

## A RESIDENTIAL SETTING FOR EXPERT PSYCHIATRIC CARE. A NURTURING HAVEN FOR HOPE.

[The Retreat at Sheppard Pratt](#) provides intensive, personalized psychiatric care in a discreet residential environment to treat a wide range of behavioral health conditions, including depression, treatment-resistant depression, anxiety, mood and personality disorders, addictive behaviors, and more.

Located on a beautiful, suburban campus in the Baltimore-Washington metropolitan area, we are a premier, self-pay residential treatment center operated by the nationally-renowned Sheppard Pratt Health System.

We are especially well known for our work with individuals at various life stages, including young/emerging adults, professionals who are at a crossroads, and adults who are dealing with a variety of life stressors, such as retirement and loss, problems in marriage, and other interpersonal difficulties.

At The Retreat, we provide an intensive, highly personalized assessment and treatment program so that each resident has the opportunity to make meaningful progress toward recovery.

## PERSONALIZED, EXPERT CARE

### Quality of Treatment

- Psychotherapy tailored to each resident's needs
- Full spectrum of leading-edge psychiatric care
- Nine doctors and 60 staffers: 4:1 staff-to-resident ratio
- Experienced psychiatrists lead each resident's treatment team
- Part of the nationally renowned Sheppard Pratt Health System

Residents seek treatment at The Retreat because we provide exactly the level and intensity of care that is needed to heal. We offer a multidisciplinary treatment approach to a variety of psychiatric conditions that can be treated safely and effectively in a voluntary, unlocked environment. We also offer access to all consultative specialty services within Sheppard Pratt Health System. Treatment is highly individualized to meet the unique needs of each resident, and involves at least five elements:

- **Diagnostic assessment:** Completion of a comprehensive diagnostic assessment is a primary focus during the first two weeks of treatment. This is a time for pulling together and synthesizing the findings of the treatment team with the resident and planning for the remainder of their stay.

- **Psychopharmacological interventions:** Psychotropic medications are used with the highest degree of clinical expertise, taking into account the needs and wishes of the resident. We also use [Transcranial Magnetic Stimulation \(TMS\) Therapy](#) as an alternative treatment for those with treatment-resistant depression.
- **Individual and group psychotherapy:** Includes [Dialectical Behavior Therapy \(DBT\)](#) and skills training, psychodynamic therapy, and cognitive behavioral therapy (CBT).
- **Expressive therapies:** Includes [Art Therapy](#), [Eastern Medicine, acupuncture](#), [Eastern Movement Therapy](#), meditative practices, and experiential therapy.
- **Transition to aftercare with follow-up.**

### Level of Expertise

A unique feature of The Retreat is the involvement of experienced doctors in the treatment of each resident. Each resident works individually with a doctor who is an expert psychotherapist, and who leads his or her individual treatment team as the primary mental health care provider. The resident meets for individual psychotherapy three times per week with his or her psychiatrist, in addition to other sessions with experts in multiple areas of therapy.

In addition, the doctors are integrated into the group therapy programs on The Retreat, co-leading a variety of the groups, from psychodynamics to psychoeducation. They are not simply consultants, but an integral part of the treatment team, lending their high level of expertise and experience to all levels of the resident's treatment.

### Co-Occurring Disorders

Approximately 40 percent of our residents have psychiatric conditions complicated by alcohol or substance use. We offer a [Co-Occurring Disorders Track](#) that is integrated into our overall treatment program, and includes individual and group therapies, medical evaluation, and psychopharmacology, as well as an emphasis on 12-step groups for the maintenance of long-term sobriety. We have counselors, family therapists, and doctors with special training and expertise in the evaluation and treatment of these challenging conditions.

At other places, treatment often focuses only on the psychiatric symptoms or addictive issues. We believe that, for most people, a more comprehensive approach addressing both problems at the same time is the most successful.

## HEALING ENVIRONMENT

### Comfort and Privacy

The Retreat is a 16-suite area located in a secure, comfortable, and private setting in a specially-designed space within Sheppard Pratt Health System, that offers residents complete confidentiality and discretion throughout all aspects of their stay. Each resident is assigned one of our newly-renovated private suites, each inclusive of a full bath, with all the comforts of home, including television with cable access, bedside phone, Internet connection, and the ability to use a personal cell phone.

Those admitted to The Retreat must function at a level where they do not need a locked unit, seclusion, or restraint. At The Retreat, residents have the rights and responsibilities commensurate with an open door policy, which includes free access to leave the grounds during unscheduled periods, following an initial observation period.

The admissions coordinator, in consultation with the medical director and program directors, assesses the presenting issues of each resident seeking admission to determine their clinical appropriateness for the milieu.

- 16 luxurious suites with private bathrooms, cable, and WiFi
- Intimate residential setting on a beautiful, lush campus
- Open and unlocked facility, personal digital devices allowed
- Exclusive access to nearby health club and swimming pool
- Convenient Mid-Atlantic location in the Baltimore-Washington metropolitan area

## EXTENDED TREATMENT

For those who require a longer stay before they can return home successfully, Ruxton House, the transitional living program of The Retreat, offers a supportive, therapeutic, home-like setting where they can reside while continuing their treatment as an outpatient with an emphasis on rehabilitation, recovery, improved self-care, and reintegration into the community. Ruxton House is staffed 24 hours a day by mental health professionals who help residents focus on their outpatient treatment plans and begin the transition back into the community. The house is located in a beautiful neighborhood only five minutes from Sheppard Pratt Health System's Towson, Maryland campus.

## LENGTH OF STAY

While the average length of stay is 35 days, all residents should anticipate a minimum stay of 20 days in order to complete the diagnostic assessment. Continued length of stay is determined based on the recommendations of the treatment team and the resident's desire to continue receiving care at The Retreat.

## PAYMENT POLICIES

The Retreat is a self-pay residential program for individuals 18 and older. Residents feel that an investment in a stay at The Retreat is money well spent, as they realize there is finally an end to their suffering and that they, and their loved ones, can begin to heal.

We believe a self-pay program is advantageous due to the flexibility and freedom of more treatment options without third party interference. Additionally, a self-pay program prevents limitations of service, and all care decisions are made in consultation with the resident and their loved ones.

The daily fee at The Retreat includes:

- Doctor's fees
- Consultations
- A 4:1 staff-to-resident ratio
- All medications
- 24/7 nursing care
- 38 hours of therapeutic programming/week, including yoga, tai chi, music therapy, art therapy, Eastern medicine, and more
- Private suite with private bathroom
- Chef-prepared meals
- Therapeutic outings

## MEET OUR TEAM



**Thomas Franklin, M.D.**  
**MEDICAL DIRECTOR, THE RETREAT**  
**AT SHEPPARD PRATT**

Dr. Thomas Franklin is a clinical assistant professor of psychiatry at the University of Maryland School of Medicine and a graduate analyst, having trained at the Washington Psychoanalytic Institute. He is Board Certified in Addiction Medicine and Psychiatry, and has extensive experience in psychotherapy, psychopharmacology, addictions, and co-occurring disorders. Dr. Franklin previously served as medical director of Ruxton House, The Retreat's transitional living program, before assuming the role of medical director of The Retreat in 2014. Dr. Franklin teaches, writes, speaks, and consults on psychoanalysis, psychotherapy, stigma, psychiatric hospital care, and mental health policy.



**Miles Quaytman, M.D.**  
MEDICAL DIRECTOR, RUXTON HOUSE  
ASSOCIATE MEDICAL DIRECTOR, THE  
RETREAT AT SHEPPARD PRATT

Dr. Miles Quaytman is a clinical assistant professor of psychiatry at the University of Maryland School of Medicine and supervises residents in the combined

University of Maryland/Sheppard Pratt Psychiatry Residency Program. He has been a member of the medical staff at Sheppard Pratt Health System for more than 29 years, holding many leadership positions in resident, partial hospitalization, and outpatient settings.



**Karen McGovern, R.N.**  
PROGRAM DIRECTOR, THE RETREAT  
AT SHEPPARD PRATT

Karen McGovern has been a psychiatric nurse in Sheppard Pratt Health System for more than 26 years. She has extensive direct resident care experience, as well as experience in utilization review, coding, and

management. Karen manages the 24-hour operations of The Retreat, overseeing the program's admissions process and ensuring quality customer service. She strives to provide a safe environment where people can heal and recover.



**Beth Gylan, MSN, RN-BC**  
PROGRAM NURSE MANAGER,  
THE RETREAT AT SHEPPARD PRATT

Beth Gylan is a board-certified psychiatric and mental health nurse with a master's degree in Nursing Management and Leadership. She began her work at The Retreat in 2017, coming from a diverse

background which includes work in mental health, management, and theatre. She believes in treatment of the whole person through building supportive, therapeutic relationships in a warm and welcoming environment.



**Lane Hicks**  
PROGRAM MANAGER, RUXTON HOUSE

Lane Hicks has been managing community-based treatment organizations since 2000 and joined the Sheppard Pratt Health System team in 2012. He is especially skilled in the creation of residential

environments that empower people who experience mood, personality, and thought disorders to take charge of their lives and direct their future. Lane has used resident-driven teams to change the way that individuals participate in their treatment through the residential environment. Lane also has extensive experience leading long-term co-occurring residential programs.



**Kelly Seckman, LCSW-C,**  
ADMISSIONS COORDINATOR, THE RETREAT  
AT SHEPPARD PRATT

Kelly Seckman has been a licensed clinical social worker for more than 15 years working with adults, children, and families. She has worked doing intake and assessment in a variety of settings

including mental health clinics and schools. Kelly strives to make the residents' experience at The Retreat a positive one, starting at first contact.

#### CONTACT US

We would love to hear from you, whether you have a referral, are interested yourself, believe The Retreat might be right for a family member, or simply want more information.

Admissions Coordinator **410.938.3891**  
TDD **410.938.3075**



**Sheppard Pratt Health System** (SPHS) is the largest private, non-profit provider of mental health, substance use, special education, and social services in the country. A nationwide resource, SPHS provides 2.3 million services annually across a comprehensive continuum of care. Since its founding in 1853, SPHS has been innovating the field through research, best practice implementation, and a focus on improving the quality of mental health care on a global level. SPHS has been consistently ranked as a top national psychiatric hospital by [U.S. News & World Report](#) for the past 27 years.

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