

The Memory Clinic, part of the [The Neuropsychiatry Program](#) at Sheppard Pratt, provides comprehensive assessment and treatment to individuals who are experiencing difficulties related to memory loss. We work with individuals and their families to perform the diagnostic evaluation, treatment planning, and education necessary to understand and manage a variety of disturbances that may contribute to changes in memory and cognition. Like other aspects of the Neuropsychiatry Program, The Memory Clinic has a strong commitment to community-based care with specialized home-based services and liaison services with general medical practices in the nearby Greater Baltimore Medical Center. Our goal is to have a positive impact on the cognitive, emotional, social, and global well-being of patients and their families through individualized care planning and state-of-the-art treatment.

## WHAT IS MEMORY LOSS?

Many of us may have forgotten the name of a particular person or object, missed an appointment, or gotten lost in a once familiar place. These lapses in memory are common and sometimes happen more often with age. However, when these periods of forgetfulness start to interfere with our daily lives or impair our function, they may fall under the category of dementia caused by an underlying neurological illness. **Dementia is a general term for a decline in mental ability severe enough to interfere with daily life.**

The most common cause of dementia is Alzheimer's disease. Other neurodegenerative diseases, as well as stroke and cardiovascular disease, can also cause memory loss. Additionally, mood or sleep disorders and other psychiatric conditions may interfere with memory and can improve when the underlying cause is treated.

## SIGNS AND SYMPTOMS

Just because you are experiencing problems with memory does not mean that you have dementia. If you or a loved one is experiencing significant problems with two or more of the following, you may benefit from our comprehensive assessment:

- Short-term memory or memory for recent events
- Focusing attention and maintaining concentration
- Language and communication
- Decision making and reasoning ability
- Organization of tasks
- Visual perception
- Disorientation and confusion

## WHO WE SERVE

- Individuals experiencing mild memory problems or concerns about their memory
- Individuals with depression or bipolar disorder that have experienced a change in their short term memory and concentration
- Individuals who have memory loss and/or confusion related to medications or medical conditions, such as heart disease and diabetes
- Individuals who have established dementia due to a wide range of diseases, such as Alzheimer's disease, stroke/cerebrovascular disease, Parkinson's disease, Lewy Body disease, and frontotemporal degeneration

## MEET OUR TEAM



**Crystal C. Watkins, M.D., Ph.D.**, is director of The Memory Clinic and assistant professor of psychiatry and behavioral sciences at Johns Hopkins University School of Medicine.

Dr. Watkins received her M.D. and Ph.D. from Johns Hopkins University School of Medicine as part of the combined degree program in molecular and cellular neuroscience. She completed fellowship training in geriatric psychiatry and training in mood disorders and neuroimaging. Dr. Watkins has an interdisciplinary approach to memory disorders that incorporates medical and pharmacological patient care, family education, outreach, and research. She has authored many publications and given presentations nationally and internationally. Her research interests include mood and anxiety disorders in the aging population and the use of brain imaging in the early diagnosis and treatment of dementia.



**Vassilis E. Koliatsos, M.D., M.B.A.**, is founder and director of the Neuropsychiatry Program at Sheppard Pratt and a Stulman Scholar of Clinical Neuropsychiatry.

Senior faculty member at both Johns Hopkins and University of Maryland, Dr. Koliatsos founded the Neuropsychiatry Program in 1997 to establish a coordinated approach to care for a variety of complex patients with severe cognitive, emotional, and behavioral problems. The Program was designed to help clarify the causes and mechanisms of symptoms and provides both consultative services and direct

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patient care. Dr. Koliatsos also has an active clinical practice focusing on patients with traumatic brain injury (TBI) and neurodegenerative dementias.



**Beth Galik, Ph.D., CRNP**, associate professor at University of Maryland's School of Nursing, is a local leader in the formulation and delivery of home services for patients with progressive dementing disorders. She provides comprehensive home care for qualifying dementia patients in our clinic.

### ADMISSION CRITERIA

To qualify for admission into our clinic, patients may experience the following:

- Problems with memory, language, orientation, calculations, complex actions, organizing skills, or other cognitive functions
- Memory or other problems mentioned above while also experiencing mood disturbances, sleep problems, or personality changes

Referrals are welcome from physicians, therapists, social workers, hospitals, long term care facilities, legal representatives, insurers, employers, family members, and collateral caregivers.

To provide the most comprehensive assessment, we ask that you obtain copies of any previous assessments, appropriate medical records, laboratory tests, neuroimaging, and neuropsychiatric testing prior to your first appointment.

### PAYMENT

We accept commercial insurance, medicare, medical assistance, workers compensation, and private pay.

### CONTACT THE MEMORY CLINIC

For frequently asked questions, please refer to our website [neuropsychiatryatsp.org](http://neuropsychiatryatsp.org). Or, for more information, call **410-938-4981**.

### DIRECTIONS

Please call our admissions office at **410-938-4981** or email [neuroinfo@sheppardpratt.org](mailto:neuroinfo@sheppardpratt.org) for directions to our program.



[Sheppard Pratt Health System](http://sheppardpratt.org) is dedicated to improving quality of life through mental health, special education, and addiction services for children, adolescents, adults, and older adults. Our patient-centered treatment approach, combined with our legacy of clinical excellence, sets us apart from other health systems on both a local and national level. We have been ranked among the nation's top psychiatric hospitals for 24 consecutive years by [U.S. News & World Report](http://www.usnews.com).

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