

# 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 evaluation and treatment services to children and adolescents, from birth to age 21, and families who have experienced or may be at risk for trauma from physical or sexual abuse, neglect, domestic violence and community violence. The education, training and technical assistance we offer to parents, professionals and community organizations promote greater understanding of the developmental, emotional and behavioral consequences of trauma and communicate the most effective ways to provide care. The Center for Child and Family Traumatic Stress is an affiliate member of the National Child Traumatic Stress Network, a national resource focused on childhood trauma.

## Services Provided

We offer evidenced-supported, culturally sensitive services for the prevention, early intervention, assessment and treatment of trauma, including:

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

## Our Team

Our interdisciplinary team, which conducts evaluations and provides treatment services, includes:

- Child psychiatrists
- Child psychologists
- Clinical social workers
- Professional counselors
- Nurses
- Case managers
- Recreational therapists
- Sign language interpreters
- Providers who speak Spanish



## Our Treatment Approaches

The Center for Child and Family Traumatic Stress offers the following clinics and clinic-based services designed to best meet the needs of children and families.

### General

- **Family Clinic:** works with families who have experienced intergenerational trauma to improve communication among family members, develop more effective parenting strategies, address past trauma or major losses, and prevent out-of-home placement of children with special needs
- **Group Clinic:** offers group therapy for children, adolescents and families covering a range of topics, including coping with trauma, managing anxiety, and parenting skills and support

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

## Evidence-Based

- **Trauma-focused cognitive behavioral therapy (TF-CBT):** an evidence-based practice for children who have experienced sexual abuse, assault and other traumatic experiences
- **New Start Clinic:** uses combined parent-child cognitive behavioral therapy (CPC-CBT), an evidence-based mental health intervention designed to help families with histories of physical abuse and/or conflict make changes that will build a more positive future
- **Healing, Overcoming, Protecting, Empowering Clinic (HOPE):** uses dialectical behavior treatment (DBT) to work with adolescents with trauma resulting from situations such as 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
- **Parent-child interaction therapy (PCIT):** uses live step-by-step coaching sessions with the caregiver and child to improve caregiver-child interaction patterns

## Community Settings

- **Community-based services:** services include school-based programs and case management

## Language Specialties

- **Unity Clinic:** a specialized program providing therapy for children and their families who are d/Deaf\* or hard of hearing and have been affected by trauma
- **Avanza!:** for children, adolescents and their families who have been affected by trauma and speak Spanish as their primary language

*\*Kennedy Krieger Institute recognizes that the word "deaf" can refer to both a condition and a culture. Kennedy Krieger spells the word as "d/Deaf" to be inclusive of both hearing status and cultural identity.*

## Special Populations

- **Safety, Mentoring, Advocacy, Recovery and Treatment Clinic (SMART):** an intensive, integrated 18-month therapeutic treatment model with community intervention, designed for children with sexual behavior disorders and a history of sexual abuse
- **Horizons Clinic:** for children who have experienced trauma and who have developmental disabilities (e.g., autism spectrum disorder, intellectual disabilities, language disorders, etc.), and their families
- **Eagle Clinic:** addresses the traumatic stress experienced by children and families in conjunction with military deployment—all clinic providers have an understanding of military culture, so families can achieve their highest level of functioning

## Special Methods

- **Mind/Body Clinic:** uses yoga, mindfulness, movement and biofeedback to address symptoms stemming from chronic trauma, and therapies to develop skills for reducing stress and improving self-regulation

## Contact Information

### 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 Avenue, 3rd Floor  
Baltimore, MD 21205

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

#### Mailing Address

707 North Broadway  
Baltimore, MD 21205

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. © 2020 Kennedy Krieger Institute 02/2020



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