Behavioral Health Home Hospital: a Feasibility Pilot

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BACKGROUND

Home hospital provides hospital-level care in patients' homes but has typically excluded individuals with primary active psychiatric conditions.

We conducted a pilot to explore whether a carefully selected, lower-risk group of adults requiring inpatient-level behavioral health care could be safety and effectively treated at home.

METHODS

- Adults presenting to an urban health system between January 1st and April 22nd, 2026, were assessed for eligibility
- Patients required inpatient-level care for depression, anxiety, psychosis, or behavioral and psychological symptoms of dementia
- BHH care model included 2x daily in-home nursing visits, 1x daily remote psychiatric care, psychologist and social worker support, mental health safety checks, wearable monitoring, and a daily therapeutic schedule
- BAM patients otherwise eligible were selected for quasi-control cohort

In this small pilot, behavioral health home hospital appeared **feasible**, **safe**, and **highly acceptable** to patients.

Characteristic	BHH (N = 11)	Brick-and-mortar (BAM) (N = 21)
Median age, years	50	33
Female	81.8%	66.7%
White	63.6%	52.4%
Depression/Anxiety	81.8%	85.7%
Psychosis	18.2%	14.3%
BPSD	0%	0%
Substance use disorder	0%	23.8%
Median length of psychiatric condition, years	12	15
ED use in 6 months prior to admission	54.6%	47.6%
Bachelor's degree or higher	72.8%	47.6%

KEY RESULTS

- 2.6% of patients presenting for acute psychiatric care were eligible for BHH
- Distance from the hospital accounted for 27% of ineligibility
- Length of stay: Median 10.7 days for BHH vs. 8.8 days for BAM
- Median nurse travel time to BHH patient home was 22 mins
- Median visit duration was 1 hour, 10 mins for BHH nurse, 25 mins for BHH psychiatrist, and 49 mins for BHH psychologist
- 100% of BHH patients received intended care

PATIENT EXPERIENCE AND SAFETY

- Median global experience score: 9.5/10
- Median recommend care score: 10/10
- Net Promoter Score: +80
- No BHH patients experienced adverse events, care escalation or transfer back to BAM
- One BAM patient experienced a medication-related adverse event

NEXT STEPS

Future work will evaluate cost and resource use and family caregiver and clinician experience.

ARIADNE LABS

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