




AUSTEN RIGGS CENTER

Individualized Psychiatric Care
for Adults (18+)



The Austen Riggs Center (Riggs) is a more than century-old psychiatric hospital and residential treatment facility with a complete continuum of care for adults (18+) with complex psychiatric issues. Our treatment approach is multi-disciplinary, fully integrated, and broadly psychodynamic in nature.

www.austenriggs.org



In every facet of our program, we apply three basic principles:

1

Relationships are central in human life

2

Symptoms have meaning that can be understood

3

Patients have authority in their own lives, including in their treatment



The Riggs Difference

At Riggs, you'll find an open setting that promotes patient autonomy to help uncover the meanings behind symptoms through a therapist-patient relationship and a community of people dedicated to mutual learning and support.

Voluntary, Open Setting

Our open setting is an essential part of our treatment approach. Freedom to make choices here can be a step toward deeper understanding and living more fully. In this voluntary treatment environment, we work together to help reconnect individuals with inner strengths, build healthy relationships, and find a renewed sense of purpose.

Finding Meaning in Behavior

Working with a doctoral-level therapist, other clinicians on the treatment team, members of the therapeutic community, and (for many people) members of their family, people can identify patterns of feeling and behavior they might never have been aware of. Revealing the story from the past that is buried in present problems can mark the beginning of a path forward.

Importance of Relationships

Developing satisfying relationships is a primary goal of the Riggs treatment approach. Therapists help guide patients toward greater self-awareness, supported by an interdisciplinary team that includes nursing, clinical social work, and other staff. Exploring relationships with family, friends, and other patients during treatment is also often an essential part of treatment.

Taking Charge of Treatment

At Riggs, we respect each patient's autonomy, which means they help design their own course of treatment and join other patients and staff in the decision-making that shapes the Riggs community. Patients discover that taking charge of their treatment is the first step toward retaking control of their lives.



Who & What We Treat

Our patients come from across the country and from abroad, from all walks of life and from backgrounds representing a wide range of patient demographics. Many have not benefited from other forms of treatment and may have been labeled “treatment-resistant.”

People come to Riggs seeking relief from

- Depression & Depressive Disorders
- Psychotic Disorders Including Schizophrenia
- Obsessive-Compulsive Disorder
- Bipolar Disorder
- Borderline Personality Disorder
- Post-Traumatic Stress Disorder
- Anxiety Disorders
- Suicide & Suicidal Ideation
- Self-Harm

The usual person seeking treatment at Riggs has a range of disorders rather than just one, such as a “treatment-resistant” mood disorder (depression or bipolar disorder) co-occurring with other disorders like a personality disorder, anxiety disorder, PTSD, substance use disorder, or another disorder that complicates the response to treatment.

At Riggs, we do not limit our treatment focus to the diagnosis in question but build trusting relationships that address the whole person and underlying adverse experiences, trauma, and losses that are part of an individual’s story.

> Here what former patients have to say about their time at Riggs:

www.austenriggs.org/alumni-stories



Program Services

At the center of an individual's treatment is intensive psychodynamic psychotherapy four times a week with a doctoral-level clinician. Psychodynamic psychotherapy recognizes that symptoms, problems, and struggles have meaning and that learning about their meaning—especially meaning that is outside our awareness—allows us to see our struggles in context and make better choices based on new learning about ourselves.



All of our programs and services are designed to facilitate a serious partnership of mutual problem solving and social learning.

Family Work

Clinical social workers help support patients and their families facilitate honest and direct communication, understand shared history, improve current relationships, and prepare for future challenges.

Clinical Casework

Clinical social workers offer to help patients learn about barriers to greater independence, identify personally meaningful goals, and develop strengths they can draw upon in the future.

Nursing

Nursing staff are on duty 24/7 and offer support, education, and assistance with medication management, assessment and intervention in crises, and encouragement in developing relationships with others.

Psychodynamic Psychopharmacology

Our approach to pharmacotherapy explicitly acknowledges the central role of meaning and interpersonal factors in promoting optimal treatment response to medications.

Therapeutic Community Program

Designed to build a sense of community, enhance authority, and foster interpersonal learning, the TCP utilizes a system of patient government to create an engaging community that supports treatment.

Health and Wellness Program

Attending to the body is a crucial element in healing. This program, including yoga, meditation, and more, gives patients the opportunity to become more aware of their body, develop self-regulation skills, and build resilience.

Activities Program

Innovative, unique, and deliberately separated from the intensive treatment atmosphere, this program gives patients an opportunity to take up the role of student in a wide variety of creative and intellectual pursuits, including visual arts, ceramics, fiber arts, woodworking, theater, and more.

Psychological Testing

Testing (including neuropsychological assessment when indicated) during the initial six-week evaluation and treatment period provides an in-depth assessment used to inform treatment.

Substance Use Services

Though we do not treat active substance use disorders, this service supports our commitment to the ideal of a treatment environment free from the use and influence of alcohol and other non-prescribed drugs.

Continuum of Care

Our full continuum of care begins with admission to a minimum six-week period of evaluation and treatment at a residential level of care at our primary residence, the Inn. The Inn has 24/7 nursing availability and accommodations for approximately 40 patients. After the first six weeks, the stay is open-ended and flexible based on treatment team recommendations consistent with patient goals.



Moving Toward Independent Living

Located in renovated, historic homes, our step-down programs (available after the initial six-week evaluation and treatment) located in Riggs buildings offer a small group environment for continuing to develop self-management, interpersonal ability, and independent living skills, and the capacity to rejoin the social, educational, and occupational communities outside of Riggs—and at lower cost than the Inn Residential Programs. Patients who reside in one of these programs work with the program manager but continue to have 24-hour access to nursing staff at the Inn in an emergency. In addition, patients can step down to day treatment and aftercare as they are transitioning out of treatment.



Admission Process

Our step-by-step admission assessment helps ensure individuals are likely to benefit from long-term residential treatment in our open setting. We also need to discuss the required commitment in time and money. Then we can confidently move on to the in-person admission consultation, which, according to our year-over-year data, results in admission for approximately 90 percent of those seen for consultation.

Steps in the Process

Speaking with the prospective patient

We need to hear from the prospective patient to go over a comprehensive checklist and establish their motivation to seek treatment. This phone interview is scheduled directly with the prospective patient and can take 30-60 minutes.

Gathering clinical information

We will have a conversation with the prospective patient's individual outpatient clinician(s) (therapist/psychiatrist) and request records from recent inpatient/residential stays (within the past three to five years). We may also need medical information.

Discussing finances

A guarantor needs to call to verbally confirm commitment to our prepayment and to financing the initial six-week treatment and evaluation phase.



Take the first step.

Whether you are a prospective patient, a family member, friend, or a referring clinician, every admission starts with a phone conversation.

Call 800.517.4447

Monday-Friday, 8:30 a.m.-5:00 p.m. (Eastern)
to speak with one of our admissions
clinicians or visit:

www.austenriggs.org/admission



Cost of Treatment

Our all-inclusive fees cover room and board, intensive psychotherapy sessions four times a week*, medication management, social work and family therapy (if indicated), nursing care, wellness offerings, access to our Therapeutic Community Program and Activities Program, and more.

**On occasion, due to holidays or therapist absences, interim therapy sessions occur two times/week*

Fee Reductions

Patients and/or the financially responsible party may complete a Fee Reduction Application prior to admission or at any time during treatment. After considering all relevant factors, including a review of available financial resources and the patient's treatment plan, we may provide a fee reduction of up to 30%.



Our rate sheet is available at:

www.austenriggs.org/admission/cost

Health Insurance Coverage

Health insurance plans often provide only limited benefits for psychiatric treatment. Few plans reimburse all costs of long-term residential treatment programs like ours.

Although Riggs is an out-of-network provider, does not contract with any insurance company, and is not a Medicare or Medicaid provider, many insurance companies do agree to support treatment based on initial and ongoing authorizations.

Riggs' utilization review nurse, whose primary role involves obtaining equitable insurance coverage for patients, and our medical staff are skilled at addressing relevant medical necessity issues when insurance companies question the need for continuing treatment. In addition, Riggs provides effective medical necessity and appeal letter templates.



AUSTEN RIGGS CENTER

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Admission inquiries: 800.517.4447

www.austenriggs.org



We are conveniently located just two hours from Boston and three from New York City.

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Licensed by the Massachusetts Department of Mental Health (DMH) and accredited by the Joint Commission