

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

Treatment Services

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute provides mental health evaluation and treatment services to children, adolescents and families who have experienced or may be at risk for trauma through physical or sexual abuse, neglect, domestic violence and community violence. The education, training and technical assistance we offer to parents, professionals and community organizations promote greater understanding of the developmental, emotional and behavioral consequences of trauma and communicates the most effective ways to provide care. The Center for Child and Family Traumatic Stress is an affiliate member of the National Child Traumatic Stress Network, which is a national resource focused on childhood trauma.

Who We Treat

We provide services for children from birth to age 21 years of age and their families.



Contact Information:

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

**1750 E. Fairmount Avenue
Baltimore, MD 21231**

(443) 923-5980

TTY/HCO 1-800-735-2258 (MD Relay)

Services Provided

We offer trauma and evidenced-supported, culturally sensitive services for prevention, early intervention, assessment and treatment including:

- Psychiatric evaluation and follow up
- Psychological testing
- Mental health assessments
- Individual, family and group therapeutic interventions
- Case management both in the center and in the community
- Consultations with schools or other child serving agencies

Our Team

Our interdisciplinary team includes:

- Child Psychiatrists
- Child Psychologists
- Clinical Social Workers
- Professional Counselors
- Nurses
- Case Managers
- Recreational Therapy Assistants
- Sign Language Interpreters
- Spanish Speaking Providers

Our Approaches

General

Birth to Five Clinic - an interdisciplinary resource for infants, toddlers, preschoolers and their families offering assessment, consultation, and trauma treatment to address social, emotional, cognitive, motor, speech and language, and developmental needs.

Family Clinic - works with families who have experienced intergenerational trauma to improve communication; develop more effective parenting strategies; address past trauma or major losses; and prevent out-of-home placement of special needs children.

Group Clinic - time-limited group therapy for children, adolescents, and families covering a range of topics including coping with trauma, managing anxiety and parenting skills/support.

Evidence-Based Treatments

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) - an evidence-based practice for children who have experienced sexual abuse, assault and other traumatic experiences.

New Start Clinic - uses **Alternatives for Families-Cognitive Behavioral Therapy (AF-CBT)**, an evidence-based mental health intervention designed to help families with histories of physical abuse and/or conflict make changes that will build a more positive future.

Parent-Child Interaction Therapy (PCIT) - uses step-by-step live coaching sessions with the caregiver and child to improve caregiver-child interaction patterns.

Language Specialties

Unity Clinic - a specialized program providing therapy to children and their families who are deaf or hard of hearing who have been affected by trauma.

Avanza! - for children, adolescents and their families who have been affected by trauma and speak Spanish as their primary language.

Community Settings

Community Based Services - home and school based programs and case management.

Special Populations

Safety, Mentoring, Advocacy, Recovery and Treatment Clinic (SMART) - an intensive, integrated 18 month therapeutic treatment model with community intervention designed for children with sexual behavior problems who have a history of sexual abuse.

Safety, Treatment, Advocacy, and Recovery (STAR) - for children who have experienced sexual abuse

Healing, Overcoming, Protecting, Empowering Clinic (HOPE) - for adolescents with trauma exposures such as abuse, community violence, sex trafficking, abandonment, and/or neglect and are engaging in high risk behaviors such as substance use, non-suicidal self-injury and elopement.

Horizons Clinic - for children who have experienced trauma and who have developmental disabilities (i.e., autism spectrum disorders, intellectual disabilities, language disorders, etc.), and their families.

Eagle Clinic - attends to the traumatic stress associated with military deployment on children and families with an understanding of military culture so that families can achieve their highest level of functioning.

Special Methods

Mind/Body Clinic - uses approaches such as yoga, mindfulness, movement and biofeedback to address symptoms stemming from chronic trauma. Therapies enhance skills for reducing stress and improving self-regulation.

