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,

Bradley L. Schlaggar, MD, PhD
President and CEO
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.

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.

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.

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