



The Adult Outpatient Program, part of the Community Psychiatry Program at Johns Hopkins Bayview, provides outpatient mental health treatment to adults 18 years of age or older. Mental health professionals offer:

- crisis intervention
- psychiatric evaluation
- individual, family and group therapy

Medications also may be prescribed, if necessary.



Adult Outpatient Program

Community Psychiatry Program
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Johns Hopkins Bayview Medical Center

Adult Outpatient Program

Community Psychiatry Program





The Adult Outpatient Program

offers psychiatric evaluation and treatment to individuals 18 and older. A team of psychiatrists and licensed mental health therapists is

skilled in treating a wide variety of conditions, such as:

- Schizophrenia
- Major depression
- Bipolar disorder
- Anxiety disorders

Problems that are often the focus of treatment include, but are not limited to:

- Relationship difficulties
- Trouble coping with stress
- Trauma
- Problems with substance use
- Anger management issues

Services

The Adult Outpatient Program offers comprehensive services to meet the unique needs of its patients and their families.

- Initial assessment with a licensed social worker, mental health therapist or psychiatric nurse therapist
- Medical and psychiatric evaluation by a psychiatrist
- Individual, group or family therapy
- Medication management
- Emergency on-call services (*after clinic hours*)
- Referral to on-site Adult Psychiatric Rehabilitation Program (PRP)
- Referral to case management services

The patient works with a member of his/her care team to develop a treatment plan.

The frequency of appointments depends on the patient's need.

Special Programs

Intensive Outpatient Services—for patients who have just been discharged from a psychiatric hospital or are looking for an alternative to hospitalization



Geriatric Psychiatry—for adults 60 and older who are experiencing memory loss, depression, anxiety or behavioral problems

Acquired Brain Injury Program—for survivors of acquired brain injury (tumors, blood clots, strokes, etc.) who

have behavioral, cognitive or emotional difficulties

Head Injury Outpatient Program of Enhanced Services (HOPES)

—multidisciplinary services for survivors of acquired brain injury, including psychotherapy, medication management, group therapy and occupational therapy (*three mornings per week*)

Mental Illness and Substance Abuse—for adults with both mental illness and substance use problems

Adult Autism and Developmental Disorders Center—for adults with a developmental disorder or intellectual disability and co-occurring mental illness

Special Needs Augmentation Program (SNAP)—for existing patients who need a higher level of care for a limited amount of time (*two mornings per week*)

Mood Disorders Center—for individuals with mood disorders, such as depression and bipolar disorder

Perinatal Mood Disorders Clinic—for women who are planning pregnancy, currently pregnant or post-partum, and are experiencing depression, anxiety or bipolar disorder

Anxiety Disorders Clinic—offers short-term treatment of patients with anxiety disorders through therapies such as CBT, mindfulness and medication management

Adult Schizophrenia Clinic—specialized treatment for adults with new onset psychosis or who have been diagnosed for many years; services include second opinion consultation, case management services and clozapine clinic

Insurance

Medical Assistance, Medicare and some private insurances are accepted. Insurance coverage is verified before your first appointment.



For more information or to schedule an appointment, call 410-550-0104.