

Child & Adolescent Neuropsychiatric Inpatient Unit

Sheppard Pratt Health System's [Child and Adolescent Neuropsychiatric Unit](#) is an extremely specialized inpatient unit for the psychiatric evaluation, stabilization, and treatment of children and adolescents with co-occurring developmental and psychiatric disorders.

Located in the Weinberg Building on the Health System's Towson campus, it is the only inpatient unit of its kind in Maryland, and one of only eight in the United States. Our goal on this unit is to provide safety in the least restrictive environment, through multi-disciplinary teamwork with our expert staff, the patient, and their caregiver(s).

WHO WE TREAT

We treat patients between the ages of four and 18 that have acute psychiatric and behavioral needs, along with a neurological, developmental, and/or genetic condition. Diagnoses represented by our patient population include, among others:

- Autism spectrum disorders (approximately 65% of our patient population)
- Cerebral palsy
- Down syndrome
- Fragile X syndrome
- Intellectual disability
- Spina bifida
- Turner's syndrome

Common behavioral issues leading to hospitalization include: physical aggression, verbal aggression, property destruction, and self-injurious behavior.

QUALITY OF CARE

Our staff makes it a priority to encourage positive change in the lives of young patients, focusing on the development of increased independence and self-help skills, working to reintegrate them into the community as effectively and efficiently as possible.

Our high staff-to-patient ratio allows us to provide your child or adolescent with the specialized care they need in a supportive and compassionate environment using a patient-centered treatment approach. Our multi-disciplinary treatment team includes child and adolescent psychiatrists with specialized training in developmental disabilities, master's level behavioral therapists, psychiatric nurses, social workers, an occupational therapist, a senior psychiatric pharmacist, behaviorally-trained mental health workers, as well as an art therapist and a music therapist. Staff may also include a neuropsychiatrist, pediatric neurologist, pediatrician, geneticist, trauma specialist, forensic consultant,

nutritional consultant, educational consultant, and speech and language pathologist as needed.

Our goal is to provide safety in the least restrictive environment, stressing documentable clinical effectiveness through multi-disciplinary teamwork with the patient and family.

OUR APPROACH TO TREATMENT

The average length of stay on this specialized unit is two weeks. Our higher staffing ratio, behavioral treatment philosophy, and longer length of stay are all designed to result in extended periods of stability and a lessening of repeated psychiatric hospitalizations for our patients.

Our current model of treatment includes:

- **Admission meeting:** Within first three days of admission, treatment team meets with primary caregiver(s) to clarify goals of hospitalization
- **Pharmacological treatment:** This includes medication trials and "wash outs"
- **Behavioral intervention:** Behavioral therapists observe patients, conduct behavioral assessments, implement individualized behavioral plans as needed, graph changes, and work to transition patients to home environment
- **Psychosocial treatment:** Social workers conduct individual and family therapy, and refer patients for outpatient services
- **Use of technology:** This includes iPads for patients, and computer-based diagnostics
- **Sensory room:** Special, multi-sensory room developed for people with developmental disabilities
- **Post-discharge follow up:** A follow up call is scheduled with caregivers within first week of discharge

Activities during the day include occupational therapy, as well as therapeutic and recreational groups.

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. Private pay options can also be arranged.

MEET OUR TEAM



Desmond Kaplan, M.D.
SENIOR PSYCHIATRIST

Dr. Desmond Kaplan is a South African born child and adolescent psychiatrist specializing in developmental disabilities and autism. He completed his medical studies at the University of Cape Town School of Medicine, and his residency in general psychiatry and fellowship in child and adolescent psychiatry at Gehah Psychiatric Hospital in Petach Tikva, affiliated with the University of Tel Aviv. Once in the United States, Dr. Kaplan completed a two-year research and clinical post-doctoral fellowship in developmental disabilities at the Kennedy Krieger Institute and the Johns Hopkins Hospital in the Division of Child Psychiatry. Dr. Kaplan came to Sheppard Pratt Health System to help establish and direct the Child and Adolescent Neuropsychiatric Inpatient Unit. Dr. Kaplan is also medical director of the Behavioral Telemedicine Program at Sheppard Pratt and a clinical assistant professor at the University of Maryland. He has also been involved in international mental health projects, including Arab-Israeli coexistence projects, and a mission to Kissi, Kenya in 2013, and plans to lead an educational mental health workshop to Lentegeur Hospital in Cape Town, South Africa, in March 2015.



Nicole Stuckey M.S.N., R.N., CMSRN,
FNE-A
UNIT MANAGER

Nicole Stuckey graduated from The Community College of Baltimore County – Essex in 2007. She continued her nursing education at Stevenson University, receiving her Bachelor's Degree in Nursing and then Master's in Nursing Leadership and Management. Currently, Nicole is working on a Doctrine of Nursing Practice at Walden University, she has experience in medical surgical, medical psychiatric, forensic and psychiatric nursing.



Tom Flis, M.S., BCBA
BEHAVIORAL SPECIALIST

Tom Flis joined the Child and Adolescent Neuropsychiatric Inpatient Unit in 2003 and has worked in various roles, including direct care, after care planning, data analysis, and now serves as the unit's behavioral specialist. He earned his Master's of Science degree in Applied Counseling from the University of Baltimore and completed the academic and experiential training required for his Board Certification in Behavior Analysis. Tom collects and analyzes data, assesses outcomes based on behavioral and pharmacological interventions, and conducts a number of assessments in an effort to better develop individualized behavior plans.



Remy Chappell, M.A., LCPC
BEHAVIORIST

Remy Chappell joined the clinical treatment team of the Child and Adolescent Neuropsychiatric Inpatient Unit in 2008, where she provides effective and comprehensive behavior therapy and education to children and caretakers in need. Remy completed her Autism Diagnostic Observation Schedule (ADOS-2) training and utilizes this assessment for diagnostic clarification. She holds a Master's of Arts degree in Counseling Psychology from Framingham State University in Massachusetts and is a Licensed Clinical Professional Counselor (LCPC). Over the past 10 years Remy has worked in hospital, residential, school, home, and community settings providing direct therapy, as well as consultative services, to children diagnosed with autism spectrum disorders and to those supporting them.

DIRECTIONS

Please call our admissions office at 410-938-3800 or visit sheppardpratt.org/locations for directions.

CONTACT INFORMATION

For frequently asked questions, please refer to our website at sheppardpratt.org.

Sheppard Pratt Health System
Admissions Coordinator: **410-938-3000**
TDD **410-938-3075**

For additional information about the Child & Adolescent Neuropsychiatric Unit, please call **410-938-4790**.



[Sheppard Pratt Health System](http://sheppardpratt.org) 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](http://www.usnews.com).

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