral health patients.

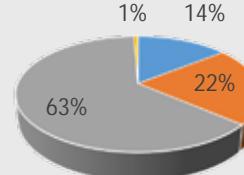
### 2025 YTD Payor Mix<sup>2</sup>

#### 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

Questions?

# Thank you

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