

# Behavior Management Clinic



We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute  
UNLOCKING POTENTIAL



## Clinic Overview

Caring for the mental and physical well-being of children is the foremost concern of parents and guardians. At some point, every parent encounters periods of difficulty and uncertainty. Parents may notice that their child has become aggressive or increasingly noncompliant, and they might be at a loss as to how to decrease these troubling behaviors. During these times, identifying and addressing behavior problems early on can prevent more difficult problems from developing later. The Behavior Management Clinic's mission is to provide an early intervention approach for preschool, elementary school and early middle school children experiencing common behavior problems or chronic behavior disorders.



## The Behavior Management Clinic

Our clinic is staffed by licensed psychologists, psychology associates and affiliated staff members with expertise in behavioral psychology. Clinicians provide family-focused treatment for children, parents, siblings and other



important caregivers. Treatment may also occur individually or in small groups. In some instances, the best way to understand and address a problem behavior is to experience it in the setting where it normally occurs. That's why our therapists consult with caregivers, day care workers and teachers—not only at our clinic, but occasionally in clients' homes, day care centers, schools and other community settings. Consistent with Kennedy Krieger's core practices and commitments, the clinic takes an interdisciplinary approach in which

communication and collaboration between therapists and providers, both within and outside the Institute, are valued as essential to good service delivery.



## Our Treatment Services

Treatment begins with an initial assessment, also known as a functional assessment, during which a clinician gathers information through interviews, parent questionnaires and direct observation. Our interventions are individualized based on the needs of each parent, child and family. Treatment is evidence-based, using a primarily behavioral or cognitive behavioral approach. Because parents and caregivers spend far more time with their children than we do, the most successful and preferred treatments emphasize caregivers as change agents who are critical to outcomes. During treatment, caregivers are provided with a range of opportunities to learn more effective methods of managing behavior, including skill rehearsal and practice, when indicated. As another key treatment component, our team educates caregivers about childhood development and early intervention, so they can better manage their child's behavior on their own.



For children struggling with comorbid or primary internalizing problems, therapists work directly with child clients, either individually or in small groups, while teaching parents ways to promote and reinforce skills outside of treatment. We can also help families access specialized services available in their communities to augment those provided by our trained therapists. For many families, we also act as advocates, consulting with other providers and public and private educators to ensure that our patients receive the services and resources they need.







## Behavior Problems Addressed

- Aggression (physical or verbal)
- Bedwetting
- Bullying and verbal abuse
- Comorbid problems of mood or anxiety
- Disruptive behaviors
- Eating difficulties
- Hair pulling
- Impulse control problems
- Mild self-injury
- Noncompliance
- Pica (ingesting non-food items)
- Running away
- School refusal
- Social skills deficits
- Tantrums
- Thumb sucking
- Toileting problems



## Diagnoses Served

- Adjustment disorder
- Anxiety disorder
- Attention deficit hyperactivity disorder
- Depressive disorder
- Disruptive behavior disorder
- Fetal alcohol spectrum disorder
- Impulse control disorder
- Incontinence
- Language disorders
- Learning disorders
- Mild communication deficits
- Mild developmental delay
- Oppositional defiant disorder
- Selective mutism
- Separation anxiety disorder
- Sleep terror disorder
- Trichotillomania or tics



## Contact Information

To make a referral or to schedule an appointment with the Behavior Management Clinic, please call **443-923-7508** or Maryland Relay **711**.

**Referral specialists are available:**

Monday through Friday, 8:30 a.m. to 4:30 p.m.

**Clinic hours:**

Monday through Thursday, 9 a.m. to 7 p.m.

Friday, 9 a.m. to 4 p.m.

**Program Director**

Susan Perkins-Parks, PhD

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