

Clinical Connection

News, Updates and Support for Healthcare Professionals



Kennedy Krieger Institute

REHABILITATION • DEVELOPMENTAL MEDICINE • BEHAVIORAL THERAPIES

Dear Colleagues,

The mental and behavioral health of children and teens has always been a focus here at Kennedy Krieger Institute, though our work in this field is perhaps not as well known as our rehabilitation services for those with neurodevelopmental diagnoses.



Lately, child and adolescent mental and behavioral health has been in the news quite a bit. It is fitting that we use this issue of *Clinical Connection* to give an update on the myriad services we provide in this realm, from counseling for traumatic stress to care for comorbid developmental and behavioral disorders to therapeutic support for those recovering from serious injury. As a pediatric neurologist, I like to emphasize that whether we are talking about neurologic, psychiatric, psychologic or education issues for children and adolescents, we are talking about the brain. And at Kennedy Krieger, optimizing brain development is right at the core of our mission.

Thank you for reading this brief newsletter. We're here to help you help the patients and families you serve. We appreciate you and the collaboration we share.

Best,

A handwritten signature in black ink that reads "Brad".

Bradley L. Schlaggar, MD, PhD
President and CEO

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REFERRING YOUR PATIENTS

To support the needs of physicians and other healthcare professionals, our Patient Access team is available to provide information on appropriate clinical programs, handle referrals, obtain consultations with Institute specialists, and schedule both telehealth and on-site, in-person appointments for patients and families.

Call **443-923-9403** to reach our Physician Referral Line, or visit **[KennedyKrieger.org/Referrals](https://www.kennedykrieger.org/Referrals)** for information and resources for physicians and healthcare professionals.

For general information, visit **[KennedyKrieger.org](https://www.kennedykrieger.org)** or call **1-888-554-2080**.

OUR CULTURE OF CARE

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. © 2022 Kennedy Krieger Institute 11/2022

Spotlight on Behavioral and Mental Health Services

Kennedy Krieger Institute offers comprehensive diagnostic and treatment services for children and teens experiencing behavioral and mental health challenges. The Institute provides these services through inpatient, outpatient and community programs, including telehealth options.

Our expert physicians, nurses, therapists and allied staff members provide patients and their families with a wide range of specialty, family-centered services. In addition, our staff members have particular expertise in caring for children with co-occurring conditions, such as special healthcare needs and developmental disabilities, as well as for underserved populations and survivors of trauma, child abuse and neglect.

Inpatient Behavioral and Mental Health Settings

Our inpatient behavioral and mental health programs serve as models of treatment in a medical setting. We are committed to providing the best possible outcomes for children and families, and their support systems and communities, through assessment, treatment, parent training, and educational and consultative services.

Neurobehavioral Unit: Our NBU is a unique 16-bed inpatient unit dedicated to the assessment and treatment of children and young adults with developmental and intellectual disabilities and severe, destructive behaviors, including self-injury, aggression, property destruction, pica, noncompliance and tantrums. We offer integrated and targeted applications of behavioral and pharmacological interventions using a data-driven, evidence-based approach.

Pediatric Feeding Disorders Program: This program, in conjunction with our gastroenterology department, provides intensive interdisciplinary therapy for children with severe and diverse feeding difficulties—such as food refusal, vomiting, failure to thrive, G-tube dependence and obesity—who require round-the-clock nursing, medical supervision or fluid intake.



Outpatient Behavioral and Mental Health Programs

The Institute offers a number of behavioral and mental health treatment programs for children and adolescents. Following a patient's initial assessment and admission, our specialists construct an individualized, often interdisciplinary treatment plan for them. Our clinical outpatient programs include:

Behavior Management Clinic: This clinic provides services for school-age children with challenging behaviors such as disruption, noncompliance, aggression, tantrums, poor impulse control, sleep difficulties, toileting concerns and social skills deficits.

Center for Child and Family Traumatic Stress: This center provides mental health evaluation and treatment services for children, adolescents and families who have experienced, or may be at risk for, traumatic stress as the result of physical or sexual abuse, neglect, domestic violence, bullying, racism or community violence. Though education, training and technical assistance offered to parents, professionals and community organizations, the center also promotes a greater understanding of the developmental, emotional and behavioral consequences of trauma and communicates the most effective ways to provide care. Spanish language services are available.



Child and Family Support Center: This center provides home-, center- and community-based evaluations and treatment for children from birth to age 18. Our licensed social workers provide individual therapy for children, adolescents and adult caregivers, as well as family therapy and short-term parenting programs. Our specialists treat a wide variety of mental health issues, including anxiety, depression, anger issues, trauma, behavioral difficulties, ADHD, relationship issues, social skills challenges and school struggles.

Child and Family Therapy Clinic: This clinic provides services to families of children exhibiting a wide range of behavioral difficulties. The clinic’s treatment approach emphasizes working with a child’s entire family and community support system, and may include parent training in behavior and stress management, communication training, education in child development, and group therapy.

Feeding Disorders Clinic: This outpatient clinic combines medical expertise with therapeutic techniques of behavioral psychology in the treatment of children with feeding disorders, including disruptive mealtime behaviors, failure to consume enough nutrients to promote growth, and abnormal suck-and-swallow patterns. Our interdisciplinary team of specialists includes nutritionists, speech-language pathologists, occupational therapists, social workers and nurses, and can measurably increase a child’s appropriate eating behaviors while decreasing inappropriate behaviors, making mealtime family time again.

Some of the photographs that appear in these pages are for illustrative purposes only, and any person shown in those photographs is a model.

Making a Referral

Physicians and healthcare professionals may make a referral by emailing FindASpecialist@KennedyKrieger.org or calling our Physician Referral Line at **443-923-9403**.

Neurobehavioral Unit Outpatient Clinic: This clinic provides treatment for individuals with severe, destructive behaviors who do not require hospitalization. Services may also be provided to patients awaiting admission to the inpatient NBU, or as follow-up after discharge from the NBU. The clinic also provides consultation services—including assessments, treatment recommendations and training—to school and residential program staff.

Pediatric Developmental Disabilities Clinic: This clinic provides services to patients identified as having developmental disorders and comorbid behavioral challenges such as self-injury (mild), physical aggression, disruptive behaviors, elopement, property destruction, self-care deficits and challenges associated with mood and anxiety disorders.

Pediatric Psychology Clinic and Consultation Service: This program uses behavior analysis and therapy to teach children skills, at developmentally appropriate levels, for cooperating with and participating in their own medical care. The program also works with children’s families and caregivers to ensure adherence to healthcare regimens. Additionally, the program provides consultative services to other medical and allied health professionals.



Psychiatric Mental Health Program: This program accepts children and adolescents through 17 years old, depending on their specific needs, and their families, and can provide psychiatric services, including medication management, until their transition to adult services. The program is open to patients with and without autism spectrum disorder and/or a developmental or intellectual disability.



Kennedy Krieger Institute

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PATIENT CARE PROGRAMS & SERVICES

Specialty Pediatric Hospital

Epilepsy Monitoring Unit
Feeding Disorders
Neurobehavioral Unit (NBU)
Rehabilitation Unit—brain injury, complex medical, pain management, postorthopedic surgery and spinal cord injury

Outpatient Centers, Programs and Services

International Adoption Clinic
Angelman Syndrome Clinic
Aquatic Therapy Program
Assistive Technology Clinic
Ataxia and Cerebellar Disorders Clinic
Audiology Clinic
Center for Autism and Related Disorders
Barth Syndrome Clinic
Batten Disease Clinic
Behavior Management Clinic
Bone Disorders Program
Brachial Plexus and Peripheral Nerve Clinic
Center for Brain Injury Recovery
Phelps Center for Cerebral Palsy and Neurodevelopmental Medicine
Child and Family Support Center
Child and Family Therapy Clinic
Community Rehabilitation Program
Concussion Clinic
Constraint-Induced and Bimanual Therapy Program
Pediatric Post-COVID-19 Rehabilitation Clinic
Cranial Cervical Clinic
Deafness-Related Evaluations Clinic
Center for Development and Learning
Pediatric Developmental Disabilities Clinic
Down Syndrome Clinic and Research Center
Epilepsy Clinic
Pediatric Feeding Disorders Program

Focused Interdisciplinary Therapy Program
Fragile X Clinic
Infant Neurodevelopment Center
Moser Center for Leukodystrophies
Limb Differences Clinic
Military Behavioral Health Services
Center for Genetic Muscle Disorders
Neurobehavioral Unit Outpatient Clinic
Neurology and Neurogenetics Clinic
Neuropsychiatry in Epilepsy Program
Neuropsychology Department Outpatient Clinics
Specialized Transition Program, a Neurorehabilitation Day Hospital
Nutrition Clinic
Occupational Therapy Clinic
Orthopedic Clinic
Osteogenesis Imperfecta Clinic
Pediatric Pain Rehabilitation Program
Physical Therapy Clinic
Pediatric Postural Orthostatic Tachycardia Syndrome (POTS) Clinic
Psychiatric Mental Health Program
Pediatric Psychology Consultation Program
Pediatric Rehabilitation Clinic
Rett Syndrome and Related Disorders Clinic
Seating Clinic
Sickle Cell Neurodevelopmental Clinic
Sleep Disorders Clinic and Lab
Speech and Language Outpatient Clinic
Philip A. Keelty Center for Spina Bifida and Related Conditions
International Center for Spinal Cord Injury
Hunter Nelson Sturge-Weber Syndrome Center
Synaptopathies Clinic
Tourette Syndrome Center of Excellence at Kennedy Krieger Institute and Johns Hopkins Medicine
Center for Child and Family Traumatic Stress
Tuberous Sclerosis Clinic
Weight Management Program

For a complete list of all diagnoses, disorders, programs and services, visit [KennedyKrieger.org/PatientCare](https://www.kennedykrieger.org/PatientCare) or call **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.