

# Psychiatric Mental Health Program at Kennedy Krieger Institute

## Who We Are

Identifying psychiatric issues in children is not always easy. Children experience many physical, mental and emotional changes as they grow and develop, and symptoms of a psychiatric disorder are often misread as typical childhood or adolescent behavior. As a result, many children who could benefit from treatment do not get the help they need. The Psychiatric Mental Health Program at Kennedy Krieger Institute provides diagnostic evaluation and treatment services for children and adolescents having difficulty with mood, behavior or relationships at home, within the family, at school and with peers.

## Who We Serve

The Psychiatric Mental Health Program serves children and adolescents through 17 years old, depending on their specific needs, and their families. The program is open to patients with and without autism and/or a co-occurring developmental or intellectual disability. Some of the issues we focus on include:

- **Anxiety** (examples: specific fears, nervousness, avoiding situations that are overwhelming, panic attacks)
- **Obsessive-compulsive disorder** (examples: uncontrollable, reoccurring thoughts and behaviors)
- **Depression and bipolar disorder** (examples: withdrawal, changing moods, sadness/tearfulness, irritability, change in eating or sleeping habits, loss of interest in favorite activities)
- **Attention deficit hyperactivity disorder** (examples: impulsive and/or hyperactive behavior, short attention span with emotional or behavioral concerns)
- **Distressing behaviors** (examples: challenging behaviors or unusual experiences that cause distress in a person or in others)
- **Self-esteem/image** (examples: negative self-image, lack of confidence, gender concerns, feelings of guilt or shame, excessive worry about what others are thinking, feelings of worthlessness)
- **Adjustment/coping** (examples: coping with disability or illness, divorce, or change in caregivers; adjustment to life transitions; distress about school)



- **Relationship problems** with family or peers
- **Social problems** (examples: difficulty with social skills, social boundaries or making and keeping friends; shyness; impulsive in interactions)

## Our Team

Our program is staffed by an interdisciplinary team that allows us to consider all aspects of care, including biological, psychological and social factors. The team consists of medical providers and psychotherapists from Kennedy Krieger Institute and The Johns Hopkins Hospital, and includes:

- Clinical social workers
- Psychiatric nurse practitioners
- Psychiatrists
- Psychologists

We also work closely with our patients' other care providers in the assessment and development of a treatment plan, when necessary.

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



## Research

Our team is engaged in research to further our understanding of how currently available and newly developed interventions may improve the lives of the patients we serve. A key focus of our research is conducting clinical trials to rigorously assess medications, devices and other interventions to determine their potential to prevent and treat mental health conditions. Based on eligibility, our patients may be provided with the opportunity to participate in these treatment research studies. Participation in research studies is voluntary and separate from clinical services.

To learn more about participating in the studies, please email [ResearchTrials@KennedyKrieger.org](mailto:ResearchTrials@KennedyKrieger.org) or call 443-923-3850. You may also visit [KennedyKrieger.org/Clinical-Trials-Unit](http://KennedyKrieger.org/Clinical-Trials-Unit) for more information.

## Our Approach

Our approach begins with a complete diagnostic assessment of the patient, and includes a variety of interventions, including:

- Group psychotherapy
- Family therapy
- Individual therapy
- Medication management

### Specific approaches available include:

- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy
- Comprehensive behavioral intervention for tics
- Exposure and response prevention
- Acceptance and commitment therapy
- Parent management training

Our team works collaboratively with other programs and providers across the Institute.

## Contact Information

### Psychiatric Mental Health Program at Kennedy Krieger Institute

For more information or to schedule an appointment, please send an email to [PsychSWRef@KennedyKrieger.org](mailto:PsychSWRef@KennedyKrieger.org) or call 443-923-7718. Call us toll-free at 888-554-2080. TTY users, please contact us at 443-923-2645, or dial 711 to make a Maryland Relay call.

[KennedyKrieger.org/Psychiatric-Mental-Health](http://KennedyKrieger.org/Psychiatric-Mental-Health)

### Physicians and Healthcare Professionals

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

### Clinic Location

1741 Ashland Avenue  
Baltimore, MD 21205

### Mailing Address

707 North Broadway  
Baltimore, MD 21205

The photographs used here are for illustrative purposes only, and any person shown is a model.

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. 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. © 2018 Kennedy Krieger Institute 9/2018



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