

Sheppard Pratt Day Hospitals

Sheppard Pratt—the most comprehensive behavioral healthcare provider in Maryland— offers day hospital programming conveniently located on our hospital campuses. The Day Hospital is a group-based psychiatric program patients attend Monday – Friday, 8 a.m. – 3 p.m. It is a 'middle ground' between outpatient treatment and inpatient care, and is a good option for effectively stepping up or stepping down intensity of care so patients can thrive and have appropriate support on their treatment journey.

Why choose Sheppard Pratt's Day Hospitals?

- We offer a supportive, interdisciplinary treatment team that may include:
 - Psychiatrist or nurse practitioner
 - Nurse
 - Therapist
 - Occupational therapist
 - Other trained mental health professionals
- A robust and well-rounded schedule consisting of:
 - Group treatment, featuring
 - Cognitive behavioral therapy
 - Dialectical behavior therapy
 - Medication education
 - Recreation and activity therapy
 - Psychoeducation
 - Family meetings and collaborative care
 - Supportive counseling
 - Treatment planning
 - Aftercare planning
- In addition to day hospitals, we offer inpatient care, Psychiatric Urgent Care, outpatient treatment, residential programs, special education schools, specialty consults, and more.

PROGRAMS AVAILABLE

Adult Day Hospital

adults 18+ with depression, anxiety, severe mental health disorders, psychotic disorders, and other mental health conditions

- Towson
- Elkridge

Child & Adolescent Day Hospital

ages 10 – 17 and 18 (if still in high school) with depression, anxiety, and other mood disorders

- Towson: ages 10 – 17
- Elkridge: ages 12 – 17

Phone: 410-938-4949

Locations

Towson Campus

6501 N. Charles Street
Baltimore, MD 21204

Baltimore/Washington Campus

7220 Discovery Drive
Elkridge, MD 21075



Sheppard Pratt

Sheppard Pratt Adult Day Hospital - Sample Schedule	
Time	Group
8 - 8:30 a.m.	Check-In & Self Assessment
8:30 - 9:30 a.m.	Group 1: Community Meeting & Goals
9:30 - 10:30 a.m.	Group 2: Psychotherapy
10:30 - 11:30 a.m.	Group 3: What is Cognitive Behavioral Therapy?
11:30 a.m. - 12:20 p.m.	Group 4: Identifying Negative Thoughts
12:20 - 1:10 p.m.	Lunch
1:10 - 2:10 p.m.	Group 5: Self-Esteem
2:10 - 3 p.m.	Group 6: Mindful Movement & Creative Expression
3 p.m.	Wrap Up & Check Out

Sheppard Pratt Child & Adolescent Day Hospital - Sample Schedule	
Time	Group
8 - 8:30 a.m.	Morning Community Meeting & Self Assessment
8:30 - 9:30 a.m.	Group 1: What is Cognitive Behavioral Therapy?
9:30 - 10:30 a.m.	Group 2: Psychotherapy
10:30 - 11:20 a.m.	Group 3: Goal Setting
11:20 a.m. - 12:10 p.m.	Lunch
12:10 - 1:05 p.m.	Group 4: Function of Emotion
1:05 - 2 p.m.	Group 5: Gratitude
2 - 3 p.m.	Group 6: Mindful Movement & Creative Expression
3 p.m.	Wrap Up & Check Out

When to Refer a Patient to a Sheppard Pratt Day Hospital

If your patient meets one or more of the criteria below, it may be time to consider referring them to a day hospital for care:

- If they are not thriving in outpatient care, but don't meet insurance or severity criteria for inpatient care
- If they are stepping down from inpatient care, but would benefit from a structured and intensive setting before returning to everyday life
- If they would benefit from a collaborative and interdisciplinary approach

Ready to refer?

Click here or scan the QR code to refer a patient.

