

HOPE Clinic at the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

The Healing, Overcoming, Protecting and Empowering (HOPE) Clinic is an outpatient program within the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute. It provides evidence-informed treatment for adolescents who have experienced trauma and are engaging in high-risk behaviors.

Who We Serve

We support adolescents with a history of trauma, including:

- Physical or sexual abuse
- Community violence
- Sex trafficking
- Abandonment or neglect

These individuals may also be engaging in high-risk behaviors such as:

- Substance use
- Non-suicidal self-injury
- Elopement (running away or leaving without notice)

Our Approach to Treatment

Our clinical team focuses on:

- Stabilizing clients emotionally and behaviorally
- Teaching coping and stress management skills, including mindfulness
- Providing trauma-informed behavior management strategies for caregivers
- Educating families about the connection between trauma and high-risk behaviors

Therapeutic Modalities Used

We incorporate a range of evidence-based interventions, including:

- Dialectical behavior therapy (DBT)
- Motivational interviewing (MI)
- Integrative treatment of complex trauma for adolescents

CONTACT US

Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-5980**, or call 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/TraumaticStressCenter

Main Clinic Location

1741 Ashland Ave., 3rd Floor
Baltimore, MD 21205

For information about other locations, please call the numbers above.



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