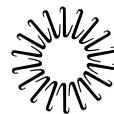


Adolescent SafeQuest Handbook



Bradley Hospital
A Lifespan Partner

Adolescent SafeQuest Program

The SafeQuest program is an intensive after school, program for adolescents who are at risk for self-harm or who are suffering from significant mood or anxiety disorders. Some adolescents admitted to the inpatient unit are discharged to the SafeQuest Program. Some adolescents in SafeQuest come from outpatient referral sources. The program runs five days a week from 3 p.m. to 7 p.m. SafeQuest social workers, psychiatrists, milieu staff, and nurses work collaboratively with parents to provide individualized care for your child. The length of time each teen participates in the program is based upon clinical need, and is determined by program staff members reviewing progress on a weekly basis with parents. The goals of the program include reducing or eliminating self-harmful behaviors, shortening hospital stays, and improving coping skills.

Here at Bradley Hospital, we recognize, respect and support a child's right to be free from the use of restraint and seclusion except in rare situations when violent or self-destructive behavior jeopardizes the immediate physical safety of the child, a staff member, or others.

Whenever possible, we will seek alternatives to the use of restraint and seclusion with the hope of someday eliminating them entirely. We acknowledge that the use of restraint and seclusion poses a risk to the physical and psychological wellbeing of the child and participating staff, and that most therapy is curtailed when they are initiated. With that in mind, all non-physical interventions will be exhausted before any child is subjected to restraint or seclusion of any kind. When a physical response is the only viable alternative, we will always use the least restrictive, time-limited intervention that is effective in restoring safety.

The SafeQuest program includes:

- **Group therapy:** Every day each teen participates in at least one hour of group therapy with a focus on increasing communication and coping skills. Group therapy gives participants the opportunity to exchange support and suggestions with others who are struggling with similar issues.
- **Family therapy:** Each family is assigned a family therapist who contacts parents at the start of the program. Families are expected to attend family therapy at least once per week. We recognize that an adolescent's difficulties affect the whole family. Further, children with strong family support are much more likely to have positive outcomes.
- **Individual therapy:** Each adolescent in the program participates in individual therapy two to five times each week during regular program hours.

- **Skill groups:** Skill groups are staff-facilitated educational groups that might include discussions on topics such as dealing with peer pressure, staying healthy, decision making, communication with parents, and social skills.
- **Psychiatric care:** Participants will be assigned a psychiatrist for medication consultation. The psychiatrist meets with your child once a week. Parents are encouraged to share their perceptions and questions regarding their adolescent's symptoms and possible medication needs. Parents and the psychiatrist may also decide that medication is not necessary.
- **Snacks and dinner:** Snacks will be available as the program starts each day. Dinner is offered each evening.

To receive the full benefits of the program, it is important that teens attend every day. Contact us at 401-432-1020 for more information about SafeQuest.

Contacting Us

Our mailing address is:

SafeQuest Program
 Bradley Hospital
 1011 Veterans Memorial Parkway
 East Providence, RI 02915

Phone: (401) 432-1250

Safequest Program Phone Directory

Jeffrey I. Hunt, MD <i>SafeQuest Psychiatrist</i>	401-432-1173
Bill Jiacovelli, LICSW <i>Clinical Social Worker</i>	401-432-1441
Eisabeth Taylor, MD <i>SafeQuest Psychiatrist</i>	401-431-9870
Heather Thibodeau, LICSW <i>Clinical Social Worker</i>	401-432-1394
Harsh Trivedi, MD <i>Adolescent Services Director</i>	401-432-1402
Kim Waggoner, LICSW <i>SafeQuest Program Director</i>	401-432-1375