



# EmPATH:

Emergency Psychiatric Assessment,  
Treatment and Healing

*Patient-friendly, patient-centered care for  
people experiencing mental health crises.*



A collaboration among the University of Minnesota,  
University of Minnesota Physicians and Fairview Health Services



## What is EmPATH?

- EmPATH is a calming, healing approach to emergent mental health care, offering patients in crisis immediate care from trained mental health professionals in a relaxed environment, with direct connections to outpatient treatment.
- With EmPATH, mental health patients undergo a quick medical screening before entering a living-room style setting where they can access the support and care they need to stabilize their situation, receive ongoing human interaction, and in many cases avoid the need for inpatient admission.



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# Differentiation of Treatment Goals & Statistics By Type of Unit?

	Traditional Emergency Department	EmPATH Service	Inpatient Mental Health Unit
Staff Training and Background	Traditional Emergency Medicine - Trauma, Medicine, Limited Mental Health - Some LMHPs	All MH Specialists - Including Psychiatry, LMHPs, MH Nurses & PAs	All MH Specialists - Including Psychiatry, LMHPs, MH Nurses & PAs
Timeline (*CDC & JCAHO Stats)	3-6 Hours*	12-48 Hours	10-13 days*
Mental Health Goals	Assess and Refer	Assess, Intervene in Crisis, Psychoeducation and Limited Therapies, Stabilize and Engage in Next Level of Care	Assess, Intervene in Crisis, Begin Therapeutic Interventions, Stabilize and Engage in Next Level of Care
Psychotropic Medication	Only for Agitation and Some PRNs - often no access to Psychiatry	Ability to Adjust or Begin Medications as Determined by Psychiatry	Adjust and Begin Medications and Modify Protocols Based Upon Demonstrated Outcome
Anticipated Rate of Inpatient MH Admissions	60% with no MH Staff 38-44% with MH Staff (e.g. DEC)	National Stat from EmPATHs 25-30% FV SD EmPATH Experience 17%	NA



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# Week 28 Metrics

### Key Takeaways:

- 1164 Patients in 28 Weeks – Average 42 / Week
  - 1-12 Patients Admitted Per Day
  - Average Length of Stay 17.5 Hours
  - Admission Rate to IP MH - average is < 17%
- (Compared to 38-42% admission rate - Southdale ED Pre-EmPATH)
- 50% of Patients – Obs. Status – Avg. LOS 24.5 hours
- MH&A Adult ED Pt. Volumes up 15+% from Pre-EmPATH

\* Yellow highlights represent opportunity for greater patient capture into EmPATH

\* Green highlights forecast clinical and financial success



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Southdale EmPATH Care					
	Week Ended 9/18	Week Ended 9/25	Week Ended 10/2	Week Ended 10/9	Total (28) Weeks Since Open
Patients Seen in Week	48	34	46	49	1164
Average New Patients / Day	7	5	7	7	6
Range of New Patients / Day	3-11	2-8	2-9	4-13	1-14
Average Daily Census	10.14	7.71	10.71	11.00	8.94
Average Age	39	37	32	31	37
% BIPOC	22.92%	32.35%	4.35%	22.45%	30.33%
% Female	52.08%	55.88%	47.83%	53.06%	54.63%
Median ED Total Time (Hours)	15.79	15.36	17.75	19.10	14.03
Average ED Total Time (Hours)	19.83	18.55	23.79	21.88	17.50
Average ED Total Time Observation Patients	24.40	24.40	32.56	25.51	24.51
Average EmPATH Total Time Obs Patients	25.48	21.60	29.37	21.64	20.40
Median Time in Medical ED	2.73	2.59	2.56	2.38	2.89
Median Time in EmPATH	11.07	9.38	14.18	14.47	10.79
% Mental Health Primary	81.25%	58.82%	67.39%	75.51%	65.41%
% MICO	18.75%	38.24%	32.61%	22.45%	34.19%
% SUD Primary	0.00%	2.94%	0.00%	2.04%	0.04%
Disposition From EmPATH					
Number IP MH Admissions from EmPATH	9	5	7	6	7
% IP MH Admissions from EmPATH	18.75%	14.71%	15.22%	12.24%	16.24%
% Programmatic Care (of Outpt)	14.58%	8.82%	10.87%	14.29%	8.92%
% Existing Provider (of Outpt)	45.83%	41.18%	58.70%	44.90%	32.13%
Observation Status	22	19	27	36	21
% Observation Status	45.83%	55.88%	58.70%	73.47%	49.57%
Patients Not Brought to EmPATH from Medical ED					
Patients Seen Only in Medical ED	12	18	24	10	442
Child or Adolescent	6	11	11	4	189
Med ED MD / EmPATH Believes Inpatient Need	2	0	2	1	52
EmPATH Plus Med ED Admission Rate (Adults)	20.37%	12.20%	15.25%	12.73%	14.15%
Medical Admit with Psych Consult	0	0	1	0	9
Pt Refused / EmPATH Refused or Unclear why not	4	7	10	5	107
Total Adults Seen Only in ED	6	7	13	6	253



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## Benefits of EmPATH – in contrast to a traditional ED?

Environment	Staff	Time
<ul style="list-style-type: none"> <li>• Calming – Open Setting</li> <li>• Natural Light and Visuals</li> <li>• Quieter Sound &amp; Soothing Lights</li> <li>• Own Clothes</li> <li>• Able to Walk Around</li> <li>• Able to Get Food &amp; Beverages as Desired</li> <li>• Adult Agency</li> </ul>	<ul style="list-style-type: none"> <li>• All Mental Health                             <ul style="list-style-type: none"> <li>• Psychiatric Providers</li> <li>• Licensed Therapist</li> <li>• MH Nurses</li> </ul> </li> <li>• Multiple Care interventions by Providers and Therapists</li> <li>• Ability to Start and Modify MH Medication Protocols</li> <li>• Warm hand-offs to established or new Providers / Therapists</li> </ul>	<ul style="list-style-type: none"> <li>• 12-48 hours focused on assessment and crisis intervention</li> <li>• Not assessing at the peak of crisis – natural adaptation supported by care</li> <li>• Care can be paced to match patient need</li> <li>• Assessments for Programmatic Care before Discharge</li> </ul>



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## Future Plans...

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### **Planning Process has Begun for UMMC EmPATHs**

- Both Pediatric & Adult EmPATHs
- Scoping anticipated volumes & space needs
- Architects selected
- Utilizing learnings from SD with appreciation of differences

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### **Transition Clinic**

- LMHPs available for same day appointments
- CNP hire for medication management
- Appointments 7 days per week – 8:30 AM – 10 PM (shared clinical staff with other services)

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