Specialized Programs

The Retreat
PART OF THE SHEPPARD PRATT HEALTH SYSTEM

The Retreat at Sheppard Pratt is **dedicated to providing highly personalized, expert psychiatric care in a private and therapeutic environment**. Located in a beautiful, suburban part of Baltimore, Maryland, we are a premier, private pay residential treatment center operated by the nationally-renowned Sheppard Pratt Health System. We offer an intermediate length of stay that ranges from three weeks to several months, with the option to stay even longer at Ruxton House, our transitional living program.

The Retreat and Ruxton House provide unparalleled care for a wide variety of diagnoses, including anxiety, depression, mood, personality, and addictive disorders, among others. We are especially well known for our work with individuals in a period of life transition, including young adults seeking increased independence and personal responsibility, professionals at a crossroads, adults facing retirement and loss, problems in marriage, and other interpersonal difficulties.

QUALITY OF CARE

Residents seek treatment at The Retreat at Sheppard Pratt because we provide exactly the level and intensity of care that is needed to heal. We offer a multi-disciplinary treatment approach to a variety of psychiatric conditions that can be treated safely and effectively in a voluntary, unlocked environment. Treatment is highly individualized to meet the unique needs of each patient, but involves at least five elements:

- Diagnostic assessment: Completion of a comprehensive, expert diagnostic assessment is a primary focus during the first two weeks of treatment at The Retreat. This is a time for pulling together and synthesizing the findings of the treatment team with the patient and planning for the remainder of their stay at The Retreat.
- Psychopharmacological interventions: Psychotropic medications are used with the highest degree of clinical expertise, taking into account the needs and wishes of the patient. We also use Transcranial Magnetic Stimulation (TMS) Therapy as an alternative treatment for those with treatment-resistant depression.
- Individual and group psychotherapy, including dialectical behavior therapy (DBT) and skills training, psychodynamic and cognitive behavioral therapy (CBT).
- Expressive therapies, including art therapy, Eastern movement, meditative practices, and experiential therapy.
- Transition to after care with follow up.

Level of Expertise

A unique feature of The Retreat is the involvement of experienced psychiatrists in the treatment of each resident. Each resident works individually with a psychiatrist who is an expert psychotherapist, and who leads his or her individual treatment team as the primary mental health care provider. The resident meets for individual psychotherapy three hours a week with his or her psychiatrist, in addition to other sessions with experts in multiple areas of therapy:

- Dialectical behavior therapy (DBT)
- Cognitive therapy
- Art therapy
- Recreational therapy
- Movement therapy

In addition, the psychiatrists are integrated into the group therapy programs on The Retreat, co-leading a variety of the groups, from psychodynamics to psychoeducation. They are not simply consultants, but an integral part of the treatment team, lending their high level of expertise and experience to all levels of the patient's treatment.

Comfort and Privacy

The Retreat is a 16-bedroom area located in a secure, comfortable, and private setting in a specially-designed space within Sheppard Pratt Health System that offers residents complete confidentiality and discretion throughout all aspects of their stay. Each resident is assigned one of our 16 newly-renovated private suites, each inclusive of a bath, with all the comforts of home, including television with cable access, bedside phone, internet connection, and the ability to use a personal cell phone.

Those admitted to The Retreat must function at a level where they do not need a locked unit, seclusion, or restraint. At The Retreat, residents have the rights and responsibilities commensurate with an open door policy, which includes free access to leave the grounds during unscheduled periods, following an initial observation period.

The program director, in consultation with the medical director, assesses the presenting issues of each patient seeking admission to determine their clinical appropriateness for the milieu.

CO-OCCURRING PSYCHIATRIC AND ADDICTION DISORDERS

Approximately 35 percent of our residents have psychiatric conditions complicated by alcohol or substance use. We offer a co-occurring disorders track that is integrated into our overall treatment program, and includes individual and group therapies, medical evaluation, psychopharmacology, as well as an emphasis on 12-step groups for the maintenance of long-term sobriety. We have **counselors**, **family therapists,** and psychiatrists with special training and expertise in the evaluation and treatment of these challenging conditions.

Often, treatment focuses only on the psychiatric symptoms or addictive issues. We believe that, for most people, a more comprehensive approach addressing both problems at the same time is the most successful. In addition to standard programming, those in the **co-occurring disorders track** at The Retreat will:

- See a psychiatrist with special expertise in addiction medicine
- Meet with an experienced certified addictions counselor
- Attend The Retreat-based addictions group as well as weekly educational sessions
- Have access to multiple 12-step meetings per day on the Sheppard Pratt Health System campus
- Participate in family therapy sessions in person, or via conference call if face-to-face is not possible

Some of the unique features of The Retreat include:

- Experienced psychiatrists lead each treatment team and are involved in the care of each patient
- Length of stay of three weeks to several months, with option to increase to a longer stay through Ruxton House, our transitional living program
- Access to all consultative specialty services within Sheppard Pratt Health System
- Voluntary, unlocked environment with freedom to leave grounds
- Residents are permitted to use personal cell phones while on The Retreat
- Each resident is assigned a private suite, inclusive of bath, in a newly renovated setting
- Complete confidentiality and privacy throughout stay

LENGTH OF STAY

All residents should anticipate a minimum stay of 20 days in order to complete the diagnostic assessment. Continued length of stay is determined based on the recommendations of the treatment team and the resident's desire to continue receiving care at The Retreat. While the average stay is 30 days, some patients may extend their stay for one to three additional months.

RUXTON HOUSE

For those who might need a longer stay before they can return home successfully, Ruxton House, the transitional living program of The Retreat, offers a supportive, therapeutic, home-like setting where they can reside while continuing their treatment as an outpatient with an emphasis on rehabilitation, recovery, improved self-care, and reintegration into the community. Ruxton House is staffed 24 hours a day by mental health professionals who help residents focus on their outpatient treatment plans and begin the transition back into the community. The house is located only five minutes from Sheppard Pratt Health System's Towson, Maryland, campus.

PAYMENT POLICIES

The Retreat does not participate with any insurance plans. All care is privately funded. An initial nonrefundable prepayment equal to 20 days must accompany each patient at admission. Subsequently, patients are expected to pay in increments of two weeks in advance of receiving ongoing care.

The daily charge at The Retreat is $2,200. This includes all program services and accommodations, as well as professional fees for integral consultations. If patients require additional services that are outside the framework of The Retreat, those services will be billed independently by those providers to the patient or their responsible third party. TMS therapy involves an additional charge, although this is discounted for residents at The Retreat.

MEET OUR TEAM

Thomas Franklin, M.D.
MEDICAL DIRECTOR, THE RETREAT AT SHEPPARD PRATT
Dr. Thomas Franklin is a clinical assistant professor of psychiatry at the University of Maryland School of Medicine and a candidate at the Washington Center for Psychoanalysis. He is Board Certified in Addiction Medicine and Psychiatry, and has extensive experience in psychotherapy, psychopharmacology, and addictions and co-occurring disorders. Dr. Franklin has interest and expertise in the areas of addictions and psychodynamic psychotherapy.

Lois Turner Feig, LCSW-C
PROGRAM DIRECTOR
Lois is a clinical social worker with over 20 years at Sheppard Pratt Health System. Program director of The Retreat since its inception, Lois is able to explain the nuances of The Retreat, including programming, accommodations, and aftercare plans. Lois serves as the initial point of contact for prospective patients, doctors, and families to assess if The Retreat program meets the needs of each individual seeking our services.

Karen McGovern, R.N.
SENIOR NURSE, THE RETREAT AT SHEPPARD PRATT
Karen McGovern has been a psychiatric nurse in Sheppard Pratt Health System for more than 22 years. She has extensive direct patient care experience in many areas of psychiatry, as well as in administration. Karen believes that nursing staff are an integral part of the treatment team and strives to utilize nursing staff to promote respect and quality patient care. In her role, Karen manages the therapeutic milieu, co-leads goals group, provides crisis support, educates on illnesses, mental health, and medication, and assists with daily life skills, activities, and interpersonal relationships..

CONTACT US

We would love to hear from you, whether you have a referral, are interested yourself, believe The Retreat might be right for a family member, or simply want more information.

Lois Turner Feig, Program Director **410-938-3891**
TDD **410-938-3075**

Sheppard Pratt
HEALTH SYSTEM

Sheppard Pratt Health System is dedicated to improving quality of life through mental health, special education, and addiction services for children, adolescents, adults, and older adults. Our patient-centered treatment approach, combined with our legacy of clinical excellence, sets us apart from other health systems on both a local and national level. We have been ranked among the nation's top psychiatric hospitals for 24 consecutive years by ***U.S. News & World Report***.

The services and facilities of Sheppard Pratt and its affiliates are operated on a nondiscriminatory basis. This policy prohibits discrimination on the basis of race, color, religion, gender, sexual orientation, age, national origin, disability, or any other basis proscribed by law. It applies to the provision of services, use of facilities, granting of accommodations, and opportunity to participate in programs or activities.