



Mt. Washington Pediatric Hospital (MWPH) has provided more than 100 years of family-focused, integrated care to children with serious, chronic, or complex medical needs. MWPH was founded in 1922 by Hortense Kahn Eliasberg who sought to open a home where children could safely recover from illness and surgery.

Today, the hospital treats over 9,000 patients each year, helping them to heal, grow, and learn the skills that lead to happier, more independent lives. The 102-bed hospital is a jointly owned affiliate of the University of Maryland Medical System and Johns Hopkins Medicine with locations in Baltimore City, Prince George's County, Harford County, via Telehealth, and in the community. For more information, please visit [mwph.org](http://mwph.org).



Mt. Washington  
Pediatric Hospital

*Where Children Go to Heal and Grow*

*Est. 1922*

An affiliate of University of Maryland Medical System and Johns Hopkins Medicine

1708 W. Rogers Ave. Baltimore, MD 21209

Outpatient Phone: 410-578-5080

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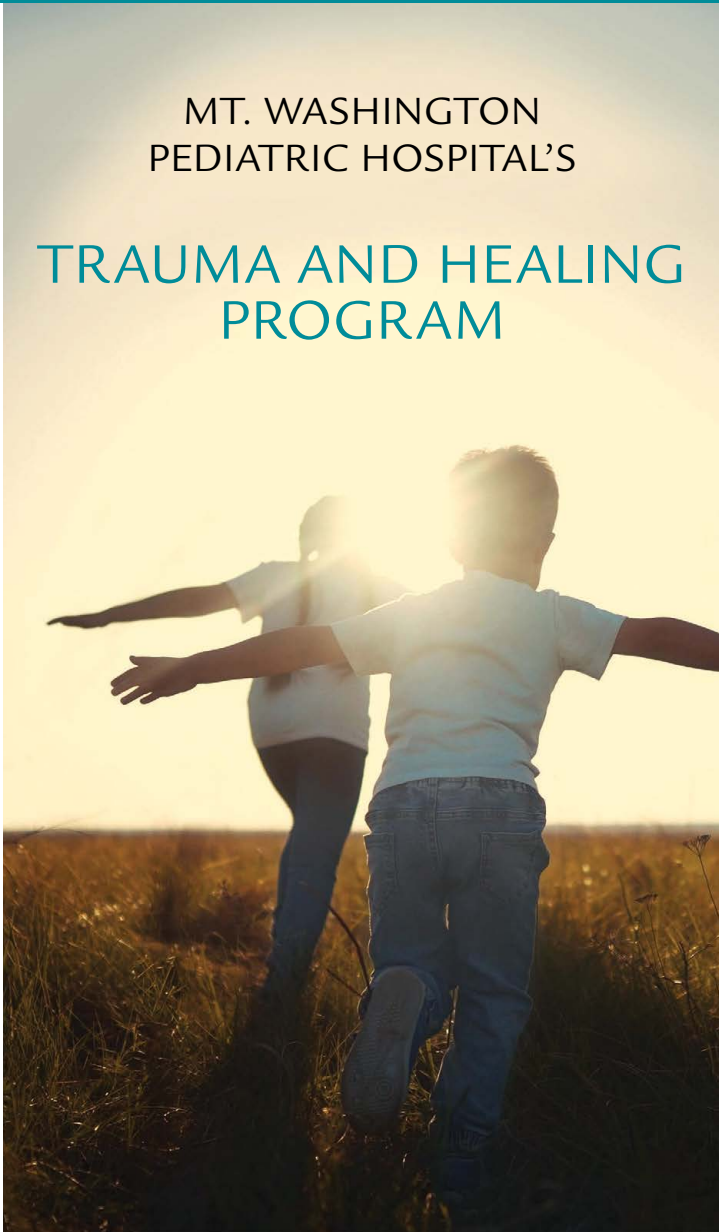
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MT. WASHINGTON  
PEDIATRIC HOSPITAL'S

TRAUMA AND HEALING  
PROGRAM



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## SERVICES PROVIDED

The department provides evidence-based, culturally-responsive services to children and their families. *Services include:*

- Comprehensive psychological evaluations
- Evidence-based therapies for trauma:
  - Trauma-Focused Cognitive Behavioral Therapy
  - Child Parent Psychotherapy
  - Attachment and BioBehavioral Catch-Up
  - Eye Movement Desensitization and Reprocessing (EMDR)
- Individual, family and group therapy services; parenting group
- Psychiatry services
- Consultation with schools or other agencies, as needed



## THE TRAUMA AND HEALING PROGRAM TEAM

The team includes a group of licensed psychologists who are trained in evidence-based treatments and approaches for children and their families impacted by trauma. They are interdisciplinary and collaborate with other members in the hospital community, including:

- Child Psychiatrists
- Social Workers
- Nurses and Physicians
- Occupational and Physical Therapists
- Speech Therapists
- Interpreter Services

## COMMUNITY OUTREACH & EDUCATION

The team provides community-based education, training and outreach on topics related to child and family trauma, including, how to recognize the signs/symptoms of traumatic stress; how to provide trauma-informed services; and how to promote healing and recovery from trauma, among many others.

### CONTACT INFORMATION

To learn more about the program, please contact Program Director, Dr. Lindsay Gavin, at 410-578-5252.

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“HEALING DOESN'T MEAN THE PAIN NEVER EXISTED. IT MEANS THE DAMAGE NO LONGER CONTROLS OUR LIVES.”