The goal of HOPES is to minimize disability and maximize function and productivity in adults with acquired brain injury.
The Johns Hopkins Bayview Head Injury Outpatient Psychiatric Enhanced Services, (HOPES) provides comprehensive and multidisciplinary services to adult survivors of acquired brain injury who have behavioral, emotional or cognitive difficulties.

What is Acquired Brain Injury?
Acquired brain injury (ABI) is an injury to the brain that occurs after birth. Well-known causes of ABI include:

- Traumatic brain injury (TBI)
- Tumors
- Blood clots
- Strokes
- Seizures
- Toxic exposures
- Infections
- Metabolic disorders, such as insulin shock
- Lack of oxygen to the brain

Symptoms
Common long-term symptoms of ABI can be divided into three categories.

**Emotional:** depression, anxiety, loss of interest, poor motivation

**Behavioral:** inappropriate expression of anger, irritability, impulsivity, disinhibition

**Cognitive:** forgetfulness, inattention, difficulty multitasking

**Physical:** headache, dizziness

Mission and Values of HOPES
The mission of this unique program is to assist people who have acquired brain injury as they learn to accept all aspects of their illness, advance their wellness, and attain their maximum potential so that they can have a better quality of life. The program aims to provide the highest quality of care to patients with brain injury experiencing behavioral, emotional or cognitive difficulties.

The work of HOPES is based on:

- Optimism, commitment and progress
- Multidisciplinary teamwork to provide holistic care
- Learning and research

Services
The multidisciplinary team provides many services, including:

- Diagnostic assessments
- Medication management
- Individual and group therapy
- Family counseling
- Consultation
- Occupational Therapy
- Anger management
- Enhancing interpersonal skills

HOPES provides support to prevent inpatient hospitalization by connecting an individual with a psychotherapist and neuropsychiatrist. In addition, participants will engage in a variety of group therapies three days a week.

Who is eligible?
Adults 18 years of age and older who have a history of an acquired brain injury and emotional or behavioral disturbances may be able to participate in the program.

We accept Medicaid, Medicare and some private insurances. Please contact your health insurance company to check your coverage.

For more information or to schedule an appointment, call 410-550-0104.