



The goal of **HOPES** is to minimize disability and maximize function and productivity in adults with acquired brain injury.



Head Injury Outpatient Psychiatric Enhanced Services (HOPES)

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Johns Hopkins Bayview Medical Center

Head Injury Outpatient Psychiatric Enhanced Services (HOPES)

Multidisciplinary psychiatric services for 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.