

Kennedy Krieger Institute's Center for Child and Family Traumatic Stress

# CBT-Plus Clinic

## Who We Serve

The CBT-Plus Clinic serves youth (5 to 18 years old) and families who are receiving services through Maryland's Child Welfare System. We have more than 30 years of experience working with children in foster care who have behavioral healthcare needs and developmental disabilities. We understand the special needs of youth in out-of-home care.

## What We Do

We provide evidence-based treatment, including cognitive behavioral therapy (CBT), for children and adolescents who have anxiety, depression or behavioral challenges, and/or who have experienced trauma. All our therapists are specially trained to address the complex needs of youth in non-family care.

## How We Do It

We use a compassionate and collaborative approach that is time-limited and skills-based. We collaborate with youth, child welfare workers, foster families and biological family members.

## Why We Do It

Our approach reduces symptoms and improves daily functioning. We want children and their families to have the support they need to ensure youth safety, permanency and well-being.

## Call to Make a Referral Today!

In-person and telehealth options are available. Contact Stephanie King at **KingS@KennedyKrieger.org** or **443-717-0052**.



**Accepting New Clients Now!**

## Location

The Harry and Jeanette Weinberg Building  
1741 Ashland Avenue | Baltimore, MD 21205

## Parking

The parking garage for 1741 Ashland Avenue is free of charge and located at the corner of Broadway and Ashland Avenue—enter on Ashland Avenue.

Visit **KennedyKrieger.org/CBT-Plus** or scan the QR code for more information on the CBT-Plus Clinic.



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