

2022

ULI Baltimore District WaveMaker Awards



Sheppard Pratt Health System
Behavioral Health Care Facility - Elkridge

Applicant Information

Lewis Contractors

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Point of Contact

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Project Team

Lewis Contractors—Construction Manager

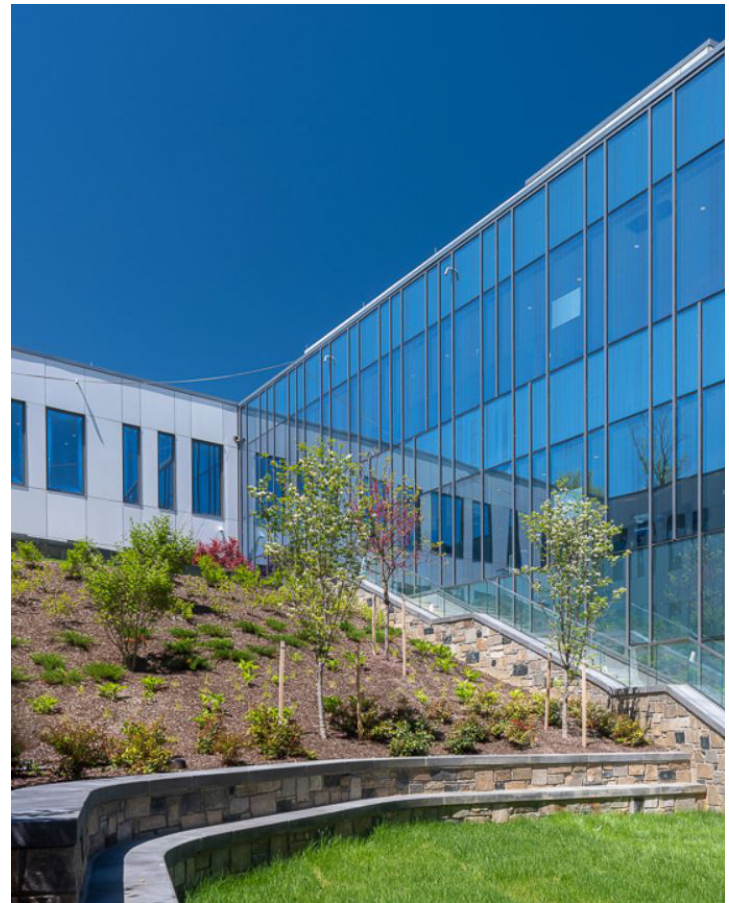
Benchmark Construction—Owner's Representative

Cannon Design—Architect

Columbia Engineering, Inc.—Structural Engineer

Leach Wallace Associates, Inc.—MEP Engineer

Daft McCune Walker—Civil/Landscape Engineer



Lewis Project Team

Joe Bailey, Project Executive

Jennifer Dawson, Project Manager

Mike Pine, Project Manager

Courtney DeVeau, Project Engineer

Sam Potter, Project Engineer

Amardeep Pandher, Project Engineer

Debbie Frank, Project Assistant

Liz Frank, Project Assistant

Mike Palmer, Superintendent

Mike Festerman, Superintendent

Brian Kremen, Superintendent

Jim Walls, Superintendent

Mike Hollman, Superintendent

Steve Lightner, Superintendent

Dave Fletcher, Superintendent

Steve Grabowski, Superintendent

Ryan Morton, Superintendent



Project Overview

Lewis served as the CM at Risk for the new Sheppard Pratt Health Systems (SPHS) Behavioral Health Care Facility—a 12-acre improvement to SPHS's 42-acre Elkridge site. The new three-story, 155,000 SF building includes 85 in-patient beds, outpatient services, administrative and community spaces serving the full spectrum of needs of the more than 3,000 patients SPHS sees annually at its current Ellicott City location.. The new structure is the first building in a larger Behavioral Health Campus serving the needs of patients seeking mental health and addiction services throughout Howard County and beyond. The new building is designed to meet Leadership in Energy and Environmental Design (LEED) Silver standards or better and it included state-of-the-art equipment, programs, and materials specific to a behavioral health hospital.

Date of Completion: June 2021

Overall Project Duration: 3 1/2 years

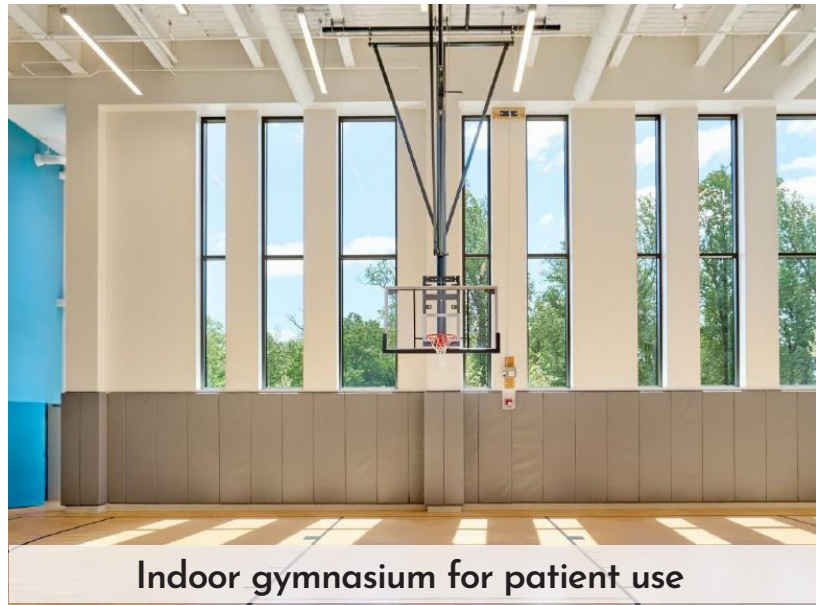


Completeness

The \$85M SPHS project was completed in June 2021 and took a total of three and a half years to complete. Healthcare providers and industry watchers anticipate that the healthcare construction market in Maryland and the Mid-Atlantic will remain very busy for the foreseeable future, driven by changes in medical technology, patient care standards, reimbursement models, and demographics, providers are eager to forge partnerships with experienced construction industry firms to help meet the growing need of behavioral health services. Because of the current demand and the growing need of behavioral health services, the financial viability of this project is unquestionably profitable, sustainable and projected to remain strong in today and tomorrow's market.

A Quick Tour

This beautiful new campus offers many types of contemplative patient care areas and calming spaces where patients can learn skills to help them succeed in the long-term. There are designated spaces for group activities and group therapy, a living room-like gathering area, a conference room, an outdoor terrace, a dining area for meals, and access to a shared central courtyard for fresh air and sunshine. In addition to the courtyards, the facility has a gymnasium, three basketball courts, and a multipurpose room for fitness and recreational activities. Other features of the building include a cafeteria for visitors and staff and a gift shop.



Indoor gymnasium for patient use



Patient care unit activity room



Visitor and staff cafeteria



Outdoor shared use courtyard



A Sense of Place and Quality

Fostering community and belonging for all of those who enter the 85-bed facility was an overarching goal of the project. Because Sheppard Pratt is a large and sprawling facility, the interiors break down its size by turning each patient unit into an identifiable neighborhood. Each unit has a designated color, icon and name inspired by areas of Maryland to create a smaller community within and bolster a sense of belonging.

Creating a sense of belonging and community was paramount to this space and drawing inspiration from the forest helped further this goal. SPHS recognizes honoring nature as an integral part of the healing process and this is translated throughout the design of the space. Interior courtyards and exterior pathways offer a variety of opportunities for connecting with the nearby hills, hollows, creeks and wetlands while maintaining patient privacy and safety while taking advantage of the surrounding greenery. Patient rooms face wooded areas or interior courtyards, and the abundance of windows throughout the hospital offer natural light to ensure well-lit spaces that capitalize on the healing effects of nature. And just as the trees create a symbiotic ecosystem, the various environments within evoke support and protection.

All areas of the hospital flow seamlessly into one another, based on adaptable design considerations for the level of safety needed in each space. Even the furniture design is the same throughout the building, just adapted to levels of risk. Ceiling elements imitate tree canopies, providing a feeling of protection in larger, open spaces. Wood battens on the lobby wall conjure the image of a cluster of trees standing strong together, similar to mental health patients' reliance on community support during their time in the building.

Sustainability

- Built to LEED silver standards: 11 LEED points with additional exemplary point
- Tracked 76.7% recycling of all waste on the project: (1,439 tons of the total 1,852 tons)
- Met LEED 4 healthcare standards on indoor air quality—sampled 21 areas in the building

When fully operational, the hospital will be able to serve 85 inpatients and dozens of outpatients on any given day, and will add 350 jobs in Howard County. Sheppard Pratt Health System is the largest private nonprofit provider of mental health services in the country. Its new facility, conveniently situated between Baltimore and Washington, DC, makes its services more accessible to the communities it serves; the new campus is in an area of rapid development and close to mass transit and interstates including I-95 and MD-295. In addition to providing services to adults, the project includes a separate adolescent unit for patients ages 12 through 17, who require crisis stabilization in an inpatient environment. Designed to provide personalized care and connect people to more than 160 programs. This hospital also participates with Maryland Medicaid, Medicare, and more insurance companies.



Visionary and Emulation

The Baltimore/Washington Campus is creating access and meeting the demand of services by launching a Psychiatric Urgent Care to provide urgent assessments and triage to appropriate care for individuals experiencing mental health and/or addiction crises. This expands the urgent care services currently offered at Sheppard Pratt's Psychiatric Urgent Care in Towson, Maryland, which opened nearly a decade ago and serves 5,000 individuals a year in crisis. The expanded services address the growing need, particularly in the Baltimore/Washington corridor, for more direct and efficient access to psychiatric care—a need that has become more pressing during the COVID-19 pandemic.

In addition to the new young adult patient care unit that was not at the previous Ellicott City hospital, the expansion to four specialized outpatient programs—where clients return home daily after participating in several hours of group and individual treatment, offer new care and services for targeted populations and disorders including children and adolescents and eating disorders. These offerings represent an expansion of services to people in the Baltimore/Washington corridor.

The campus will also offer access to the latest treatments, including novel approaches such as neuromodulation for mood disorders, particularly treatment-resistant depression, to help find solutions for people who have been struggling for years.



A Need

At a time when the nation is grappling with the mental health impact of the COVID-19 pandemic, the highest rates of suicide in decades, and soaring numbers of deaths from drug overdoses, the need for high-quality mental health care has never been greater. Isolation, loss, illness, unemployment and more resulting from the pandemic has created an even more urgent need for mental health care and resources. Built to ensure that compassionate, comprehensive mental health care is more accessible than ever before, the new Sheppard Pratt Behavioral Health Hospital aims to address these needs in its surrounding community and set an example for other organizations across the country. A wide range of services are provided on this new campus, including psychiatric urgent care, a service that was not previously offered in the area that will reduce strain on nearby emergency rooms.

The Elkridge facility, built to serve people from around the state as well as national or international patients, features a psychiatric urgent care unit for walk-in appointments, which the Ellicott City campus lacked. The young-adult unit is new to Howard County, and the Ellicott City campus previously offered only one day-hospital program for adults. The range of services provided, especially the day programs and intensive outpatient therapies, could help people avoid costly stays in hospitals and place them at the appropriate point of treatment faster. It also centralizes the services Sheppard Pratt provides under one roof.



“Even before the COVID-19 pandemic, we were seeing an urgent need for increased access to high-quality, compassionate mental health care. The Sheppard Pratt - Baltimore/Washington Campus is the first bold step in a number of key initiatives that we are undertaking in our journey to meet the demands for our care and services. Our new hospital campus will redefine the standard of excellence in mental health care and help us broaden our impact to serve more people.”

Harsh K. Trivedi, MD, MBA, President and CEO of Sheppard Pratt



Craftsmanship

As has been evidenced by Lewis Contractors previous five individual craftsmanship award nominations (as described in full on the following pages), the hospital is filled with exemplary work by multiple trade contractors. Though not nominated specifically for awards, other outstanding craftsmanship endeavors would include the curtain walls, terrazzo, other finishes and installation of specialty doors, hardware and accessories-all of which were specifically designed to ensure patient safety. The multiple kitchens, cafe and food service facilities provide nearly gourmet meals for patients as they pursue recovery. Of particular note is that the drywall partitions throughout are very different from the norm in that they are constructed with plywood affixed to the studs, atop which is drywall with some areas receiving a Level 5 finish.



It is extraordinarily complex in its design, in particular with its remote Operations Center, which required most unusual installations of the duct backs, construction of depressed slab above the ceiling of a vehicular tunnel, the multiple back-up systems which prevent outages of mechanical, electrical, security and other systems for patient and personnel comfort, safety and security.



Craftsmanship

To support outpatient facilities, 85 inpatient beds, an emergency room, commercial kitchen, gymnasium, medical offices and all the other components of the facility's three, interconnected, multi-story buildings, craftsmen from DEL Electric completed a massive installation. It included two tandem 5000 BGE services, two 500-kilowatt generators, complex security and fire alarm systems, and more than 1.68 million linear feet of electrical wiring and cabling. In the midst of a large and demanding project, DEL personnel also successfully value engineered the use of underground conduits between buildings and leveraged BIM modeling to install electrical conduits before equipment arrived in order to meet installation schedules.

To complete the facility's mechanical systems, EMJAY Engineering & Construction also faced a hefty list of installations to complete - 10 rooftop units, 45 ductless split AC units, 36 DOAS units, 93 smoke and fire dampers, 2000 plumbing and HVAC valves, 500 piping specialties, 600 chilled beams, two commercial kitchens, an underground fuel system with a 10,000-gallon main tank, and a building automation system that included 300 state-of-the-art, six-way control valves to deliver hydronic heating and cooling.

DEL Electric



EMJAY Engineering & Construction





HDL Construction



Corridor Flooring Associates



Henry J. Knott Masonry

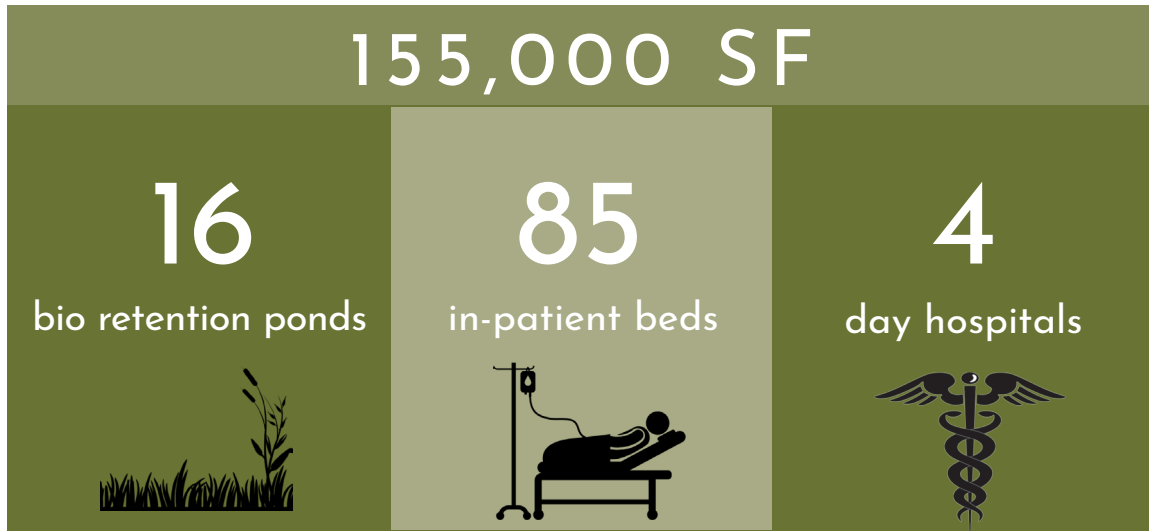
Craftsmanship

As work began on interior framing and finishes, HDL Construction tackled a design that included complex angles that required precision framing. It also featured a variety of materials - including especially robust finishes, high-end products and framing products that were heavier than normal - that required extensive experience to achieve a high-quality finish. There were curved bulkheads in the main lobby, structural columns that would receive curved architectural finishes, curved drywall partitions to mimic the curve in glass curtain walls, and ceilings that varied from hard surfaces to a variety of acoustical elements, often installed in a circular design or abutting curved or angled walls.

Meanwhile, craftsmen from Corridor Flooring Associates began the complex and exacting process of installing the facility's floors. The design called for multiple types of flooring, complementary-colored patterning in some areas and welded, resilient flooring materials in public spaces. Craftsmen had to thermo-fuse separate pieces of resilient, sheet vinyl flooring together at seams or joints to create a seamless floor. Installers precisely cut each seam to avoid creating a gap that was too large, small, shallow or deep which would compromise the weld. Proper installation also hinged on carefully controlling the temperature of tools and the speed at which they moved across the flooring.

Outside in the facility's four courtyards and at the masonry walls throughout the structure, craftsmen from Henry J. Knott Masonry executed an equally sophisticated design. Sheppard Pratt's Mandala Philosophy of care ensures that patients have ready access to natural light and the natural world. Consequently, the owner and project team aimed to create courtyards that resembled Zen gardens where patients, caregivers and visitors could relax. To create those spaces, craftsmen from Henry J. Knott precisely installed a mix of modular brick, CMU and cast stone, including some especially large pieces that required special rigging to place. The design also included field stone from two different quarries which craftsmen hand trimmed and field blended to create a pleasing installation.

By the Numbers



BUILDING MATERIALS

GLASS

25,200 sqft

ELECTRICAL WIRE AND CABLING

1,683,000 lft

STRUCTURAL STEEL

2,586,000 lbs | 1,290 tons

CONCRETE

30,800,000 lbs | 7,700 cu yd