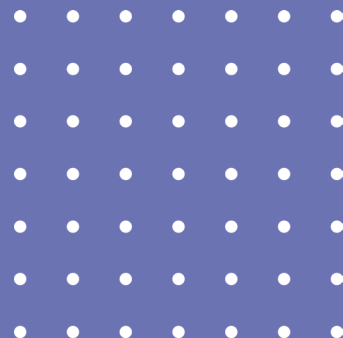


BRADLEY REACH™

WORLD-CLASS PEDIATRIC PSYCHIATRIC CARE,
DELIVERED VIRTUALLY

Adolescent Partial Hospital Program

A PROGRAM OF BRADLEY HOSPITAL





Welcome to Bradley REACH.

We have prepared this handbook to familiarize you with the Bradley REACH staff and services and so that you know what to expect from your child's treatment and what we expect of you and your child. We know that the decision to enroll your child in a psychiatric day treatment program may be difficult. We will make every effort to help make this a positive experience for you and your child. You are a partner in your child's treatment and we look forward to working closely with your family. We invite your suggestions and feedback on our program. If you have questions or concerns, please do not hesitate to talk with us.

New England Phone: 401-432-1580

Florida Phone: 401-432-1589 / 401-606-9315

Email: bradleyreach@lifespan.org

Web: bradleyreach.org

**THANK YOU FOR YOUR CONFIDENCE IN BRADLEY
HOSPITAL AND FOR ENTRUSTING US WITH YOUR CHILD.**



Our Bradley REACH Adolescent Partial Hospital Program:

The Bradley REACH Adolescent Partial Hospital Program is a specialized telehealth program that provides comprehensive evaluation and intensive treatment for adolescents from age 13 through 18, and their families. The primary goal of the program is to help children safely live at home while offering them and their families the opportunity to work on behavioral, emotional and social difficulties that occur at home and in the community.

The program operates five days a week from 8:00 a.m. to 2:30 p.m. We ask that all participants be prepared to sign on at 7:50 a.m. so that we may promptly start at 8:00 a.m. Adolescents and their families generally participate for three weeks; the length of stay is determined mutually by you and the Bradley REACH PHP staff. When your child is ready to be discharged from the program, the treatment team will work with you to arrange appropriate follow-up services and support.

General program goals include reduction or elimination of self-harm behaviors, improved use of coping skills, and decreased need for hospitalization. The program offers a supportive therapeutic environment for your child to identify and work on their individual goals. The program team—comprising a psychiatrist, social workers, a nurse, psychologists, and milieu staff—will work collaboratively with you to provide the best services possible to assist you and your child. Your child's care may include the following:



PSYCHIATRIC CARE

Each child in the program will have regular contact with the program psychiatrist through a combination of group and individual therapy. Your teen's psychiatrist will be in regular contact with you to discuss any changes to medication. If your child is in need of medication, the psychiatrist will work with you to develop a medication plan. If your child is already seeing a psychiatrist, the program psychiatrist will work in collaboration with him or her.

INDIVIDUAL THERAPY

Each adolescent will participate in individual therapy at least twice per week during regular program hours.

EXPRESSIVE ARTS GROUP

Teens are exposed to a variety of therapeutic activities including yoga, meditation, dance, drumming, and music therapies.

FAMILY THERAPY

A family therapist will contact you at the beginning of your participation in the program. We recognize that your child's difficulties have an impact on the whole family. Furthermore, children with strong family support are much more likely to have positive outcomes. For these reasons, we expect families to participate in family therapy twice per week. Sessions will focus on enhancing the relationships between you and your child and other members of your family. At the end of your child's participation in Bradley REACH AHP and with your consent, your family therapist may contact your child's school, therapist, and doctor(s) in order to assist in the development of a discharge plan, which is important because it identifies how your child and family will continue to receive appropriate support after leaving the Bradley REACH program.

MILIEU THERAPY

Milieu and nursing staff are highly skilled at working in a therapeutic manner with adolescents who are experiencing significant mood and anxiety disorders. They provide the opportunity for individual and group discussion that promotes each child's treatment goals, while maintaining a therapeutic community environment at all times. Activities facilitated by the milieu staff may include journaling, therapeutic recreational activities, and skills-based learning.

GROUP THERAPY

Twice daily group therapy focuses on increasing communication and coping skills, giving participants the opportunity to exchange support and suggestions with others who may be struggling with similar issues. Group therapy may include discussions and skill-based learning on topics such as dealing with peer pressure, health and wellness, decision making, communication with family members, drug use, social skills, and emotional regulation.

TUTORING

Each day during school time we provide one hour of support from a licensed tutor to help your teen with important school work and support their academic progress. Your tutor will work with your family therapist to help coordinate a successful transition back to school.



Group Therapy

Bradley REACH offers the following groups:

Process Group:

Allows the teens to present a topic of discussion that relates to the reason they are seeking treatment. All process groups are led by a program clinician.

Medical Group:

Led by the team psychiatrist and nurse. It addresses medication and/or medical issues or concerns.

Wellness Group:

Led by the program nurse to address teen health issues.

Skill Group:

Led by a licensed clinician and addresses ways teens can cope with stress, behaviors, thoughts, and feelings.

Relationships Group:

Helps teens understand how their relationships at all levels impact them and their mental health.

The Occupational Therapy (OT) Group:

Led by a licensed OT who helps teens understand how our bodies and senses are impacted by environment. The group then learns interventions to deal with this.





Family-Centered Treatment Approach:

Bradley REACH PHP is family-based and we are committed to working closely with you and your adolescent. We invite you to actively participate in all aspects of your child's evaluation and treatment. We believe that fully informed family members are critical to achieving treatment goals. We will work closely with you and your child to understand your family's strengths and areas for improvement.



Feedback

As part of routine care, we ask you and your child to complete surveys that best help us understand current concerns as well as treatment progress. Our research assistant will be reaching out to you to coordinate completion of these surveys at discharge and a few months after discharge, to understand how your teen is doing after discharge. They are essential in helping us provide the best possible treatment for your family. We appreciate your support and participation and know that this helps future families in the program.

If you have feedback during the course of the program, please contact your family therapist or email us bradleyreach@lifespan.org.



Contacting Us

Our mailing address is:
Adolescent Partial Hospital Program at Bradley Hospital
1011 Veterans Memorial Parkway East Providence, RI 02915
New England Phone: 401-432-1580
Florida Phone: 401-432-1589 / 401-606-9315



The Program Day

The day may include supervised virtual free time during which the child may choose to socialize, work on school assignments, engage in physical activity, or play a game.



WEEKLY SCHEDULE MONDAY- FRIDAY

8:00 a.m. – 8:30 a.m. Group Room Opens

8:30 a.m. – 9:30 a.m. Community Meeting

9:30 a.m. – 10:30 a.m. Process / Relationship

10:30 a.m. – 11:30 a.m. Treatment Team (for staff)

10:30 a.m. – 11:00 a.m. Break (for teens)

11:00 a.m. – 12:00 p.m. Study Time / Tutoring

12:00 p.m. – 1:00 p.m. Nursing / Skills / Health Group

1:00 p.m. – 2:00 p.m. Group Activity / Expressive Arts / Yoga / Meditation

2:00 p.m. – 2:30 p.m. Checkout / Goal Review

Individual/Family Meetings throughout the day



Program Policies

Agreeing to Treatment:

You will be given a copy of the Bradley REACH PHP treatment agreement at admission. The agreement will be reviewed with you and any questions you may have will be addressed.

Outside Contact:

One issue that frequently comes up relates to outside contact between participants. We strongly discourage adolescents attending the program from contacting each other outside program hours. Our experience has been that it is disruptive to the treatment process and compromises confidentiality. While we prefer that adolescents do not have outside contact, the ultimate responsibility lies with parents. If you have any questions about this, please discuss them with your Bradley REACH therapist.

Cancellation:

It is important for your adolescent to attend the program daily. If he or she is unable to attend, please call us in New England at 401-432-1580 or Florida at 401-432-1589 or 401-606-9315 before 7:30 a.m. If your child is not ill and misses two days in a row and you have not contacted us, we will discuss the possibility of discharge from the program. To fully benefit from the PHP, communication and participation are essential. We encourage you to stay involved. We look forward to working with you and hope you will feel free to contact us should you have any questions or concerns. If you have other appointments during your time with Bradley REACH, we ask that they be rescheduled when possible. If there are any questions, please discuss with your family therapist.

Privacy:

In order to protect the privacy and confidentiality of all program participants, teens must have access to a quiet and private area of your home. It is important to ensure that no one else is in the same area as your teen while they are participating and that only your teen can see and hear group content. Headphones are recommended.

Other Program Expectations:

It is essential that all teens are sitting up, with their full face in the camera. We understand that it can be difficult to be on screen fully for some teens, but we are unable to best help them if we cannot see their entire face. While at program, it is also tempting for teens to "multitask" and engage in side activities. We recommend that you help your teen find a desk or other area, in a place that is well lit, free from distraction (e.g., other electronics, enthusiastic pets) and away from their bed. At times, we may ask for your help in reinforcing these expectations.

For after hour and weekend emergencies in New England call KIDSLINK at 1-855-543-5465, in Florida call Apalachee Center's 24/7 crisis line at 850-617-6333, in other parts of the country dial 988, or go to your nearest emergency room.