

[The Harry Stack Sullivan Day Hospital](#), or Sullivan Day Hospital, is a partial hospitalization program (PHP) where patients reside at home, but commute to the hospital weekdays for intense treatment from 8:30 a.m. to 3:30 p.m. Treatment is designed to specifically address the needs of adults with psychotic disorders or chronic schizophrenia, and to reduce the chances of inpatient hospitalization. This highly specialized day hospital, located on Sheppard Pratt's Towson campus, is the only one of its kind in Maryland. It can serve as a transition or step down from inpatient treatment, or it can help individuals maintain their independence in the community by providing the intense therapy, structure, and medical attention needed during daytime hours.

OUR PROGRAM

The Sullivan Day Hospital is a highly structured day hospital for the treatment of serious and persistent mental illness with psychosis. The programming is primarily group therapy-based, and each patient is assigned an individual therapist, either a social worker or case manager, whom they are able to see as often as needed.

For many of our patients, treatment goals include:

- Reduction of psychotic symptoms
- Adjustment of psychotropic medications
- Wellness education
- Family psycho-education
- Improvement in daily functioning

A part of Sheppard Pratt Health System's unique continuum of care, the Sullivan Day Hospital offers skilled nursing and social work services, and assistance with transitioning into the community and social services, including help with housing, securing benefits, and referrals for vocational training. The day hospital also offers psychiatric occupational therapy services and activities. Breakfast is served daily, and lunch is provided for our patients on Fridays.

We are also able to provide additional services, such as crisis bed and psychiatric and residential rehabilitation, through our affiliates: Alliance, Behavioral Health Partners, Family Services, Mosaic Community Services, and Way Station.

As part of our program, patients of Sheppard Pratt Health System or our affiliates can try the day hospital first, to determine if it is the right step down or step up treatment approach for them.

OUR STAFF

The caring, multidisciplinary treatment team includes staff psychiatrists with expertise in the psychopharmacology of serious mental illness, as well as registered nurses, social workers, and occupational therapists. Our team works with each patient to reduce psychotic symptoms, adjust psychotropic medication as needed, improve daily functioning, and help the patient transition to the appropriate aftercare programs.

OUR APPROACH TO TREATMENT

Our program offers patients a highly structured, therapeutic environment where they can receive treatment during day time hours.

Our treatment approach includes:

- Complete psychiatric evaluation, including medication management, by a staff psychiatrist with specific expertise in the treatment of serious mental illnesses
- Full-time multidisciplinary staff of caring professionals credentialed in nursing, occupational therapy, and social work
- Individualized case management with referral to appropriate follow-up care
- Individual and group therapy, as well as addiction counseling, as needed
- Family psychoeducation
- Movement, music, and art therapy
- Mental health education
- Social skills training
- Cognitive skills building
- Vocational readiness activities
- Lab services available through referral

The average length of treatment for our patients is 28-30 days. Prior to discharge, patients must have an outpatient treatment plan in place, daytime structure (work, volunteer work, school, etc.), housing, and a medication plan.

ADMISSIONS

Patients 18 years of age or older may be admitted to the Sullivan Day Hospital as long as their primary diagnosis is a major mental disorder with psychosis. Patients may also step down from inpatient units, or step up from a lesser level of care in the community. We are able to admit patients very quickly (within 24 hours if necessary) Monday through Friday, as long as the patient has been medically cleared. Please contact Marlene Shapiro, LCSW-C, program director, at 410-938-4710 for more information.

We do not accept patients with active substance use, delirium or dementia, organic brain syndrome, or mental retardation, but can direct these patients to another program within Sheppard Pratt Health System or the community.

PAYMENT POLICIES

We participate with Maryland Medicaid and Medicare, as well as 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.

CONTACT THE SULLIVAN DAY HOSPITAL

For more information about the Sullivan Day Hospital, please contact Marlene Shapiro, LCSW-C, program director, at **410-938-4710**.



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 25 consecutive years by [*U.S. News & World Report*](#).

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