

Institute of Child Development & Adolescent Health (ICDAH)

Moolchand Medcity, Lajpat Nagar – III (Ring Road), New Delhi - 110024

ICDAH is a one-stop multidisciplinary clinic for children, adolescents and their families, providing assessment, diagnosis & remedial intervention to children with special needs like learning disabilities, ADHD, Autism, cognitive impairment, developmental delays etc.

Common Emotional and Behavioral Problems

In Children

- ❖ **Attention Deficit Hyperactivity Disorder ADHD / Attention Deficit Disorder ADD**
- ❖ **Learning Disorders: Specific problems in reading, writing, spelling or arithmetic**
- ❖ **Autism Spectrum Disorders**
- ❖ **Disruptive and Conduct Disorders**
- ❖ **Cerebral Palsy**
- ❖ **Emotional Disorders in Children: Anxiety, Phobias, Temper Tantrums, Separation Anxiety, etc.**
- ❖ **Habit disorders: Bedwetting, Nail biting, Thumb Sucking**
- ❖ **Childhood Trauma and Abuse**
- ❖ **Children in special circumstances, viz., Foster, Adoptive, Custodial care.**



Bringing up ChildrenStop Race....Enjoy the Journey ...

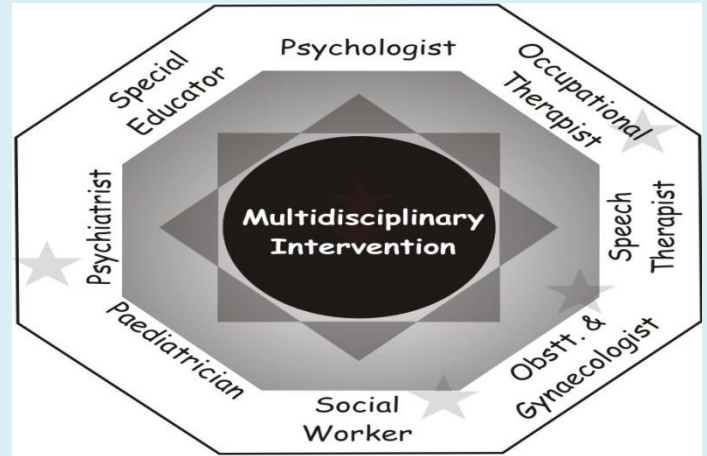
Interventions for Adolescence

- ❖ **Mood disorders: Depression, Anxiety, Aggression, etc.**
- ❖ **Substance Abuse and Dependence.**
- ❖ **Somatoform Disorders, Hysteria.**
- ❖ **Eating Disorders: Anorexia Nervosa and Bulimia.**
- ❖ **Sexual Development, identity and adjustment.**
- ❖ **Family Communication and Relationships.**
- ❖ **Peer pressures, Academic and Career choice issues.**



Multidisciplinary Assessment and Intervention

- ❖ The centre is functioning as a comprehensive referral unit for observation, identification, diagnosis and management of child development and adolescent health problems. Record keeping and reporting with software assistance has been mobilized.
- ❖ Educational toys, updated development and learning assessment scales, equipment for enhancing occupational and physical therapies in children, software based programs and audio – visual aids have been incorporated.
- ❖ **Individualized home-plans for behavioral modification, occupational therapy and sensory integration, speech therapy and remedial education.**
- ❖ The multidisciplinary team works collaboratively towards the management of varied concerns in children. Liaison with schools wherever required is done and gives the intervention a holistic approach
- ❖ Formalized preplanned periodic support group meetings are organized for parents of children with special needs.



The Development Wing, "Expressions India" has the following Objectives

- ❖ Sensitization of Schools for Holistic Development
- ❖ Promotion of Life Skills & Values as Abilities for Adaptive and Positive Behaviours
- ❖ To Initiate and Maintain a Dialogue between Students, Teachers, Parents and Other Stakeholders
- ❖ Strengthen Capacity of Implementing Agencies for Project Management
- ❖ Facilitate Environment Building and Advocacy with Key Stakeholders and Principals
- ❖ Facilitate Training of Teachers and Peer Educators

The Multidisciplinary Professional Team

NAME & DESIGNATION	CONTACT	NAME & DESIGNATION	CONTACT
Ms. Richa Mehta Clinical Psychologist	8447958937	Ms. Nupur Lakhani Consultant Psychologist	9873985516
Ms. Abhipsa Satpathy Clinical Psychologist	8895580174	Ms. Pooja Chandna Developmental Therapist	9710203025
Mr. Devraj Speech Therapist	9818799555	Ms. Jyoti Kandpal Junior Psychologist	8802105895

For Appointments – Mr. Ravi 9818799555, 7835922093
Assessments & Intervention on all days (Mon - Sat) 9:00am – 5:00pm

Dr. Jitendra Nagpal

Head & Sr. Consultant Psychiatrist
(M) 9810054860

Ms. Manju Madan

Incharge-Administration
Expressions India
(M) 8527283797

Ms. Priya Sharma

Manager (Office Operations)
Expressions India
(M) 9999564366



The National Life Skills, Values Education and School Wellness Program

The Operating Model

