

# Deaf Adult Program

Whether accessing care for yourself or a loved one, choosing a provider is an extremely important decision. Because we are a free-standing system focused solely on mental health treatment, healing, and recovery, we are able to provide our adult patients 18 and over, including our deaf adult patients, with the specialized care they need in a supportive and compassionate environment.

The Deaf Adult Program, offered as a track within our Adult Specialty Unit on our Towson campus, is an extremely unique inpatient program that is both environmentally and socially tailored to meet the psychiatric needs of patients who are Deaf, hard of hearing, late deafened, or Deaf-blind.

## ADMISSIONS

To make referrals to the Deaf Adult Program, contact our Admissions Office about bed availability. Should there be no open beds on the Deaf Adult Program or should the patient be more appropriately served in one of our subspecialty units, we will work to facilitate patient care on other units until the most effective treatment modality is achieved.

## INPATIENT CARE

We accept patients meeting admissions criteria seven days a week, 365 days a year, upon completion of a referral. Patients can be self, family, emergency room, or doctor/therapist referred.

Our adult inpatient psychiatric services, including our Deaf Adult Program, provide intense therapeutic assessment, intervention, and treatment to stabilize those individuals in crisis. Inpatient treatment is the most intensive level of care, and is meant for those patients whose mental condition requires admission to a hospital, where they can be monitored 24 hours a day.

## OUR STAFF

Our staff is trained to recognize the diversity not only in our patients' clinical presentations but also in their wide range of communication and cultural needs. One of the most unique aspects of this program is our adaptability in meeting our patients' diverse psychiatric needs while addressing various degrees of hearing loss, linguistic abilities, cognition skills, and safety.

We have certified interpreters on staff in order to maximize the effectiveness of linguistic and cultural needs.

## TREATMENT PROCESS

Our expert interdisciplinary approach provides short-term treatment and stabilization for patients, 18 years of age or older, presenting with difficult-to-manage psychiatric diagnoses, such as:

- Psychosis
- Depression, bipolar, and other mood disorders

- Anxiety disorders
- Schizophrenia and schizoaffective disorders
- Developmental and intellectual disabilities
- Adjustment disorders
- Personality disorders
- Obsessive compulsive and related disorders
- Disruptive, impulse control, and conduct disorders

Patients on this unit meet daily with a treatment team that is led by a psychiatrist and also includes a nurse who serves as a patient treatment coordinator and a social worker. The treatment team uses the below services as needed to provide expert care to patients:

- Medication management
- Electroconvulsive therapy (ECT)
- Individualized behavioral plans
- Educational groups
- Movement therapy
- Discharge and aftercare planning

## THE MILIEU

The milieu is the safe therapeutic environment created to maximize each patient's recovery. This includes a focus on structure, support, and repetition that is necessary for success.

Each day, the program begins with a community meeting that provides each person the opportunity to analyze their mood, create a safety commitment, and establish individualized treatment goals for the day.

Patients are encouraged to take an active role in their therapy by attending therapeutic groups designed to provide a holistic approach to their mental health rehabilitation.

Group sessions are available to educate patients about:

- Understanding psychiatric illness
- Understanding medication and therapies
- Body awareness and movement therapy
- Impulse control
- Boundary awareness
- Affect regulation
- Anger management
- Understanding and utilizing coping skills
- Making healthy choices
- Understanding and managing mood

Each evening, the community reconvenes to discuss and celebrate the progress each person has made toward their treatment goals.

#### **PAYMENT POLICIES**

We participate with Maryland Medicaid and Medicare and many major insurance companies. Because of variations between policies, it is best to contact your insurer directly to determine whether we are in their network for your plan.

#### **DIRECTIONS**

Please call our admissions office at 410-938-3800 or visit [sheppardpratt.org/locations](http://sheppardpratt.org/locations) for directions.

#### **CONTACT THE DEAF ADULT PROGRAM**

For more information, please call:

**410.938.3000 Voice**

**410.938.3075 TTY**

**443.275.5517 Video Phone**



[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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