

Neurobehavioral Disorders

Continuum of Care at Kennedy Krieger Institute

Who We Are

For over 30 years, the Neurobehavioral Disorders Continuum of Care at Kennedy Krieger Institute has been one of the leading programs in the United States for intensive behavioral assessment and treatment of individuals with severe behavior disorders and intellectual disabilities. We provide a full continuum of care with varying levels of services for children and adolescents, from hospitalization to outpatient programs and consultation. We treat individuals who have severe problem behaviors that present a risk of injury to themselves or others, have not responded to previous interventions, or are at risk for restrictive placement. We specialize in helping patients with serious problems when other interventions have failed. We have served patients from 38 states and various countries throughout the world.

Who We Serve

Our patients include children and adolescents who display severe behavior problems, including:

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

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

- Autism spectrum disorder
- Cerebral palsy
- Cornelia de Lange syndrome
- Developmental delay
- Down syndrome
- Fragile X syndrome
- Intellectual disability
- Smith-Lemli-Opitz syndrome
- Speech and language delay
- Stereotypic movement disorder with self-injurious behavior



- Traumatic brain injury
- Various genetic, metabolic, and chromosomal disorders
- Williams syndrome

Our Team

We take an interdisciplinary approach to treatment, relying on input from behavioral psychologists, psychiatrists, developmental pediatricians, neurologists, nurses, behavior analysts, social workers, speech and language pathologists, and other healthcare professionals.

Our Treatment Approach

Our behavioral psychologists and psychiatrists use targeted behavioral and pharmacological interventions to comprehensively treat each patient. We utilize an evidence-based approach of assessment and treatment using the applied behavior analysis

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



Kennedy Krieger Institute
UNLOCKING POTENTIAL

(ABA) model. The ABA model is considered a best practice for working with patients who display severe behavior problems. The ABA approach is combined with psychiatric assessment and pharmacological intervention.

Each patient participates in a series of intensive tests, including functional analysis and reinforcer assessment, which helps us understand the patient's behavior. Based on the assessment results, we develop behavioral interventions and systematically evaluate their effectiveness. Our treatment plans are developed and tailored to the needs of each individual, to decrease severe problem behaviors and increase appropriate replacement behavior. Treatment plans are modified along the way, as needed.

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 or completes therapy, we provide structured, intensive training in behavioral program implementation for family members, caregivers, school staff, and others. This training ensures successful outcomes and helps maintain the patient's progress over time.

Our Treatment Programs

Our treatment programs offer specialized care provided in a range of settings that offer flexibility and options for both families and patients in a safe and clinically sound environment. Our programs include:

Inpatient Unit:

- Our 16-bed inpatient Neurobehavioral Unit is dedicated to the assessment and treatment of severe problem behavior displayed by individuals with autism, intellectual disabilities, traumatic brain injuries, and other medical conditions. Individuals admitted to the inpatient unit receive behavioral and psychiatric assessments and interventions.

Outpatient Programs:

- **Intensive outpatient program** – This is our most effective outpatient approach, 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 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.
- **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

patient's needs and location. Generally, services are provided in the clinic, and may include ongoing behavioral assessment and treatment services, consultation by phone, or additional training for care providers to help them follow the patient's behavioral program.

Our Success

Our outcomes data support the effectiveness of our approach.

Inpatient outcomes over the last five years:

- 85 percent of patients discharged had reduced problem behaviors by at least 80 percent.
- 88 percent of patients had maintained their treatment gains at three- and six-month follow-ups.
- 95 percent of families reported satisfaction with services.

Outpatient outcomes over the last five years:

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

Contact Information

Neurobehavioral Disorders Continuum of Care at Kennedy Krieger Institute

For more information or to speak to an intake coordinator, 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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