

# Child & Adolescent Services

We understand that your child is your priority and strive to provide our patients with the specialized care they need in a supportive and compassionate environment. **Our [child and adolescent services](#) serve patients ages four to 18** who need rapid and comprehensive evaluation and stabilization during acute episodes, and placement in an appropriate level of care at other times or once the crisis has stabilized. These services, offered on both our Towson and Ellicott City campuses, as well as through our affiliate partnerships, include **inpatient units, a day hospital, respite, residential, and outpatient services.**

## ADMISSIONS

**We accept children and adolescents meeting admissions criteria seven days a week, 365 days a year, upon completion of a referral.** Patients in this age group can be family/legal guardian, emergency room, or doctor/therapist referred. To discuss or refer inpatient admissions to either our Towson campus or Ellicott City campus, please call 410-938-3800.

## INPATIENT CARE

Our child and adolescent inpatient psychiatric services provide intense therapeutic assessment, intervention, and treatment to stabilize those 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, seven days a week. One of the things that makes Sheppard Pratt's child and adolescent services unique is that we separate our child and adolescent inpatient units and the child and adolescent day hospital from the rest of the patient population. These units are then further broken down by age, so that our child unit admits children between four and 12 years of age, and our adolescent units, which are gender-specific, admit patients ages 13 to 18. This way, patients within these age groups are placed with others at a similar point in their lives, so that they feel comfortable in their environment. Our child and adolescent inpatient services include:

### Towson Campus:

- Child Unit: Treatment for patients ages four to 12 with a psychiatric condition, mood disorder, and/or attention deficit hyperactivity disorder (ADHD).
- Crisis Stabilization Adolescent Units: Provide treatment to patients ages 13 to 18, who are experiencing a psychiatric emergency or are in need of urgent care.
- Child and Adolescent Neuropsychiatric Unit: Treatment for patients between ages four and 18 who have co-occurring developmental and psychiatric disorders.

- Eating Disorders Inpatient Services: Part of The Center for Eating Disorders at Sheppard Pratt.

### Ellicott City Campus:

- Adolescent Unit: Crisis stabilization and treatment for patients ages 12 to 17 with all psychiatric conditions and diagnoses.

## DAY HOSPITAL CARE

Our day hospital services, also referred to as partial hospitalization programs (PHP), are **a step below inpatient hospitalization in terms of level of treatment.** When admitted to one of our day hospitals, the patient receives intense therapy for at least 6.5 hours each day. Our child and adolescent day hospital services include:

### Towson Campus:

- Adolescent Day Hospital: Clinically-intensive day program for adolescents between the ages of 13 and 18 with serious psychiatric problems. Therapy takes place Monday through Friday from 8 a.m. until 3:30 p.m.
- Child Day Hospital: Clinically-intensive day program for children between the ages of five and 12 with serious psychiatric problems. Therapy takes place Monday through Friday from 8 a.m. until 3:30 p.m.
- Eating Disorders Day Hospital: Part of The Center for Eating Disorders at Sheppard Pratt.

## RESPITE AND RESIDENTIAL TREATMENT PROGRAMS

Our respite and residential treatment programs serve adolescents between 12 and 21 years of age with severe emotional and behavioral issues, requiring the structure and support of a 24-hour therapeutic living environment. **Residents admitted to these programs receive an individualized treatment plan that addresses both therapeutic and special education needs.** Our respite and residential treatment programs include:

- The Jefferson Residential Treatment Center: Licensed treatment center in rural Frederick County, Maryland, that serves children and adolescents ages 12 to 21 with severe emotional and behavioral problems.
- The Berkeley & Eleanor Mann Residential Treatment Center: Licensed treatment center in Towson, Maryland, that serves children and adolescents ages 12 to 21 with severe emotional and behavioral problems.

### OUTPATIENT CARE

**Our outpatient level of care is the least restrictive form of therapy.** Outpatient services are a key component in the continuum of care, as they offer long-term treatment and support as the patient works toward healing and recovery. Through Sheppard Pratt Health System, we offer an eating disorders outpatient program and a neuropsychiatry outpatient program.

Outpatient treatment options for children and adolescents, including group and individual therapy and medication management, are available through our affiliates and partners at various outpatient locations throughout Maryland. These affiliates and partners include:

- [Alliance, Inc.](#), 410-282-5900
- [Family Services, Inc.](#), 301-549-3602
- [Frederick Behavioral Health Partners](#), 301-663-8263 x264
- [Mosaic Community Services](#), 410-453-9553
- [Way Station, Inc.](#), 301-662-0099

### 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.



[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.