The Shenandoah Unit for Children
The Shenandoah Unit at Adventist Behavioral Health Rockville is a family-centered treatment environment that focuses on the behavioral health needs of children ages 8 to 12 years old. The clinical team provides crisis stabilization for patients whose acute psychiatric symptoms require 24-hour supervision in a safe and structured therapeutic setting. The program is designed to foster the child’s ability to successfully return home and to school. If needed, our clinical team will assist in the patient’s transition to an outpatient mental health provider to ensure continuity of care when returning to the community.

Our 10-bed unit was specifically designed to be a child-friendly and stimulating environment for our young patients to receive care. Patients participate in daily activities that are designed to raise awareness of the connection between thoughts, feelings, and behaviors.

The Shenandoah Unit also offers the following treatment modalities and support services:

- Medication review and management
- Group therapy
- Family meetings and parent education
- Psychoeducation
- School sessions on weekdays
- Expressive therapy, including movement, creative writing, and music
- Cognitive Behavioral Therapy (CBT)
- Substance abuse education
- Life skills-building
- Case management
- Daily gym and outdoor courtyard time
- Semi-private rooms
- Child-focused level system
- Discharge planning to support transition home

The Chesapeake Unit for Adolescents
The Chesapeake Unit provides inpatient care for adolescents 13 to 17 years of age whose acute psychiatric symptoms require a safe and structured therapeutic environment. The goals of treatment are to stabilize the patient’s acute psychiatric symptoms, make medication adjustments and begin creating a discharge plan to return the patient to optimal function at home or to outpatient therapy. Family members and/or caregivers are encouraged to actively participate in the patient’s treatment by attending family meetings and facilitating contact with the patient’s home school and outside therapists as needed.

The unit offers a bright and welcoming space with a large communal area that is conducive to building social and communication skills and facilitating group activities.

The Chesapeake Unit also offers the following treatment modalities and support services:

- Medication review and management
- Group therapy
- Family meetings
- Psychoeducation
- School sessions on weekdays
- Expressive therapy, including movement, creative writing, and music
- Cognitive Behavioral Therapy (CBT)
- Substance abuse education
- Life skills-building
- Communication skills-building
- Case management
- Daily gym and outdoor courtyard time
- Discharge planning

Adventist Behavioral Health’s multidisciplinary team of child and adolescent psychiatrists, social workers, case managers, psychiatric nurses, expressive therapists, and chaplains provide compassionate care that meets the unique needs of our young patients and their families.
Seneca Unit for Adults With Mental Illness and Co-Occurring Disorders

The Seneca Unit at Adventist Behavioral Health Rockville provides inpatient care for adults with mental illnesses as well as adults with both mental illness and substance abuse symptoms (co-occurring disorders). At Adventist Behavioral Health, we offer an integrated approach to psychiatric treatment, which includes developing an understanding of mental illness, managing medical conditions and overall health, and developing coping skills that enable individuals to return to optimal function in their communities.

The Seneca Unit offers a range of treatment modalities and support services, including:
- Group therapy
- Medication management
- Family meetings
- Psychoeducation
- Cognitive Behavioral Therapy (CBT)
- Substance abuse education
- Life skills-building
- Case management

Meditation, physical exercise, expressive therapy and pastoral care are also used to further aid in the patient's recovery in both mind and body.

Patients who have a mental illness and substance abuse symptoms are placed in the co-occurring disorders track, which combines intensive psychiatric treatment, substance abuse education (using the 12-step model), and case management. Patients also attend weekly on-site Alcoholics Anonymous and Narcotics Anonymous meetings. The 28-day co-occurring disorders treatment track includes supporting patients through detoxification and stabilization and providing the tools necessary for ongoing disease management, recovery, and relapse prevention.

Potomac Unit for Adults With Severe and Persistent Mental Illness

The Potomac Unit at Adventist Behavioral Health Rockville provides critical stabilization for adults whose Severe and Persistent Mental Illness (SPMI) such as schizophrenia, schizoaffective disorder, and bipolar disorder affects their ability to function safely in the community. Our clinical team is highly-skilled in providing care for individuals with the most acute psychiatric symptoms such as psychosis and suicidal behaviors. Due to the highly acute nature of the patients we serve, our program offers intensive case management and access to wrap-around services to ensure patients return safely to the community.

Our services also include:
- Group therapy
- Medication review and management
- Family meetings
- Psychoeducation
- Cognitive Behavioral Therapy (CBT)
- Life skills-building
- Coping skills-building
- Intensive case management
- Discharge planning
The Montgomery Unit for Mood Disorders

The Montgomery Unit at Adventist Behavioral Health Rockville provides inpatient treatment for adults whose mood disorders such as depression, anxiety, and trauma symptoms affect their ability to function. Mood disorders are the most prevalent and treatable of mental illnesses. Our multidisciplinary team of psychiatrists, social workers, nurses, and case managers, provides 24-hour care that stabilizes acute symptoms and helps patients build a path toward recovery and wellness.

The Montgomery Unit provides multiple treatment modalities and services including:

- Group therapy
- Medication management
- Family meetings
- Psychoeducation
- Cognitive Behavioral Therapy (CBT)
- Anger and stress management
- Expressive therapy
- Pastoral Care

Our patients are active participants in establishing goals for their treatment and creating a plan to maintain recovery when returning home to the community.

The Magnolia Unit for Geriatric Adults

The Magnolia Unit at Adventist Behavioral Health Rockville provides acute inpatient care for senior adults who experience sudden life changes and stressors that trigger depression, anxiety, and other behavioral challenges that impair their daily activities. The Magnolia Unit offers 10 private rooms, a shared kitchenette, and two large group therapy areas.

The program provides holistic, age-appropriate therapy that aids in stabilizing acute symptoms and fosters a geriatric adult’s ability to cope with the losses and changes of life. Our program teaches patients emotional regulation, coping strategies, and techniques for building supportive relationships. The Magnolia Unit’s clinical team will also help patients connect with the necessary community resources.

Adventist Behavioral Health’s multidisciplinary team of psychiatrists, nurses, social workers, dieticians, case managers, expressive therapists, and chaplains partner with patients and their families to develop a customized treatment plan that emphasizes recovery, wellness, and optimal functioning in the community.