

The Concussion Clinic, part of the [The Neuropsychiatry Program](#) at Sheppard Pratt, offers a comprehensive approach to the evaluation and treatment of patients with mild brain injury-related neuropsychiatric symptoms. We work with individuals who have sustained a concussion, or multiple concussions, in the context of a sports injury, car accident, fall, or other similar event. Our mission is to identify, evaluate, and treat individuals and their families who have been impacted by concussions and their neuropsychiatric consequences.

ABOUT CONCUSSIONS

A concussion is a form of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Concussions can also occur after a fall or blow to the body that causes the head and brain to move quickly back and forth. While concussions are usually not life-threatening, and are therefore considered mild brain injuries, their effects can be very serious.

CONCUSSION SIGNS AND SYMPTOMS

For some people, symptoms can last for days, weeks, or longer. Others may not experience symptoms until weeks, months, or years after the actual head injury was sustained. Those who have had a concussion in the past are also at risk of having another one and may take longer to recover. Symptoms of concussions include:

Thinking & Remembering:

- Difficulty thinking clearly
- Difficulty concentrating
- Difficulty remembering new information

Physical:

- Headache
- Nausea or vomiting
- Sensitivity to noise or light
- Feeling lethargic and lacking energy

Emotional:

- Feeling irritable
- Feeling sad
- Feeling nervous or anxious

Sleep:

- Sleeping more than usual
- Sleeping less than usual
- Difficulty falling asleep

THE ROLE OF NEUROPSYCHIATRY IN CONCUSSION RECOVERY

Neuropsychiatry is a subspecialty of medicine that focuses on the relationship between the nervous system (neurology) and mental disorders (psychiatry). Neuropsychiatrists treat a wide variety of patients with disorders of the nervous system (brain injury or disease) who also have psychiatric problems. Neuropsychiatrists take into account both medical and mental components of disorders, such as concussion or head injury. They also play a critical role in helping concussed individuals return to their normal routine, whether it is work, school, or other activities. Oftentimes the mental health symptoms experienced after a concussion complicate and prolong recovery. For this reason especially, a neuropsychiatrist is often consulted in the process of concussion treatment and recovery.

MEET OUR TEAM



Margo Lauterbach, M.D., joined the Neuropsychiatry Program at Sheppard Pratt in 2008 and is the director of The Concussion Clinic at Sheppard Pratt. Dr. Lauterbach has authored numerous publications, lectured and taught medical students and residents, and has given presentations nationally and internationally. She has also developed The Concussion Clinic at Sheppard Pratt around an interdisciplinary model of care that promotes the well-being of both the individuals who have sustained a concussion and their caretakers. Her research interests include brain injury, cognitive dysfunction, neurobehavioral syndromes, and neuropsychiatric education.



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



Sarah Loeffler, LCSW-C, joined the Neuropsychiatry Program in 2011. She has nearly 20 years of experience providing psychotherapy to individuals and families impacted by neurological impairments resulting from traumatic brain injury and concussion, stroke, or progressive neurological disease. Ms. Loeffler's approach to treatment uses cognitive behavioral techniques from an empowerment and strengths perspective with a heavy emphasis on education and compensation for patient and family.



Paula Notarangelo, RN-BC, M.S., is the clinical coordinator for the Neuropsychiatry Program. She has more than thirty years experience in psychiatric and medical-surgical nursing, and is certified in psychiatric and mental health nursing by the American Nurses' Credentialing Center.

Her responsibilities include assisting in the evaluation and treatment of patients, and serving as an educational resource for patients, families, and caregivers.



Kristy Lane, B.A., is administrative assistant to Dr. Koliatsos and the administrative coordinator of The Concussion Clinic. She has extensive experience organizing clinical operations and referrals. Her research interests include topics within brain injury, both clinical and experimental.

ADMISSION CRITERIA

In order to qualify for admission into our clinic, patients must meet the following criteria:

- Diagnosed with a concussion (either recent or long-standing with symptoms)
- Experiencing symptoms, such as mood disturbances, cognitive impairments, sleep issues, or personality changes
- Referred by a physician

PAYMENT

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

CONTACT THE CONCUSSION CLINIC

For frequently asked questions, please refer to our website neuropsychiatryatstp.org. Or, for more information, call **410-938-4981**.

DIRECTIONS

Please call our admissions office at **410-938-4981** or email neuroinfo@sheppardpratt.org for directions to our program.



Sheppard Pratt Health System 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*](#).

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