

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

Sheppard Pratt Health System's [co-occurring disorders services](#) provide integrated treatment to a wide range of patients with co-occurring psychiatric and addiction disorders. We offer a full continuum of care to our patients, including:

- Co-occurring-specific inpatient units
- Day hospital (partial hospitalization) treatment with a co-occurring disorders track
- Intensive outpatient program (IOP)
- Co-occurring treatment tracks within many of our specialized programs
- Outpatient programs through our affiliates
- Alcohol education programs through our relationship with The Kolmac Clinic

INPATIENT HOSPITALIZATION

This is the most intensive level of care, where a patient is monitored 24 hours a day. We offer the following units to stabilize and treat patients with co-occurring disorders:

- **[Co-Occurring Disorders Unit-Ellicott City Campus:](#)** This is an 18-bed, short-term stabilization unit for adults between 18 and 65 years of age. The average length of stay is approximately five to 10 days.
- **[Co-Occurring Disorders Unit-Towson Campus:](#)** This is a 22-bed, short-term stabilization unit for adults between 18 and 65 years of age. The average length of stay is approximately five to 10 days.
- **[Substance Abuse Track within The Center for Eating Disorders Inpatient Program:](#)** This is a specialty track for patients struggling with both eating disorders and substance abuse issues.
- **[Co-Occurring Disorders Treatment Track at The Retreat:](#)** This is a fully integrated specialty track within The Retreat, Sheppard Pratt's self-pay residential program.

Patients admitted to an inpatient unit on either our Towson or Ellicott City campus are evaluated and treated during their short-term stay by a multidisciplinary team of professionals. In addition to a thorough diagnostic assessment, we also offer detoxification, pharmacological, psychotherapeutic, and group interventions. We believe in a team-based approach to care, which includes not only

the psychiatrist and nursing staff, but also the services of a social worker and occupational therapist.

Our approach to care also includes:

- Symptom management
- Crisis stabilization
- Introduction to the 12-step model
- Facilitation of coping and self-management skills
- Patient and family education
- Development of a discharge plan suited to each patient's individual needs, including referrals to community-based services and programs, such as rehabilitation programs and half-way houses that fit within the framework of a patient's available benefits and resources

INPATIENT ADMISSIONS

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.

DAY HOSPITAL (PARTIAL HOSPITALIZATION) TREATMENT & INTENSIVE OUTPATIENT PROGRAM (IOP)

Day hospital, or partial hospitalization, is a lower level of care than inpatient treatment. While the person spends five days a week from 8:30 a.m. until 4 p.m. receiving intense therapy and treatment, they are discharged every evening to eat dinner and sleep at their home. The IOP is similar to the day hospital, but patients remain in treatment on a part-time basis as they begin to transition to a lower level of care.

We offer the following options for day hospital and IOP treatment:

- **[Co-Occurring Disorders Track within the Adult Day Hospital:](#)** Part of the Adult Day Hospital on our Towson campus, adults 18 and older admitted to this track receive care from a treatment team that specializes in addiction and substance use. At this level of care the patient is treated by a psychiatrist at least two and up to as many as five days a week, depending on their individual needs.
- **[Substance Abuse Track within The Center for Eating Disorders Partial Hospital Program:](#)** This is a specialty track for patients struggling with both eating disorders and substance abuse issues.

Within our Adult Day Hospital, our approach to care includes:

- Symptom management
- Crisis stabilization

- Introduction to the 12-step model
- Introduction to cognitive behavioral therapy (CBT)
- Facilitation of coping and self-management skills
- Patient and family education
- Development of a discharge plan suited to each patient's individual needs, including referrals to community-based services and programs, such as rehabilitation programs and half-way houses that fit within the framework of a patient's available benefits and resources

OUTPATIENT CARE

Our outpatient level of care is the least restrictive form of treatment. Through our affiliate and partner relationships, we are able to provide options for outpatient care throughout Maryland.

These affiliates and partners include:

- Alliance, Inc. – **410-282-5900**
- Family Services, Inc. – **301-549-3602**
- Behavioral Health Partners – **301-663-8263 x264**
- Mosaic Community Services – **410-453-9553**
- Way Station, Inc. – **301-662-0099**

ALCOHOL EDUCATION PROGRAMS

Sheppard Pratt Health System, The Kolmac Clinic, and the National Council on Alcoholism and Drug Dependence of Maryland, sponsor the Dick Prodey Lecture series, an 8-week series offered at The Conference Center at Sheppard Pratt on Wednesday evenings from 7-9 p.m. Each lecture is free, open to the public, and designed to be independent of the other lectures, so visitors can attend one or as many sessions as they'd like. Session topics include alcohol and alcoholics, signs and symptoms, recovery, and addiction, among others. Please call **410-938-3900** or visit sheppardpratt.org/support-groups for more information.

PAYMENT POLICIES

With the exception of The Retreat, Sheppard Pratt's self-pay program, all co-occurring disorders programs 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.



[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](#).

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.