



Special Education Program

The Jefferson School RESIDENTIAL PROGRAM & DAY SCHOOL

PART OF THE SHEPPARD PRATT HEALTH SYSTEM

[The Jefferson Residential Treatment Center \(RTC\)](#) is a 53-bed licensed treatment center in rural Frederick County, Maryland, for males and females ages 12 to 21 with severe emotional and behavioral problems, who are unable to live safely in the community, and need a specialized educational environment, a therapeutic milieu, and recreational and community-based activities. The average length of stay at The Jefferson RTC is 11 months, with the goal of moving the adolescent back into the community as soon as they are ready.

OUR TREATMENT APPROACH

While under our supervision, we provide 24-hour care in a supportive and nurturing environment. Our multi-disciplinary team works together to develop an individualized treatment plan that addresses both the therapeutic and educational needs of the adolescent. Services are provided by psychiatrists, psychologists, licensed clinicians, activities specialists, occupational therapists, nurses, and residential counselors. The Jefferson RTC also operates a specialized treatment component for sexually reactive boys called RIVERS, as well as a unit for younger males with special developmental needs.

Treatment focuses heavily on dialectical behavior therapy (DBT), and also includes:

- Individual and group therapy
- Family therapy
- Initial and ongoing psychiatric assessments
- Occupational therapy
- Equine-assisted psychotherapy (EAP)
- Medication management
- Educational programming
- Development of independent living skills
- Recreational and community based transitional activities

Our goal is to lay a solid therapeutic foundation so that residents can return to their homes, schools, and communities. We work closely with the families of our residents to form an alliance so that we can communicate, teach more effective coping skills, and help determine the best next step for the adolescent. We also assign each resident a transition team member who meets with the resident and their family to help them transition back into the community as they are ready.

Every child and adolescent deserves to be loved and appreciated, and to learn how to engage in a healthy relationship. We seek to meet the universal needs to belong, to achieve independence, and to display generosity toward others. We have succeeded in our work when a resident is able to leave our RTC and continue living their life, with

no arrests, no repeat visits to our RTC and no inpatient hospitalizations. They are able to remain in their community, manage their emotions, and maintain relationships.

EDUCATIONAL SERVICES

The Jefferson School is a 12-month special education day school and residential school. Our program sits on a 30-acre campus that is fully accessible to both our day and residential students. We integrate both our residential and day students to create a collaborative learning environment that provides compassionate clinical, special education, and prevocational services. Upon enrollment, our team, including an educational case manager, will review the student's Individualized Education Program (IEP), and modify our instructional areas to fit the student's needs to ensure maximum growth.

Our students thoroughly enjoy engaging in all of the unique outdoor and extracurricular activities we are able to provide right on our property. Our beautiful, lush campus includes a baseball, softball, and soccer field, a barn and rink for the Equine-Assisted Therapy Program, and a ropes course. The remaining wooded property also features a full-size gymnasium, library/media center, wood shop, greenhouse, visual and performing arts classrooms, graphic arts lab, as well as an adventure course and hiking trails. We also provide our students with a fully equipped occupational therapy clinic that provides traditional occupational therapy services, as well as sensory integration approaches.

Utilizing a student-centric, team-based approach, we implement the Maryland State Curriculum in conjunction with Common Core Standards, in addition to providing psychological assessment and counseling to help our students transition into the community and lead successful lives. Our highly qualified, certified teachers and therapists implement L.I.F.E (learning for independence, functionality and employability), and offer our students a number of vocational programs, including, business, carpentry, horticulture, and foreign language. As an outcome-oriented school, our treatment focuses heavily on dialectical behavior therapy (DBT) both in the classroom and in residential settings as a way to teach our students effective and healthy behavior management skills.

Our dedicated staff works hard to meet the needs of each of our students and residents, and for students requiring more medical attention, we offer full-time nursing care and access to an experienced psychiatrist for medication management and psychiatric crisis management needs. Our teachers understand the importance of keeping parents engaged in their child or adolescent's education, and understand that for many who do not live close to our location or who work full time, day-time events may be challenging. With this in



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mind, we offer evening events and activities throughout the year, including back to school night and a talent show. Our educational case managers also communicate regularly with parents, providing progress updates as to each student's growth. We also share quarterly letters, report cards, and a daily point sheet (for day students).

Our school, categorized as Type I, is approved by the Maryland State Department of Education (MSDE).

REFERRING TO OUR PROGRAM

Residents are referred to The Jefferson RTC by Department of Social Services, Department of Juvenile Services, the local Core Service Agency, a referring psychiatrist, or by their families.

MEET OUR TEAM

Thomas Graham, MSW, CRCCP

DIRECTOR OF RESIDENTIAL PROGRAMS AND RELATED SCHOOLS

Thomas Graham has been the director of residential programs and related schools for Sheppard Pratt Health System for the past eight years. Previously he served as the director of residential services at St. Joseph's Villa in Rochester, NY, and was also the director of acute services and quality improvement for the Via Health System Behavioral Health Network. He has served on the Maryland Association of Resources for Youth and Families Board of Directors and is a former president of that Board. He also served for two years as a commissioner for the Department of Social Services Board of Baltimore City and currently serves on The Mosaic Community Services Board of Directors.

Maureen McGuire, LCSW-C

DIRECTOR

Maureen McGuire is a graduate of the University of Maryland at Baltimore School of Social Work and holds an Advanced Clinical Supervision Certificate from Smith College School of Social Work. In addition to supervising Smith College's social work interns since 1998, McGuire has also held roles in the Board of Child Care, the Family Counseling Center of Baltimore, Inc., Taylor Manor Hospital, Johns Hopkins Hospital, and the Circuit Court for Baltimore City. Previously, Maureen served as the clinical director and therapeutic services director at The Berkeley and Eleanor Mann Residential Treatment Center in Baltimore, MD.

Sherry McCall Ross, M.Ed.

PRINCIPAL

Sherry McCall Ross comes to The Jefferson School from Cheltenham Youth Facility, part of the State of Maryland's MSDE Juvenile Services Education Program. She has

also served as principal of Kennedy Krieger School: Fairmont Campus and Maryland Correctional Pre-Release System. Sherry holds a B.A. in Education and a M.Ed. in Administration/Supervision.

Lesly H. Baugh, M.D.

MEDICAL DIRECTOR

Dr. Lesly Baugh has served as the medical director for The Jefferson School RTC and day school since 2000. She has developed medical education and psychopharmacologic programs in both RTC and school settings. Dr. Baugh completed her undergraduate degree at New York University and received her Doctorate from University of Medicine and Dentistry of New Jersey Medical School. She completed her post graduate training at Mt. Sinai Hospital and Columbia Presbyterian Hospital in New York City, NY. Dr. Baugh is Board Certified in both adult psychiatry and child and adolescent psychiatry.

PART OF SHEPPARD PRATT HEALTH SYSTEM

Because we are part of Sheppard Pratt Health System, our staff has access to the best training, treatment practices, and current technology; this allows us to provide your child with the best education to meet his or her needs. In addition, we actively collaborate with other Health System schools and professionals to ensure that we are sharing experiences, lessons, and best practices across the various special education programs.

CONTACT THE JEFFERSON SCHOOL

For more information about The Jefferson School, please call **240-315-0200**.



[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](#).

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