

# Adult Services

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 with the specialized care they need in a supportive and compassionate environment.

Our adult services, offered on both our Towson and Ellicott City campuses, as well as through our affiliate partnerships, include **inpatient units, day hospitals, intensive outpatient programs, rehabilitation programs, and community-based mental health services**. We try to group our patients by population and disorder, so that we are able to provide the most focused treatment possible, and so that our patients are comfortable in their surroundings.

## ADMISSIONS

At Sheppard Pratt Health System, we're dedicated to helping you or your loved one find the mental health treatment you need, as easily as possible. Our admissions coordinators make the referral and admissions process simple and straightforward by answering all of your questions and connecting you to the appropriate program or unit for your needs.

A treating clinician may call Sheppard Pratt Health System Admissions directly at **410-938-3800** to arrange for a direct admission to the hospital, as long as the patient is medically stable and has been evaluated by the clinician within 24 hours of the proposed admission (this is typically an insurance requirement). The clinician will be asked to provide clinical information to the admissions staff.

Patients that are not currently receiving treatment can be directed to any local emergency room for psychiatric evaluation and medical clearance or can schedule an Urgent Assessment appointment at Sheppard Pratt Health System by calling **410-938-HELP (4357)**.

## 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 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 adult inpatient services include:

### Towson Campus:

- Crisis Stabilization Unit: Treatment for patients with depression, bipolar disorder, and personality disorder, among others.
- Co-Occurring Disorders Inpatient Services: Treatment for patients with addiction and mental disorders.
- Eating Disorders Inpatient Services: Part of our Center for Eating Disorders at Sheppard Pratt.
- Psychotic Disorders Unit: Treatment for patients with chronic schizophrenia.
- Adult Neuropsychiatry Track: Treatment for patients with developmental disorders and psychiatric conditions.
- Adult Specialty Unit: Treatment for patients with symptoms of psychosis.
- Deaf Adult Program: Specialized track on the Adult Specialty Unit to provide care for D/deaf adults with a psychiatric disorder.
- Trauma Disorders Inpatient Services: Part of the Trauma Disorders Program.
- Young Adult Unit: Treatment for patients between 18 and 30 years old.

### Ellicott City Campus:

- Adult Unit: Treatment for patients with general psychiatric disorders.
- Co-Occurring Disorders Unit: Treatment for patients with addiction and mental disorders.
- Fenton General Adult Unit: Treatment for patients with general psychiatric disorders.

## 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. We accept patients from one of our inpatient units or specialty program inpatient services, as well as from our Crisis Walk-In Clinic (CWIC), Scheduled Crisis Intervention Program (SCIP), or a clinician referral. When admitted to one of our day hospitals, the patient receives intense therapy for at least 6.5 hours each day. Our adult day hospital services include:

### Towson Campus:

- Adult Day Hospital General Adult Track: Intense treatment for patients experiencing anxiety-related symptoms, changes in mood, behaviors, thought processes, and/or the ability to function. Therapy takes place Monday through Friday from 8:30 a.m. until 4 p.m.
- Adult Day Hospital Co-Occurring Disorders Track: Intense treatment for patients with both a psychiatric illness and an addiction or chemical dependency

diagnosis. Therapy takes place Monday through Friday from 8:30 a.m. until 4 p.m.

- Eating Disorders Partial Hospital Program: Part of our Center for Eating Disorders at Sheppard Pratt.
- Harry Stack Sullivan Day Hospital: Intense treatment for patients with schizophrenic spectrum disorders or disorders with a psychotic component.

#### Ellicott City Campus:

- Adult Day Hospital: Intense treatment for patients with all psychiatric conditions. Therapy takes place Monday through Friday from 8 a.m. until 3 p.m.

#### INTENSIVE OUTPATIENT CARE

Our intensive outpatient programs (IOPs) serve as another level of care for patients moving through one of our continuums. They offer an additional step down from the intensity of inpatient or day hospital services, while still providing more structure and support than traditional outpatient therapy.

Patients participate in three groups per day for a minimum of six hours a week, for a total of no more than 15 hours a week. IOP services take place Monday through Friday, between 8:30 a.m. and 11:30 p.m., and are provided by a multi-disciplinary staff, and also include a psychiatrist, social worker, and psychiatric nurse.

We also offer an eating disorder IOP through our Center for Eating Disorders at Sheppard Pratt.

#### OUTPATIENT CARE

Our outpatient level of care is the least restrictive form of therapy. Through Sheppard Pratt Health System, we offer an eating disorders outpatient program, a neuropsychiatry outpatient program, and a trauma outpatient program. While we have very limited outpatient services outside of our specialized programs, we try hard to work with our patients to refer them to one of our affiliates or partners outside of the Health System.

These affiliates and partners include:

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

#### 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.