



The Children's Hospital

Psychiatry and Behavioral Sciences

FACT SHEET

Neuropsychiatric Special Care Program

The Neuropsychiatric Special Care (NSC) Program provides *short-term* inpatient and intensive day treatment care for **children and adolescents with an autism spectrum disorder and/or an intellectual disability** ages four through 17 years who are in crisis and may have co-morbid conditions (medical and/or psychiatric).

The NSC Program offers a full range of structured activities that reflect the TEACCH (Treatment and Education of Autistic and Related Communication Handicapped Children) philosophy. This philosophy is based on structuring the environment to maximize the child's understanding and independent functioning, thereby decreasing undesirable behaviors. NSC routine activities include self-care and life skills, creative therapies, social engagement, leisure/choice, special education, and hands-on training of caregivers about positive behavior intervention strategies.

Our Five-Pronged Approach involves the following:

1. **Behavioral/Communication treatment evaluations and interventions** to identify ways to restructure the child's environment and teach the child more adaptive social-communication strategies.
2. **Psychotherapeutic interventions and evaluations** to teach self-regulation skills, safe expression of emotions, academic and pre-vocational skills, independent leisure and self-care skills, and positive social behaviors.
3. **Careful medication adjustments, as necessary**, to enhance the individual's learning opportunities by helping to reduce overwhelming issues including anxiety, irritability, obsessions and compulsions, and aggression.
4. **Medical evaluations** to ensure that physical problems (e.g. pain) are not contributing to behavioral issues.
5. **Teach effective intervention methods to families and community service providers** to promote smooth transitions from the hospital setting back into the community.

Our core staff have expertise in working with children who have special needs:

- **Operations Manager:** Arletta Swain-Cockrell, M.S., CPNP
- **Clinical Director:** Robin Gabriels, Psy.D.
- **Medical Director:** Carol Beresford, M.D.
- **Pediatrician:** Edward Goldson, M.D.
- **Head Nurse:** MaryAnn Morrow, RN
- **Therapists:** Andrea Plato, Psy.D., Selga Ruzzano, OT, Maija Gulens, MS, CCC-SLP
- **Mental Health Counselors:** Margaret McGovern, Jamie Gutho, David Gottlieb, and Kevin Thomas
- We also have a special education teacher, art, music, yoga, and movement therapists, a variety of trainees from the disciplines of psychology and psychiatry, and we have the support of volunteers from the Volunteer Department.

- **Our Philosophy:**
 - We tailor intervention plans to the child's specific needs
 - We strive to help children and families to have positive experiences
 - We capitalize on the strengths of the child, not their disabilities.
- We believe that treatment is only effective if it can be transferred to home and school.

Contact: For more information about the NSC program, please contact us at 720-777-8240.

For admission information, contact the NSC intake coordinator at 720-777-3191.

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