

Who Riggs is For:

- Adults 18+
- People with complex psychiatric needs, frequently with multiple diagnoses
- People for whom other treatments have not worked
- People for whom outpatient treatment is not presently enough, but who don't need the restrictions of an in-patient setting
- People who want to go beyond diagnostic labels, to get to the underlying problems and live a life that is not defined by mental illness

What Former Patients Have To Say:

"Austen Riggs saved my life or, more accurately, gave me my life. When I went to Riggs, at age 18, I felt recognized for the first time ever in my life...I am enormously grateful for the discoveries I made while I was there." —**PHILIP CARLSON**

"I wish there were more places like Riggs. The open environment and the treatment are like none other. They provided me with a freedom that I certainly didn't have anywhere else. You get out of Riggs of what you put into it. That's the bottom line." —**JENN**

www.AustenRiggs.org/alumni-stories

Questions About Admission?

Contact us, Monday-Friday,
8:30 a.m.-5:00 p.m. (Eastern) at 800.517.4447
or scan the code to contact us online.



AUSTEN RIGGS CENTER

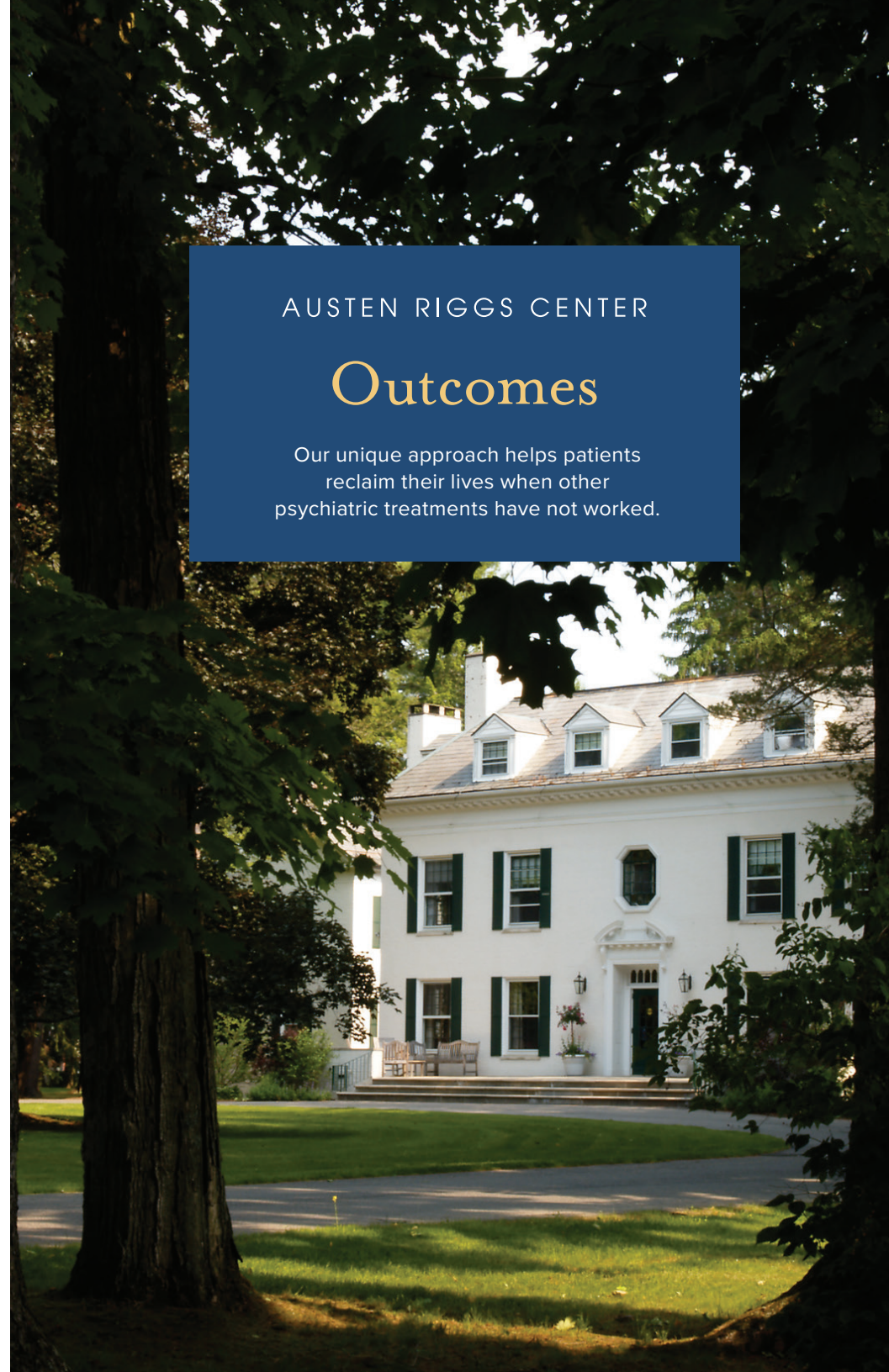
25 Main Street, PO Box 962, Stockbridge, Massachusetts 01262-0962

CONNECT WITH US!  @AustenRiggsCenter  @AustenRiggs

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Outcomes

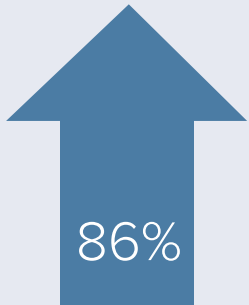
Our unique approach helps patients
reclaim their lives when other
psychiatric treatments have not worked.



Lasting Change

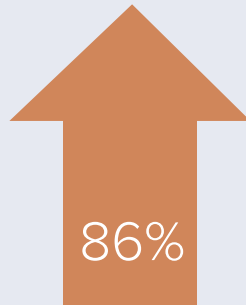
Studies of former Riggs patients over time show:

Reasons for Living



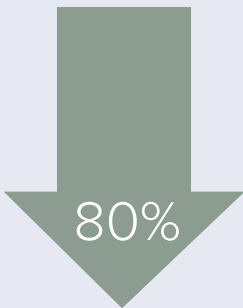
reported an
INCREASE

Resilience



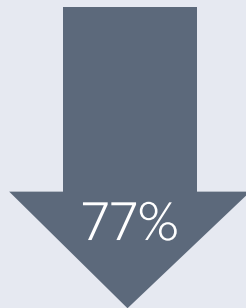
reported an
INCREASE

Suicidal Ideation



reported a
DECREASE

Emotional Pain & Anguish



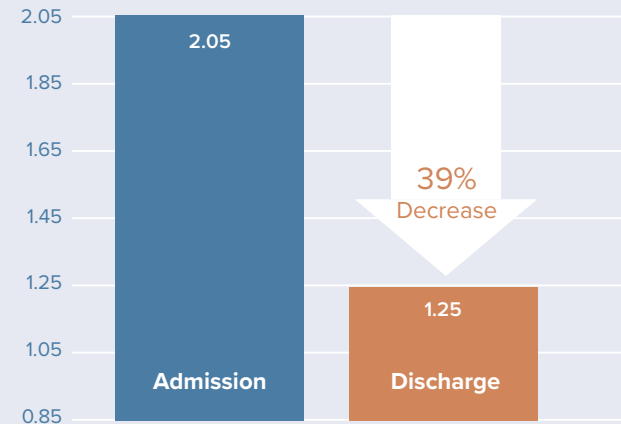
reported a
DECREASE

Sources: Tillman, J. G., Lewis, K. (2019). Trajectories of risk and resilience: longitudinal follow-up of a high risk sample of psychiatric patients. Presented at the 52nd Annual Meeting of the American Association of Suicidology, Washington DC; Clemence, A. J., Lewis, K. (2018). Flexibility and rigidity in object relational functioning: assessing change in suicidal ideation and global psychiatric functioning using the SCORS-G. *Journal of Personality Assessment*, 100(2), 135-144. DOI 10.1080/00223891.2017.1418747

Symptom Relief

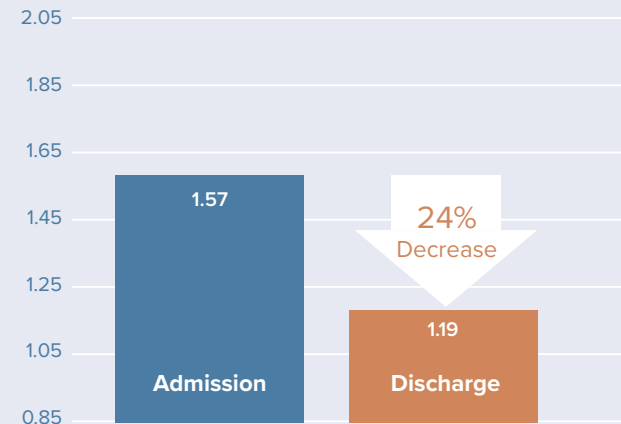
Depression

Austen Riggs Center Patients, Brief Symptom Inventory,
January 2011 – December 2023



Anxiety

Austen Riggs Center Patients, Brief Symptom Inventory,
January 2011 – December 2023



The Brief Symptom Inventory (BSI) is a self-report symptom inventory designed to provide multidimensional symptom measurement and is administered shortly after admission and at discharge. January 2011-December 2023; N=394