

# Neurobehavioral Unit Outpatient Clinic at Kennedy Krieger Institute

## Who We Are

The Neurobehavioral Program at Kennedy Krieger Institute is one of the leading programs in the United States of intensive behavioral assessment and treatment of individuals with severe behavior disorders and intellectual disabilities. Our Neurobehavioral Unit Outpatient Clinic offers a range of services for children and adults whose severe problem behaviors present a risk of injury to themselves or others, who have not responded to previous interventions, and who are at risk for restrictive placement.

## Who We Serve

We work with infants, children, and adults who display severe behavioral problems, including:

- Self-injury
- Aggression
- Property destruction
- Tantrums
- Disruptive behaviors
- Fecal smearing
- Severe noncompliance
- Pica
- Elopement
- Dangerous acts

We also specialize in treating patients who have severe challenges, along with other disorders or concerns, including:

- Autism spectrum disorder
- Developmental delay
- Intellectual disability
- Down syndrome
- Cornelia de Lange syndrome
- Williams syndrome
- Smith-Lemli-Opitz syndrome
- Speech and language delay
- Pervasive developmental disorders
- Cerebral palsy



- Stereotypic movement disorder with self-injurious behavior
- Fragile X syndrome
- Various genetic, metabolic, and chromosomal disorders

## Our Team

We take an interdisciplinary approach to treatment to develop an individual treatment plan. Our treatment teams include:

- Supervising psychologist
- Board-certified behavior analyst (BCBA)
- Behavioral therapist
- Data collectors

Based on the individual clinical needs of the patient, we also collaborate with other disciplines on a case-by-case basis, including:

- Psychiatry
- Social Work
- Nursing
- Medicine

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



Kennedy Krieger Institute  
UNLOCKING POTENTIAL

## Our Treatment Approach

Our behavioral psychologists use a data-driven approach for assessment and treatment, using an evidence-based applied behavior analysis (ABA) model. The ABA model is considered best practice for working with patients who display severe behavior problems. Each patient participates in a series of intensive tests, including functional analysis and reinforcer assessment. Based on the assessment results, we develop behavioral interventions and systematically evaluate their effectiveness. Treatment plans are designed and tailored to the needs of each individual, to decrease severe problem behavior and increase appropriate replacement behavior.

Throughout the course of assessment and treatment, our team will communicate and collaborate with the patient's family and service providers. A critical component of our treatment approach is caregiver and service provider training. Before a patient is discharged, we provide structured, intensive training in behavioral program implementation for family members, caregivers, school staff, and residential service providers. This training ensures successful outcomes and helps maintain our patients' progress over time.

## Our Treatment Programs

We offer several outpatient treatment programs within our clinic, which provides flexibility and options for families and the patient.

- **Intensive outpatient program** – This is our most effective approach, and it is designed to provide intensive behavioral therapy. Patients are seen approximately three to five hours per day, three to five days per week for up to 12 weeks. The typical patient in this program is seen five hours per day, five days per week for three weeks.
- **Day treatment** – This program provides behavioral assessment and treatment services in the clinic on a weekly basis for four to 12 hours per week. The typical patient in this program is seen two hours per day, two days per week for 12 to 16 weeks.
- **A post-discharge follow-up program for inpatients and outpatients** – Our staff may remain involved in the patient's care in different capacities. Services vary depending on the patients' needs and location. Generally, services are provided in the clinic, and may include ongoing behavioral assessment and treatment services, phone consultations, or additional training for care providers to help them follow the patient's behavioral program.

## Our Success

For more than 20 years, our outpatient clinic's day treatment programs have successfully treated children and young adults. Data collected for the past five years show:

- Overall, our patients' problem behaviors have been reduced during clinic-based services by 87 percent.
- Patients in our intensive outpatient program achieved a 90 percent reduction in problem behavior.

### Contact Information

#### Neurobehavioral Unit Outpatient Clinic at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-2798**, or toll-free at **888-554-2080**. TTY: **443-923-2645** or Maryland Relay **711**

**KennedyKrieger.org**

#### Physicians & Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

#### Clinic Locations

707 North Broadway  
Baltimore, MD 21205

9810 Patuxent Woods Drive, Suite F  
Columbia, MD 21046

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.



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