

Feneryolu ÇEGOMER

Child and Adolescent Development
& Autism Center



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NP ÇEGOMER
Çocuk ve Ergen Gelişimi & Otizm Merkezi

CONTENTS

- Üsküdar University NP Feneryolu Medical Center
- Why Feneryolu ÇEGOMER (Child and Adolescent Development & Autism Center)?
- NP Health Group Centers



ÜSKÜDAR UNIVERSITY NP FENERYOLU MEDICAL CENTER

Outpatient health services are provided in the fields of Adult and Child-Adolescent Psychiatry, Adult and Child-Adolescent Psychotherapy, Speech and Language Disorder, and Occupational Therapy & Sensory Integration.

Adult, Child and Adolescent Psychiatry and Psychotherapy Unit;

Depression, social phobia, personality disorders, Bipolar disorder, masked depression, OCD (Obsessive Compulsive Disorder), senile dementia, marital and relationship problems, manic depressive disorder, eating disorders, Individualized treatment services are provided for sexual dysfunction, addiction problems, panic disorder, impulse control disorders, sleep disorders, generalized anxiety and other psychiatric disorders.

Speech and Language Disorders Unit;

Treatment of swallowing problems, stuttering, voice disorders, vocal production (articulation) disorders, vocal health, swallowing disorders, child language, hearing loss and other diseases in children.

Occupational Therapy and Sensory Integration Center;

To improve the quality of life of children and young people (0- 14 years old) with developmental delays and special needs. Our team members prepare a personalized developmental program at the most appropriate level in teamwork and apply rehabilitation according to that program.



The approach of our team and the warm response prepared for the child helps the child to reach the most appropriate goals according to the child's age and condition. We aim to help each child reach his or her highest potential. Our therapists are specially trained and experienced in the field of Pediatric Therapy. The aim of our therapy and education sessions is to help children become more sensitive to their sensory, psychological and physical needs through play.

Why Feneryolu ÇEGOMER (Child and Adolescent Development & Autism Center)?

Usküdar University NP Feneryolu Medical Center provides outpatient health services in the fields of adult, child, adolescent psychiatry, psychotherapy, language and communication disorders, occupational therapy and sensory integration. The recently opened ÇEGOMER (Child and Adolescent Development & Autism Center) also provides services to individuals with special needs.

ÇEGOMER Staff and Areas of Activity

The center is staffed by child and adolescent psychiatrists, occupational therapists, speech and language therapists, clinical psychologists, child development specialists, special education specialists and sports/movement trainers center. The areas within the center consist of counseling rooms, occupational therapy and sensory integration room, floortime room, room for speech and language disorders, play therapy room, special education rooms and rooms for sports/movement training.



Purpose of the Center

- Establishing a rehabilitation program for children/adolescents with special needs by adopting a multidisciplinary approach,
- Supporting daily life skills, academic and social skills,
- Development follow-up and implementation,
- Creating Early Childhood Program, Preschool and Early Childhood Programs, Home Follow-up Programs with expert staff,
- The content includes communication and interaction skills, play skills, learning readiness skills, parental relationship, daily life skills such as nutrition, sleep and toileting,
- Supporting participation in academia and skills,
- Targeting the ability to manage silver life skills, self-reliance, participation in play/recreational and leisure activities,
- Supporting language skills and motor processes,
- The home follow-up system ensures children's participation in activities at home and school.

Groups that can apply to ÇEGOMER Center

The Center for Child and Adolescent Development & Autism (ÇEGOMER) offers support programs for various neurodevelopmental disorders. Some of the groups that can apply for ÇEGOMER are;

- Attention Deficit and Hyperactivity Disorder (ADHD),
- Specific Learning Disorder,
- Autism Spectrum Disorder,
- Intellectual Disability,
- Tic Disorder,
- Conduct noun Disorder.

Neurodegenerative Disorders

Neurodevelopmental disorders are a group of disorders that affect the development of the central nervous system. Some of the neurodevelopmental disorders are as follows:

Attention Deficit and Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder that can cause extremely important academic, social and psychiatric problems and its negative effects can last throughout life.

ADHD has 3 different symptom groups. These are attention deficit, impulsivity and hyperactivity. Some patients have active attention deficit symptoms, some have hyperactivity symptoms, and some have both impulsivity and hyperactivity symptoms, resulting in a mixed ADHD B type.

All official child psychiatry clinics in Turkey and around the world agree that ADHD is a disorder with a genetic cause and that medication is one of the most important options in the treatment of ADHD. Cognitive-behavioral therapy,neurofeedback,



Methods such as Play Attention and attention enhancement training provide rapid onset of action and better recovery rates.

Specific Learning Disorder

Specific learning disabilities are usually diagnosed when a child starts school and realizes that he/she has difficulty in mastering the academic skills expected of him/her.

By supporting children with specific learning disabilities academically, it is possible for them to reach the expected performance level of their peers. Specific learning disabilities are not an area to be treated with medication or various methods.

Specific learning disability is a neurodevelopmental disorder. At the most basic level, the diagnosed child needs to be supported in areas such as social and emotional skills, attention, language and communication skills, visual-auditory perception and processing skills, gross and fine motor skills.

Autism Spectrum Disorder

Autism spectrum disorder is a type of verbal and behavioral disorder that is either congenital or has a negative impact on the quality of life throughout a person's life. Early diagnosis and rehabilitation are very important in autism, which is considered a mental disorder. It manifests itself with behavioral symptoms in the first 3 years of age.

Autism spectrum disorder is diagnosed based on clinical observation and behavioral characteristics. Autism usually begins to show symptoms around the age of 2 years and the diagnosis can be made. However, with good clinical observation, symptoms can be detected even in a 1 year old child. It is not possible to detect autism in the womb. Therefore, when a child is diagnosed with autism, parents often raise the question of how to treat autism.

The treatment of autism spectrum disorder is based on informing the family about autism after the diagnosis is made and providing the child with the right education program as soon as possible. The most important training is applied behavior analysis. In addition to individual education, which has been scientifically shown to be effective in autism, appropriate speech training and sensory integration therapy are among the recommended methods. It is important for the family to participate in the education program and to support the child in the social-emotional area outside of education.

Mental Retardation

- Intelligence: The ability of the mind to learn, to make use of what has been learned, to adapt to new situations and to find new solutions.
- In general, intellectual disability (formerly known as mental retardation) is defined as a limitation in a child's adaptive behaviors and mental functions that begins during the developmental period.
- The educational approach addresses deficiencies in mental skills and adaptive behaviors during the developmental period, as well as their negative impact on the child's educational performance
- In the medical approach, mental retardation is defined as having intellectual functions significantly below the average, impairments in adaptive behaviors and their occurrence during the developmental period.

Tic Disorder:

- Tics are abnormal activities in the form of sudden, semi-involuntary, rapid, repetitive, non-rhythmic, non-paced, stereotyped motor movements or sounds.

- Although they are rarely associated with disorders affecting the basal ganglia, such as trauma or encephalitis, or degenerative diseases such as Huntington's disease (HD), they are often idiopathic and Gilles de la Tourette syndrome (TS) is the most common tic disorder.
- Important features that distinguish tics from other movement disorders are that they can be suppressed for varying periods of time, they can disappear during distracting activities (e.g. reading or sewing), and some forms persist during sleep.
- Sudden, short-term, meaningless, involuntary movements and sounds are called simple tics, whereas slower and longer-lasting, seemingly purposeful (stereotypic, sequential movements) or meaningful words are called complex tics.

Communication Disorder:

- Language is a set of symbols produced by a society and a set of rules for the use of symbols.
- Speech is possible thanks to language.
- Speech is the verbal production of language.
- The first years of a child's life are the most important time for the development of language skills.
- A person's receptive language begins to develop in the prenatal period.
- In the first months, it becomes sensitive to human voices and is able to communicate with its mother and to the voice of the child's mother.
- Expressive language develops in the form of crying, babbling, echolalia, jargon, word and sentence formation.
- With the introduction of DSM-5, speech disorders were named as communication disorders and included in neurodevelopmental disorders.
- Communication disorders include the clinical diagnoses of language disorder, speech sound disorder, childhood fluency disorder (stuttering), social pragmatic communication disorder and non-specific communication disorder.

What are the Symptoms of Neurodegenerative Disorder?

- Developmental delays and disruptions beginning in childhood.
- Developmental disorders persist throughout life.
- Emotional symptoms: Different levels of emotional reactions, emotional dysregulation.
- Physical symptoms: Problems in motor skill development, coordination difficulties.
- Mental symptoms: Impairments in cognitive functions, learning difficulties.
- Lifelong problems for the affected person.
- Difficulties for the family, environment and social environment to cope with these problems.
- Significant consequences: Difficulties in education, work life, social relations.
- Difficulties in community interaction and risk of exclusion.

Diagnosis and Treatment of Neurodegenerative Disorders

Diagnostic Process:

- Diagnostic criteria for the related disorder are questioned in detail.
- Information is collected from the family members, close relatives and teachers.
- Neurological and physical examination is performed.
- Psychometric tests can be applied in accordance with the targeted disorder.
- Laboratory evaluations and brain imaging studies may be performed.

Treatment Process:

- Treatment is tailored to the form and severity of the neurodevelopmental disorder.
- Pharmacological and non-pharmacological treatments are broadly classified into two large groups.

- Pharmacological treatments include drug use, symptoms aimed at alleviating or controlling the condition.
- Non-pharmacological treatments include methods such as special education, therapies, behavioral interventions.
- The aim of treatment is to make an appropriate biopsychosocial arrangement in line with the needs of the individual.
- A multidisciplinary approach must be adopted.
- Collaboration between specialists is important to support the overall development of the child.
- The treatment process should be tailored to the individual's age, special needs and family situation.

ÇEGOMER (Child and Adolescent Development & Autism Center)

ÇEGOMER is a rehabilitation program designed to support daily life, academic, and social skills development in children and adolescents with neurodevelopmental disorders. The programs of the center, which keeps the health and education pillars together, consist of early childhood program, pre-school and school program, and home follow-up programs.





ÇEGOMER Education and Therapy Planning

Early Childhood Program: The program for children between the ages of 0-24 months aims to provide early childhood education, communication and interaction skills, play skills, learning readiness skills, parental relationship, daily life skills such as nutrition, sleep, toilet and sensory acquisition with the staff of child adolescent psychiatrist, special education specialist, sports/movement training specialist, clinical psychologist, child development specialist, speech and language therapist and expert occupational therapist. The program can be planned as full-day or half-day consecutive sessions depending on the needs of the child.

Preschool and School Programs: In the program for children between the ages of 2-13; participation in pre-academic and academic skills, managing daily life skills, self-care, participation in play/productive and leisure time activities, social interaction and communication with a child adolescent psychiatrist, special education specialist, sports/movement training specialist, clinical

psychologist, child development specialist, speech-language pathologist and expert occupational therapist staff.

Skills are aimed to be acquired. The program can be planned as full-day or half-day consecutive sessions depending on the needs of the child.

Home Follow-up Program: The Home Follow-up Program is a follow-up system that enables families to carry out the activities planned by the experts at the center at home. The home follow-up program aims to meet with families at regular intervals to share information with them and to evaluate the activities carried out at home. At the same time, as a supportive education program for school-age children, single-session supportive programs can also be planned, aiming at participation in after-school academic skills.

In the programs of the Autism Rehabilitation Center, where a multidisciplinary approach is adopted, the child's independence and participation in daily life skills are aimed with the cooperation of family and expert staff.



Working Areas of the Center

Occupational Therapy and Sensory Integration

It aims to ensure the independent participation of individuals with special needs in daily life activities by aiming to improve their physical, sensory and cognitive skills.

With the sensory integration approach in occupational therapy, the child's sensory profile is determined, sensory skills are supported and appropriate behaviors are taught to them by progressing in line with their needs. In addition, occupational therapy and sensory integration therapy are also used to prevent the child's previously predicted negativities and tantrums from emerging and to help the child to recover.

Activities that support vestibular and proprioceptive processing such as balance, coordination and body awareness are offered to children with neurodevelopmental disorders. The child is also encouraged to eat, brush their teeth, comb their hair.

Many daily life skills such as dressing, bathing, cutting nails are developed.



For the development of academic skills, therapy programs are planned to support the child's attention, memory, visual perception, motor planning praxis, pencil holding, fine and gross motor skills.

In occupational therapy, functional emotional development capacities are improved with sensory integration and DIR Floortime approaches, and interaction skills, play-making skills, activity adaptation, socialization, regulation, joint attention, togetherness, bidirectional interaction and organization of social problem solving behavior are supported in children.

Special Education

The pioneering role of individuals who develop differently from their peer groups speech, self-care skills, social and communicative skills

The ÇEGOMER program aims to support the academic activities of pre-school and formal education process, such as taking turns, taking part in games and establishing games.

In ÇEGOMER programming, accompanied by a Special Education Teacher; We work with all individuals who develop differently from their peers with the aim of maintaining and developing primary speech, self-care skills, social and communication skills, reasoning, problem solving, creative thinking, attention and joint attention, taking turns, inclusion in play and play, pre-school and early childhood education process academic activities and all these with a multidisciplinary approach by coordinating with family cooperation and other specialist areas.

Speech and Language Therapy

It aims to provide assessment, therapy and counseling services to individuals who are not equivalent to their peers in one or more areas of language, speech and communication skills or who have language and speech disorders.

Sports/Movement Education

It aims to provide sports/movement training to develop balance and coordination, flexibility development, postural control development.

The education of individuals with special needs should be aimed at enabling them to live self-sufficient and happier lives. Gaining some skills in meeting the needs of individuals, each with different characteristics, will help them in their lives. "Sport education" plays an important role in achieving this goal. Sport contribute significantly to the socialization of the individual. Individuals in need of special education who live with the feeling of being rejected and unaccepted by the society will help the development of self-esteem that they will gain through sports activities.

The sports activities to be planned for individuals in need of special education should provide development in psychomotor, sensory and cognitive areas. Because with effective development in these areas, the stated



long-term goals can be achieved will be realized. Sport education has an important place in the acquisition of motor skills that play a role in the social and emotional development of the individual.

- Improving physical and motor fitness levels of the individual by participating in sports education,
- Development of muscle endurance and muscle strength,
- To improve the balance and flexibility of the body,
- Development of perceptual motor functions,
- Increase movement ability and body appreciation,
- Gaining coordination,

Accept limitations that cannot be changed and thus will take steps towards self-realization.

Family Counseling

A consultancy plan that will facilitate the lives of families, ensure their participation in the society, support the child's relationship with the child's different developmental conditions and contribute to the child's development, where expert and family cooperation can be ensured, is being planned.



NP HEALTH GROUP CENTERS

As NP Healthcare Group, we are a group that makes a difference in the lives of our clients with the focus of a center of excellence in healthcare, progressing in the light of international standards, in the light of modern science, with the understanding of collaborative work of different disciplines. We are working to raise the level of mental health of the society and to prioritize preventive mental health studies with the strength of our scientific partnership with Üsküdar University.

NPİSTANBUL Hospital

Psychiatry, psychology, neurology and addiction with more than 25 years of knowledge, we serve thousands of our clients at NPİSTANBUL Hospital, Üsküdar University NP Feneryolu Medical Center, Üsküdar University NP Etiler Medical Center and Üsküdar University Dental Hospital.

Why NPİSTANBUL Hospital?

1. NPİSTANBUL Hospital is Turkey's first private neuropsychiatry hospital established with the aim of providing effective treatment services with the most advanced treatment possibilities provided by modern medicine for diseases related to mental/brain health.
2. NPİSTANBUL Hospital holds then JCI (Joint Commission International) accreditation certificate, the world's largest and most prestigious health accreditation organization. This accreditation is a special certificate that only three hospitals in the world, including us, are entitled to receive.
3. In addition to the services available in the field of brain, it also provides services in the fields of neurology, neurosurgery, ear nose throat, orthopedics, general surgery etc.
4. It is the first private hospital in the field of psychiatry that responds to all the needs of groomers with its 24/7 Emergency Psychiatry service.
5. Class A operating room and intensive care services. Turkey's first and only 1A Ultra Clean operating room, approved by an independent accredited organization, has a superior technological infrastructure that assists surgical operations.
6. Our hospital is a pioneering organization in new approaches such as 'treatment by measuring brain functions
7. It is the first and only hospital in Turkey to adopt and implement the Pharmacogenetic approach (TDM, Phenotyping and Genotyping) in diagnosis and treatment processes.
8. Üsküdar University is a scientific partner of Üsküdar University. It cooperates with the University in various technological, academic and scientific fields.
9. It offers Neuromodulation therapy, the first of its kind in Turkey. This center aims to treat by measuring brain function with brain stimulation.
10. It provides psychiatry (online therapy) for out-of-town and overseas dams.
11. It is a hospital that focuses on excellence in health, taking into account the "comfort of treatment" that will positively affect the treatment processes in addition to scientificity.
12. As the Addiction Clinic (NPAMATEM), Advanced Toxicology Screening Laboratory services are provided.
13. **Evidence-based treatment** is one of our fundamental principles.
 - a. Conducting pre and post-tests
 - b. Use of biomarkers such as brain mapping
 - c. Reporting the result



Technical Facilities

Multidisciplinary perspective in all specialties

With a total area of **30,000** square meters and a capacity of 149 beds, our hospital aims to create a sense of home for patients and their relatives.

NPISTANBUL Hospital, where the comfort of patients and their relatives is prioritized, has two types of room options tailored to different needs. There are standard and type A suite rooms. Type A suites and corner suites offer high comfort without compromising safety.

All furniture in each room has been selected and specially designed to ensure the comfort and safety of our clients.

In all our rooms, VIP services are provided for all the needs of patients and their relatives, from televisions with local and foreign channels to safes, resting chairs and newspaper service.

149 bed capacity and a total area of 30 thousand m²

In our hospital, there are consultation rooms that aim to protect the privacy of patients and their relatives during physician consultations, waiting areas in each clinic, and day lounges and short stays on the patient floors, which are designed to make patients feel comfortable and at home.

Our cafeteria at NPISTANBUL Hospital offers a rich variety of Turkish and international cuisine with our newly renovated food hall. It serves with its large and spacious seating area, design, service quality and friendly staff. Our place of worship is located on the B1 floor of our hospital.

Each clinic has waiting areas and patient floors with day lounges and winter gardens designed to make patients feel comfortable and at home.



Üsküdar University NP Etiler Medical Center

Psychological and psychiatric diagnosis and treatment services are provided in the fields of Child-Adolescent and Adult Psychology and Psychiatry. In the adult psychiatry unit, treatment is offered to patients with mild to moderate symptoms who can continue their treatment on an outpatient basis. Services are provided for conditions such as depression, masked depression, OCD (obsessive-compulsive disorder), social phobia, personality disorders, bipolar disorder, schizophrenia, manic-depressive disorder, impulse control disorders, marital and relationship problems, eating disorders, addiction issues, sleep disorders, generalized anxiety, and other psychiatric conditions, with personalized treatment plans.



Üsküdar University NP Feneryolu Medical Center

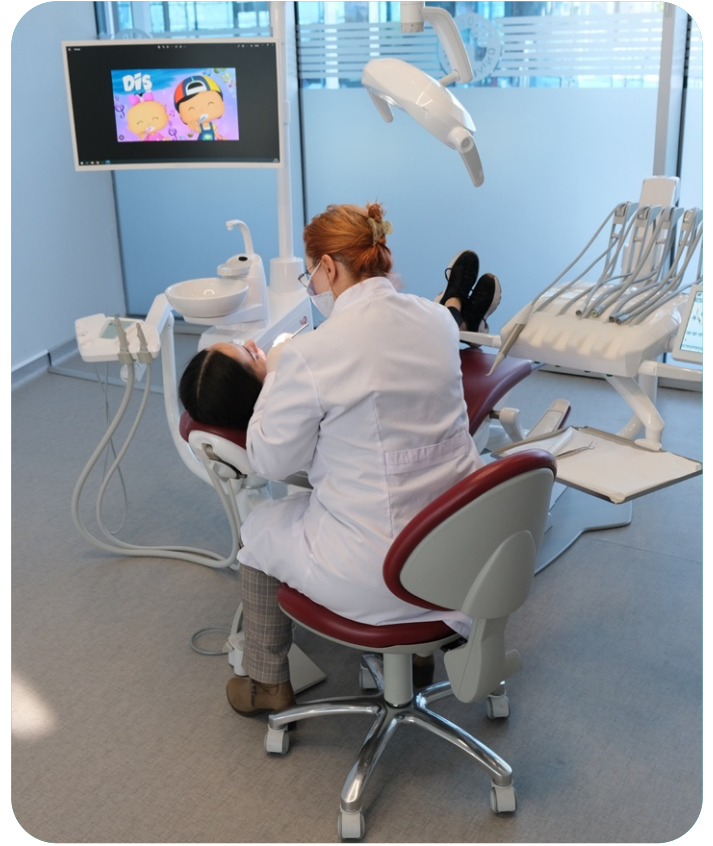
Outpatient health services are provided in the fields of adult, child, and adolescent psychiatry, psychotherapy, speech and language disorders, occupational therapy, and sensory integration. Additionally, with the recently opened ÇEGOMER (Child and Adolescent Development & Autism Center), services are also offered to individuals with special needs.



Uskudar Dental Hospital

Established in 2023, Üsküdar Dental Hospital works with a patient-oriented, preventive approach to dentistry, aiming not only for healthy teeth today but also to ensure strong and healthy teeth even in your 80s. Drawing its academic strength from the experienced staff of Üsküdar University Faculty of Dentistry, Üsküdar Dental Hospital offers personalized oral and dental health services with specialized dentists. Üsküdar Dental Hospital, which combines care, knowledge and experience under the same roof, offers a full range of services in many different branches such as prosthetics, periodontal diseases, jaw surgery, pediatric dentistry, endodontics and orthodontics. Dental treatments for special patient groups such as autism and developmental delay are performed under general anesthesia in fully equipped operating rooms.

Working with the philosophy of “Healthy teeth, healthy future”, the department of pediatric dentistry instills oral and dental health awareness in children; a treatment process where love and happiness, not fear, prevail. In addition to all these, Üsküdar Dental Hospital also provides services in the clinics of cleft lip and palate, speech disorders and dental aesthetics for the elderly.



MAY THE CHILDREN GROW UP HEALTHY AND THE PROBLEMS BE SOLVED BEFORE THEY GROW UP!

Child Adolescent Psychiatry Fields

- Attention Deficit and Hyperactivity
- Neurodevelopmental Disorders
- Developmental Delays
- Learning Disability
- Intellectual Intelligence Development Disorders
- Bipolar Disorder
- Depression
- Mood Disorders
- Dissociative Disorders
- Don't Oppose Don't Oppose
- Game Addiction
- Anxiety Disorders
(Exam Anxiety, Social Phobia, Separation Anxiety)
- Obsessive Compulsive Disorders
- School Refusal
- Trauma
- Eating Disorders
- Social Skill Deficiencies
- Crises of Adolescence

Child Adolescent Neuropsychiatry Fields

- Neurological evaluation
- Psychiatric Evaluation

Child Adolescent Neuropsychology Test Areas

- Learning Disability Battery
- Intelligence Tests
- Mood Screening Tests
- Anxiety Screening Tests
- Eating Attitudes Tests
- Screening Tests for Behavioral Disorders
- Obsessive Compulsive Disorder Detection Tests
- Attention Deficit and Hyperactivity Tests
- Developmental Screening Tests
- Autism Screening Scales
- Neurobiofeedback
- Personality Tests
- Tests for Identifying

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