

# Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

## Who We Are

The Center for Child and Family Traumatic Stress at Kennedy Krieger Institute provides mental health treatment services for children, adolescents and families in Baltimore City and surrounding areas. The center addresses the effects of exposure to traumas such as neglect, physical and sexual abuse, domestic and community violence, and traumatic loss.

We also offer education, training and technical assistance to parents, professionals and community organizations to promote greater understanding of the developmental, emotional and behavioral consequences of exposure to trauma, and to communicate the most effective ways to provide care.

The Center for Child and Family Traumatic Stress is a member of the National Child Traumatic Stress Network, a nationwide resource focused on childhood trauma.



## Services Provided

We offer trauma-informed, evidence-supported, culturally-sensitive services for prevention, early intervention, assessment and treatment, including:

- Psychiatric evaluation and follow-up
- Psychological testing
- Mental health assessments
- Individual, family and group therapeutic interventions
- Case management (offered both at the center and in the community)
- Consultations with schools and other child-serving agencies

Our interdisciplinary team includes:

- Child psychiatrists
- Child psychologists
- Clinical social workers
- Professional counselors
- Nurses
- Case managers
- Recreational therapists
- Spanish-speaking clinicians

## Our Treatment Approach

After an initial assessment of a child, adolescent or family, we recommend the most suitable treatment approach. All of our therapy services include family and caregiver participation.

### General Clinics

**Family Clinic:** In this clinic, we work with families who have been exposed to trauma—past and/or present—to improve communication, develop more effective parenting strategies, and increase family stability.

**Group Clinic:** This clinic offers short-term group therapy for children, adolescents and families and covers a range of topics, including coping with the effects of trauma and managing anxiety. The clinic also offers parenting skills support.

## Evidence-Based Treatment Clinics

### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):

This therapy is for children who have been exposed to sexual abuse, assault and/or other traumatic events.

**Child-Parent Psychotherapy (CPP):** We offer CPP for young children and their caregivers whose relationships have been affected by exposure to trauma. Sessions focus on talking about difficult experiences and behaviors and creating a family story to support healing.

**Parent-Child Interaction Therapy (PCIT):** Through live, step-by-step coaching sessions, we help improve interaction patterns between caregivers and their children.

**New Start Clinic:** This clinic uses combined parent-child cognitive behavioral therapy (CPC-CBT) to help families with histories of physical abuse and/or conflict make changes that will build more positive futures.

**Healing, Overcoming, Protecting, Empowering (HOPE) Clinic:** In this clinic, we offer dialectical behavior therapy (DBT) for adolescents traumatized by abuse, community violence, sex trafficking, abandonment and/or neglect, and who are engaging in high-risk behaviors such as substance abuse, nonsuicidal self-injury and elopement.

### Language Specialization Clinic

**Avanza!:** This clinic is for children and adolescents, and their families, who have been affected by a range of traumatic exposures and who speak Spanish as their primary language.

## Specialty Clinics

**Safety, Mentoring, Advocacy, Recovery and Treatment (SMART) Clinic:** This clinic uses an integrated, intensive 18-month treatment model designed for children with histories of sexualized behavior and/or exposure to sexual abuse.

**Horizons Clinic:** This clinic is for children with intellectual and/or developmental disabilities (such as autism spectrum disorder and language disorders) who have been exposed to trauma.

**Mind/Body Clinic:** In this clinic, we incorporate therapies such as yoga and mindfulness and movement practices to build stress-management and self-regulation skills for children and adolescents who have been chronically exposed to trauma.

## 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](https://www.KennedyKrieger.org/TraumaticStressCenter)

### Clinic Locations

1741 Ashland Avenue, 3rd Floor  
Baltimore, MD 21205

9730 Patuxent Woods Drive  
Columbia, MD 21046

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

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