

Location and Directions

Location

The Johns Hopkins Division of Child and Adolescent Psychiatry Research Team is part of the Children's Center at Johns Hopkins Hospital: Located at 600 N. Wolfe St. in East Baltimore.

Directions

Directions can be found at:

<http://www.hopkinsmedicine.org/directions/>



JOHNS HOPKINS
M E D I C I N E

Philanthropy

More than a century ago, the Baltimore merchant Johns Hopkins did more than provide in his estate for the construction of a university, a hospital and a med-school. He set the stage for a university-based health center with a mission: to create a learning, training and caring environment where the quest for new knowledge would continuously yield more effective and more compassionate care for all. Today, after more than a century of leadership in health care, the quest for medical discoveries leading to better health care remains the defining mission of Johns Hopkins Medicine.

Please look at additional information about [Ways to Give](#) as well as [Help with Gift Planning](#) at:

www.hopkinsmedicine.org/Psychiatry/giving

We invite you to discuss opportunities that match your interests in confidence with our Director of Development, Ms. Jessica Lunken (410-516-6251).

Child and Adolescent Psychiatry

OCD Program and Tic Disorders Specialty Clinic



**DIVISION OF CHILD AND
ADOLESCENT PSYCHIATRY**

Obsessive-Compulsive Disorder

Although OCD can often present in childhood (1 in approximately 200 youngsters have OCD) few receive developmentally appropriate treatment. Children may not reveal the degree of symptoms initially until their progression begins to impact daily life for the child and the entire family. Children, teens, and families often suffer despite the availability of safe and effective treatments.

Symptoms may include:

Persistent concerns about germs despite reassurances

The need to repeatedly count steps or touch objects to feel “just right”

Wants objects lined up a certain way leading to distress if they are moved

Medication and Cognitive-Behavioral Treatments (CBT) have been demonstrated to be effective for treating Obsessive-Compulsive Disorder (OCD) and OCD behaviors. Research would suggest that while medication alone and CBT alone can be effective for treating O-C symptoms, a combined approach may result in the best outcomes. This program emphasizes the use of an intensive combined (medication and CBT) approach to treating O-C pediatric OCD.

Tourette Syndrome and Tic Disorders

Tourette syndrome and tic disorders are neuro-behavioral disorders affecting 1% to 3% of children and adolescents. Tic disorders frequently co-occur with psychiatric disorders (e.g., ADHD, OCD, DBD), which are often associated with significant psychosocial impairment.

Tic Disorder Symptoms include:

Motor Tics

- Blinking
- Grimacing
- Head/neck/shoulder movements...

And/or

Vocal Tics

- Coughing
- Throat clearing
- Repeating words or phrases...

Medication and Cognitive-Behavioral Treatments (CBT) have been demonstrated to be effective for treating Tourette syndrome and tic disorders as well as common comorbidities. Medication and CBT can be delivered individually or in combination. This specialty clinic emphasizes the use of an empirically supported treatment (EST) for tic disorders (i.e. Habit Reversal Training, HRT) as an adjunct to medication or as a front-line intervention. Medication and CBT are also available for common co-occurring symptoms/disorders.

Faculty Clinicians

Psychiatrist

Marco Grados, M.D.

Tel: (443) 287-2291

Email: mjgrados@jhmi.edu

Psychologist

Matt Specht, Ph.D.

Tel: (410) 614-4236

Email: mspecht1@jhmi.edu

What to Expect

In order to efficiently connect families with the right team of providers, our intake coordinator will gather information about you, your child and your concerns over the telephone. Your initial appointment will be 2-3 hours and will include an extensive clinical interview with feedback.

To Schedule an appointment with Dr. Grados call:

Carie Fletcher
410-955-5335

To Schedule an appointment with Dr. Specht call:

Anthony Dukes
410-502-6755