

# Clinical Connection

News, Updates and Support for Healthcare Professionals



Kennedy Krieger Institute  
UNLOCKING POTENTIAL

REHABILITATION • DEVELOPMENTAL MEDICINE • BEHAVIORAL THERAPIES



Dear Colleague,

At Kennedy Krieger Institute, we are committed to providing specialized medical and therapeutic care for children and young adults with disorders and injuries of the brain, spinal cord and musculoskeletal system. Our medical staff comprises hundreds of clinicians representing more than 80 specialty clinics

and programs, and a staff of 2,500 dedicated employees provides your patients and their families with unique access to the latest in research and treatment for neurorehabilitation, behavioral disorders and other developmental disorders.

To ensure your patients receive the best care possible, we take a team approach, as appropriate, bringing together physicians, psychologists, therapists and other clinicians to address all of a patient's needs. Our staff members work closely with you, and your patients and their families, to develop comprehensive and individualized treatment plans.

We offer care in a variety of settings, including a specialty pediatric hospital and outpatient centers that see more than 24,000 patients a year, day treatment services, and home- and community-based programs. We now have outpatient locations in Odenton and Columbia, Md., in addition to our Baltimore locations, to offer added convenience for your patients and their families.

Enclosed is a copy of Potential magazine, which contains inspiring stories from around the Institute. We appreciate your trust in referring patients to us, and we value your input. Please call us at **443-923-9403** or email us at **FindASpecialist@KennedyKrieger.org** to get in touch.

I am retiring from my positions as president and CEO this summer, and Dr. Bradley Schlaggar will take the helm. It's been an honor to lead Kennedy Krieger for the past 30 years. Thank you for your support.

Sincerely,

Gary W. Goldstein, MD  
President and CEO

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- Developmental and Behavioral Disorders: Bridging the Gap
- How Community Violence Impacts Youth—A Student Perspective
- Study Finds Reduced Brain Size in Children With ADHD Symptoms

## REFERRING YOUR PATIENTS

To support the needs of physicians and healthcare professionals, our care management team is available to provide information on appropriate clinical programs, handle referrals, obtain consultations with Institute specialists, and schedule appointments for patients and families.

Call **443-923-9403** to reach our Physician Referral Line, or visit **KennedyKrieger.org/Referrals** for information and resources for physicians and healthcare professionals.

For general information, visit **KennedyKrieger.org** or call **1-888-554-2080**.

## OUR CULTURE OF CARE

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Kennedy Krieger Institute provides care that preserves cultural, psychosocial, spiritual and personal values, beliefs and preferences. Care is free from discrimination based on age, race, ethnicity, religion, culture, language, physical or mental disability, socioeconomic status, sex, sexual orientation, and gender identity or expression, including transgender. We encourage patients and families to become active partners in their care by asking questions, seeking resources and advocating for the services and support they need. © 2018 Kennedy Krieger Institute 6/2018

## Expert Treatment for Children and Adolescents With Avoidant-Restrictive Food Intake Disorder

Avoidant-restrictive food intake disorder (ARFID) is an eating disorder recognized in the most recent revision of the Diagnostic and Statistical Manual of the American Psychological Association (DSM-5). A child with ARFID fails to meet appropriate nutritional and/or energy needs in the absence of a medical condition or mental health disorder, but he or she does not have a distorted body image.

People with ARFID have an aversion to eating or to certain kinds of foods. It could start with a traumatic incident,

such as choking on a bite of food, or it can start if a person has difficulty digesting certain foods.

Kennedy Krieger Institute has successfully treated children with ARFID. Our comprehensive, interdisciplinary team includes occupational therapists, behavioral therapists, speech-language pathologists, nutritionists, medical oversight and social workers. Treatment is provided in an outpatient, day hospital or inpatient setting, depending on the child's needs.



Please contact the Feeding Disorders Program at [FindASpecialist@KennedyKrieger.org](mailto:FindASpecialist@KennedyKrieger.org) if you have questions or wish to discuss a particular patient who might be appropriate for treatment.

## Study Finds Reduced Brain Size in Young Children With ADHD Symptoms



A study by researchers at Kennedy Krieger Institute found that children as young as 4 years of age with symptoms of attention deficit hyperactivity disorder (ADHD) showed significantly reduced brain volume across multiple regions of the cerebral cortex, including the frontal, temporal and parietal lobes.

The brain regions showing greatest ADHD-related reductions included those known to be critical for cognitive and behavioral control and predictability of behavioral symptoms. The study represents the first comprehensive examination of cortical brain volume in preschool-aged children with ADHD, and provides an indication that anomalous brain structure is evident in the early stages of development.

Using high-resolution anatomical MRI scans along with cognitive and behavioral measures, Kennedy Krieger researchers studied the brain development of 90 medication-naïve preschoolers between the ages of 4 and 5 years old.

“By understanding the brains of children who grow into the disorder as well as those who grow out of it, we can begin

to implement targeted, preventative interventions in young children with the goal of reducing adverse outcomes or even reversing the course of this condition,” said E. Mark Mahone, PhD, ABPP, lead author of the study and director of Kennedy Krieger’s Department of Neuropsychology.

Visit [KennedyKrieger.org](http://KennedyKrieger.org) to read the full study.



## Students Raise Awareness About Community Violence Impact on Baltimore Youth



Today's children live in a world where violence, bullying and traumatic events are very real threats to their health and well-being. From school shootings and human trafficking to community violence and family issues, traumatic events can have lasting impacts on children.

Kennedy Krieger Institute's Center for Child and Family Traumatic Stress offers interdisciplinary, evidence-based therapies to treat and support children and their families to mitigate the effects of traumatic stress. This past March, students from Kennedy Krieger's youth trauma program premiered two compelling short films they created to address the personal impact of violence in their communities. The students created these compelling works while participating in a youth therapy program at Kennedy Krieger. Through these films, young people came together and used their voices to become part of the movement to end community violence.

Visit [KennedyKrieger.org/TraumaticStressCenter](https://www.KennedyKrieger.org/TraumaticStressCenter) to view the films.

## Bridging the Gap in Healthcare for Children With Developmental and Behavioral Disorders

Approximately 13 percent of children in the United States have a developmental disorder, and studies indicate that as many as 20 percent of children have emotional or behavioral disorders. Many children present with behavioral disturbances in early childhood and are referred to specialists for diagnosis and management. Long waiting lists to see specialists and the long distances many families must travel in order to see specialists pose obstacles for families trying to get care for their children, especially for those in rural communities and underserved populations.

To address the shortage of behavioral and developmental specialists who evaluate and manage children in Maryland, Kennedy Krieger Institute has created a grant-funded collaborative for training medical professionals to identify and treat childhood developmental, emotional and behavioral issues. The program, called the Kennedy Krieger Institute Network for Early Childhood Telehealth, intends to transform participating pediatric primary care and school-based health center clinicians into local experts.



Weekly virtual training clinics are hosted by an interdisciplinary team of Kennedy Krieger clinicians, and are attended by primary care and school-based clinicians from healthcare centers in rural and underserved areas of Maryland. Through guided practice and didactic learning, the program fosters participants' increased knowledge and comfort in implementing evidence-based screening, evaluation practices and office-based interventions within their communities.

To date, Kennedy Krieger has held 40 training clinics, each one with didactic and case-based learning sessions. So far, the clinics have saved about 10,000 miles of patient travel, and the didactics have provided more than 180 CME hours for our community partners.

Contact Dr. Mary Leppert ([Leppert@KennedyKrieger.org](mailto:Leppert@KennedyKrieger.org)) or Janna Steinberg ([Steinberg.J@KennedyKrieger.org](mailto:Steinberg.J@KennedyKrieger.org)) for more information about this program.



Kennedy Krieger Institute

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## PATIENT CARE PROGRAMS & SERVICES

### Specialty Pediatric Hospital

Feeding Disorders  
Neurobehavioral Unit (NBU)  
Rehabilitation Unit—brain injury, complex medical, pain management, post-orthopedic surgery and spinal cord injury

### Outpatient Centers, Programs and Services

International Adoption Clinic  
Aquatic Therapy Program  
Assistive Technology Clinic  
Audiology Clinic  
Center for Autism and Related Disorders  
Barth Syndrome Clinic  
Behavior Management Clinic  
Bone Disorders Program  
Brachial Plexus 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  
Cranial Cervical Clinic  
Deafness-Related Evaluations Clinic  
Center for Development and Learning  
Pediatric Developmental Disabilities Clinic  
Down Syndrome Clinic and Research Center  
Pediatric Epilepsy and Neuropsychiatry Program  
Pediatric Feeding Disorders Program  
Focused Interdisciplinary Therapy Program  
Fragile X Clinic  
Healthy Lifestyles Therapy Program  
Infant Neurodevelopmental Center  
Moser Center for Leukodystrophies

Limb Differences Clinic  
Military Behavioral Health Services  
Center for Genetic Muscle Disorders  
Neurobehavioral Unit Outpatient Program  
Neurology and Neurogenetics Clinic  
Clinical Neurophysiology Clinic and Laboratory  
Neuropsychology Outpatient Clinics  
Specialized Transition Program Neurorehabilitation Day Hospital  
Nutrition Clinic  
Occupational Therapy Clinic  
Orthopedic Clinic  
Osteogenesis Imperfecta Clinic  
Pain Rehabilitation Program  
Physical Therapy Clinic  
Psychiatric Mental Health Program  
Pediatric Psychology Program  
Rehabilitation Clinic  
Seating Clinic  
Sickle Cell Neurodevelopmental Clinic  
Sleep Disorders Clinic and Laboratory  
Speech and Language Clinic  
Philip A. Keelty Center for Spina Bifida and Related Conditions  
International Center for Spinal Cord Injury  
Hunter Nelson Sturge-Weber Center  
Center for Child and Family Traumatic Stress  
Tuberous Sclerosis Clinic  
Weight Management Program

### Continuums of Care

Continuums allow patients to be seen through all stages of care, including in 24-hour inpatient programs, day treatment, home- and community-based services, and outpatient programs. They include **Pediatric Feeding Disorders**, **Neurobehavioral Disorders** and **Pediatric Rehabilitation (brain injury, complex medical, pain management, post-orthopedic surgery and spinal cord injury)**.

For a complete listing of all diagnoses, disorders, programs and services, visit [KennedyKrieger.org/PatientCare](http://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.