

# The Horizons Clinic at the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute



The Horizons Clinic at the Center for Child and Family Traumatic Stress offers compassionate, trauma-informed care for children and teens with developmental disabilities—such as autism spectrum disorder, intellectual disabilities and language disorders—and their families. Our goal is to support healing, emotional well-being and stronger family connections through specialized therapies tailored to each child's unique needs.

## Treatment Approaches

Our team provides a range of evidence-based treatments designed specifically for children and adolescents with developmental challenges who have experienced trauma or emotional distress.

### Treatments include:

- **Trauma-focused cognitive behavioral therapy (TF-CBT):** Helps children process traumatic experiences and develop healthy coping skills
- **Parent-child interaction therapy (PCIT):** Strengthens the parent-child relationship and improves behavior through guided interactions
- **Attachment, Regulation and Competency (ARC) Framework:** Supports emotional regulation and resilience in children impacted by trauma
- **Family and individual therapy:** Offers a safe space for children and caregivers to work through challenges together

### Specialized abuse-focused therapies:

- **SMART (Safety, Mentoring, Advocacy, Recovery, and Treatment):** For children 10 years old and younger with a history of sexual abuse and problematic sexual behaviors

## Referral Guidelines

We welcome referrals for children and teens who meet the following criteria:

- Age: 6 to 17.5 years old at the time of referral
- A parent or caregiver must be available to attend each session
- History of trauma, anxiety or depression
- No significant aggression, self-harm or severe behavioral disturbances
- A diagnosis of a developmental disability is preferred prior to referral

**Please note:** We do not provide diagnostic evaluations for developmental disorders.

## 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](http://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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