



# BRADLEY REACH™

## World-class psychiatric care, delivered virtually.



- Bradley REACH supports groups of teenagers struggling with depression, anxiety and self-harm, among other issues.
- The program operates five days a week during school hours.
- Most patients spend 3-4 weeks in the program, but this varies depending on individual needs.
- Our team of psychiatrists, psychologists, social workers, nurses and behavioral health support staff provides care tailored to your teen's needs.
- Teens also benefit from the support of peers experiencing similar issues.

### VIRTUAL THERAPY WORKS



Our data show that most teens in the Bradley REACH program make progress, improve their coping skills and reduce their risk of needing an inpatient stay.



Bradley REACH patients show the same level of improvement as in comparable in-person programs. A growing body of evidence suggests that virtual mental health treatment is at least as effective as in-person care.

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**They can help so much over Zoom.**

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**Being virtual is magical and eliminated a lot of the stress and hardship.**

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**I was leery in the beginning but my teen loved the program!**



## 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

To talk to a member of Bradley Hospital staff about whether REACH is a good fit for your child, call 1-855-543-5465.

