



# THE RETREAT AT SHEPPARD PRATT

Hope and healing start here.

## 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

- Intensive psychotherapy three times a week
- Full spectrum of leading-edge psychiatric care
- Eight 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 and Electroconvulsive Therapy (ECT) 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, Traditional Chinese Medicine, acupuncture, Eastern movement therapy, meditative practices, and experiential therapies.
- **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 doctor, 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 comfortable 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.

We offer:

- 16 comfortable suites with private bathrooms, cable, and WiFi
- Intimate residential setting on a beautiful, historic 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
- 35 hours of therapeutic programming per week, which may include yoga, tai chi, music therapy, art therapy, Traditional Chinese Medicine, and more
- Private suite with private bathroom
- Well-balanced meals
- Therapeutic outings

## MEET OUR TEAM



### **Michael Young, MD**

Service Chief, The Retreat at Sheppard Pratt

Dr. Michael Young is the service chief of The Retreat at Sheppard Pratt. He has a special interest in treating mood, anxiety, and personality disorders. Dr. Young values an integrated approach to psychiatric and medical care and believes in the mantra "cura personalis," which means, care for the whole person. He completed a master's degree in applied biomedical engineering from Johns Hopkins University and graduated from Georgetown School of Medicine in 2009. His post-graduate medical training was completed at the University of Maryland/Sheppard Pratt Residency Training Program. Dr. Young is board certified in general psychiatry.



### **Thomas Franklin, MD**

Service Chief, Ruxton House and The Retreat Outpatient Program

Dr. Thomas Franklin is the medical director of The Retreat at Sheppard Pratt, an international center for the comprehensive evaluation and treatment of psychiatric, psychological, and substance use disorders. He is a graduate of the University of Virginia School of Medicine, and completed his advanced training in psychiatry at the University of South Carolina School of Medicine. He is also a graduate of the Johns Hopkins Carey School of Business and the Washington Baltimore Center for Psychoanalysis. Dr. Franklin is board certified in general psychiatry and addiction medicine.



### **Karen McGovern, RN**

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 31 years of extensive clinical and management experience at Sheppard Pratt and The Retreat. 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.



### **Melissa Mondich, LCSW-C**

Admissions Coordinator,  
The Retreat at Sheppard Pratt

Melissa Mondich, LCSW-C, is a licensed clinical social worker with over 10 years of experience. Melissa earned her master's degree in social work at Appalachian State University. Melissa is passionate about partnering with individuals and families in the therapeutic process to promote healing and growth in order for them to achieve a more wholesome well-being.

## 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**

## ABOUT SHEPPARD PRATT

**Sheppard Pratt Health System** is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country. A nationwide resource, Sheppard Pratt provides services across a comprehensive continuum of care, spanning both hospital- and community-based resources. Since its founding in 1853, Sheppard Pratt 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. Sheppard Pratt has been consistently ranked as a top national psychiatric hospital by *U.S. News & World Report* for nearly 30 years.



**The Retreat**  
AT SHEPPARD PRATT



THE RETREAT AT  
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OTHER  
PRIVATE PAY,  
RESIDENTIAL  
PROGRAMS

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### Clinical Services

### Additional Therapeutic Offerings

Comprehensive Diagnostic Assessment	✓	✓	Evidence-Based Treatment Modalities (DBT)	✓	✓
Tailored Treatment Plan with Expert Doctors	✓	✓	Family Therapy	✓	✓
On-Site Medical Services	✓	✓	Monthly Family Day	✓	
Individual Therapy (3 times per week)	✓	✓	Art Therapy	✓	✓
24 Hour Supportive Nursing Care	✓	✓	Weekly Therapeutic Outings	✓	✓
Safe Drug Detoxification	✓		Spiritual Support	✓	✓
Diagnostic Team Meeting with Resident Involvement	✓		Traditional Chinese Medicine	✓	
Group Therapy (At least 35 hours per week)	✓		Meditation and Mindfulness	✓	
Genetic Testing	✓		Occupational Therapy	✓	✓
Neurostimulation Therapy (ECT/TMS)	✓	✓	Acupuncture	✓	
Neuropsychological Testing	✓	✓	Yoga	✓	✓
Dual Diagnosis Track	✓	✓	Equine-Assisted Therapy	✓	
Pain Management	✓	✓	Fitness Room & Personal Trainer	✓	✓



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Consultations Offered, with Follow-Up Treatment Available				Amenities			
Medication Consultation	✓	✓		Welcoming and Supportive Unlocked Setting	✓	✓	
Specialty Consultations (available as needed)	✓			Private, Unlocked Suites with Full Bathrooms	✓	✓	
Continuum of Care				Cable and Internet Access	✓	✓	
Personalized Aftercare and Discharge Planning	✓	✓		Personal technology use phones, tablets, and laptops	✓	✓	
Extended Treatment Care Opportunities	✓	✓		Smoking permitted (designated areas only)	✓	✓	
Individual Outpatient Therapy	✓	✓		Use of Personal Vehicle	✓	✓	
Group Outpatient Therapy	✓			Access to local health club with a swimming pool	✓		
				State-of-the-art indoor climbing gym	✓		



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