



# Pediatric Partial Hospital Program



**Bradley Hospital**

*A Lifespan Partner*



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Welcome to Bradley Hospital's Pediatric Partial Hospital Program (PPHP). We have prepared this handbook to familiarize you with the PPHP 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 realize that it may be difficult to enroll your child in a psychiatric day treatment program. We hope that we can 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.

Thank you for your confidence in Bradley Hospital and for entrusting us with the care of your child.

Sincerely,

John R. Boekamp, PhD  
Clinical Director, Pediatric Partial Hospital Program  
Child and Adolescent Services  
401.432.1417  
and the PPHP staff  
401.432.1294

## The Pediatric Partial Hospital Program (PPHP)

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The PPHP is a highly specialized day treatment program that provides comprehensive evaluation and intensive treatment for young children ranging in age from early infancy through 6 years, and their families. Children come to our program for many different reasons including serious emotional, behavioral, feeding, sleeping or relationship problems. The PPHP provides treatment services to a maximum of fourteen children at a time.

The primary goal of the program is to help children safely live at home while offering children and their families the opportunity to work on behavioral, emotional and social difficulties that occur at home and in the community.

The PPHP is multifaceted and family-based. We ask that families actively participate in all aspects of the child's evaluation and treatment. We will work closely with you and your child to understand your family's strengths and weaknesses. You and your child's multidisciplinary team will develop a treatment plan that addresses your specific concerns while fully respecting your family's values and customs.

For primary caregivers, and other family members when appropriate, we offer family therapy, parent-child interaction treatment, and parent guidance sessions throughout the week. For your child, we provide daily milieu therapy, behavioral therapy and group treatments. For some children, an evaluation for psychiatric medication may be warranted. In those cases, the child psychiatrist conducts an evaluation and consults with parents and appropriate caregivers; We also provide consultation to the community-based professionals, agencies and school teams involved with your child. Our milieu treatment program provides a blend of structured and less-structured therapeutic activities that are designed to teach and support young children. Close contact and active participation with our program staff are crucial to your child's success in achieving his or her treatment goals.

The PPHP staff includes milieu therapists, nurses, psychiatrists, psychologists, pediatricians, speech and language pathologists, and support staff. In addition, students and trainees from various disciplines may also assist with your child's evaluation and treatment. These students and trainees work under the direct supervision of the program's clinical staff, as Bradley Hospital is a teaching hospital for The Warren Alpert Medical School of Brown University. Working with you, your child's multidisciplinary treatment team will regularly review your child's individualized treatment plan and make necessary adjustments to respond to changes in your child's behavior and development.

Children and their families generally receive treatment in the PPHP for three weeks to two months, depending on the child's emotional and behavioral disabilities, treatment goals and

family circumstances. When your child is ready to be discharged from the program, the treatment team will work with you to arrange for appropriate follow-up treatment services. We also will work with you to prepare your child for the transition to school or daycare programs.

## Contacting Us

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Our mailing address is

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

Our phone numbers are:

Office: 401.432.1294  
Program floor: 401.432.1131

You can reach PPHP staff members Monday through Friday between 7:30 a.m. and 4 p.m. The best time to reach staff members is between 12:30 and 1:30 p.m.; however, you can leave a voice mail message at any time by calling 401.432.1294. For urgent matters, you can reach your family therapist or the on-call physician by calling the hospital's main number: 401.432.1000.

## The PPHP Management Team

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John R. Boekamp, PhD .....401.432.1417  
Clinical Director

Jane Martini, RN .....401.432.1425  
Nurse Manager/Milieu Supervisor

## The PPHP Treatment Team

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Your child's treatment is the responsibility of a group of professionals known as the treatment team. The following individuals have been assigned to your child's treatment team:

Family therapist: \_\_\_\_\_

Primary milieu therapist: \_\_\_\_\_

Attending psychiatrist: \_\_\_\_\_

Administrative support person: \_\_\_\_\_

## Some of Our Staff

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The **Psychologist** is a specialist in the field of psychology, a branch of science that deals with the study of the mind and behavior. Psychologists on the PPHP are doctoral-level clinicians who specialize in the diagnosis and treatment of children's emotional and behavioral problems. He or she acts as the coordinator for your child's care, which includes a thorough assess-

ment and diagnosis of your child's difficulties, and also will provide family therapy, group or individual psychotherapy. Psychologists will coordinate among PPHP staff, as well as with previous treatment and medical providers, to create a comprehensive treatment plan that enhances your child's strengths and increases family members' ability to effectively manage difficult behaviors and promote healthy development.

The **Child Psychiatrist** is a physician with specialized training beyond medical school in adult, child and adolescent psychiatry. The child psychiatrists on the PPHP specialize in the diagnosis and treatment of young children's emotional and behavioral problems. He or she may also act as the coordinator for your child's care, which includes a thorough assessment and diagnosis of your child's difficulties, and may also provide family therapy, group or individual psychotherapy. The child psychiatrist will coordinate among PPHP staff, as well as with previous treatment and medical providers, to create a comprehensive treatment plan that enhances your child's strengths and increases family members' ability to effectively manage difficult behaviors and promote healthy development. In addition to providing psychiatric assessments and psychotherapy, child psychiatrists can write prescriptions for medications when necessary.

The **Psychiatric Nurse** will work with you and your child to address medical concerns, medication management and your child's general health. The nurse will also help your child understand and manage his or her behaviors.

**Milieu Therapists** are staff members who spend the majority of the day with your child. Milieu therapists are specially trained to work with children to help them understand and manage their feelings and behaviors safely and effectively. Milieu therapists help families practice specialized behavior management strategies during the program and at home. They also provide individualized therapeutic activities for each child. Your child will be assigned a primary milieu therapist who will be your daily contact person upon arrival to, and pick up from, the program.

## **Family-Centered Treatment Approach**

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The PPHP team is committed to working closely with you and your child. We invite you to be involved in all aspects of your child's evaluation and treatment. We believe that fully informed family members are critical to your child achieving his or her treatment goals.

Families are expected to participate in one or two family therapy sessions each week. These sessions will focus on enhancing the relationships between you and your child and other members of your family. We want to help you preserve, regain or begin to develop satisfying and sustained patterns of interaction with your family. We believe that we can achieve these goals by helping you to:

- focus on parenting and family strengths and apply these strengths to your child's problems,

- develop specialized parenting and behavior management skills that you may need to meet your child’s special needs and
- identify and understand positive and negative patterns that may occur between your child and other members of your family.

We ask that you participate in “floor time” at least once each week. During floor time, parents spend the morning (two-hour time periods, if possible) on the program working directly with your child and his or her primary milieu therapist. These sessions will provide opportunities to:

- observe ways that staff members manage challenging behavior,
- practice specialized parenting and behavior management skills and
- facilitate your child’s positive engagement with peers and in therapeutic activities.

We may also plan home visits on a weekly basis to help your family apply behavior management strategies learned in the program and to help your child practice his or her new skills at home.

Milieu therapy is conducted by a well-trained and closely supervised staff. Our staff will work with you to develop milieu therapy goals, keep track of progress and find appropriate rewards and consequences. Behavioral expectations for success are individualized to promote success and progress toward improved self-control. To promote the development of self-control, a primary emphasis of milieu therapy is to help children identify, label and understand emotional reactions to conflicts. In addition to using positive incentives to increase compliance and safe behavior, children will receive consequences for disruptive or dangerous behavior. These consequences may include verbal reminders and directions, brief removal from therapeutic activity or time out. Our team will work with parents to choose the consequences that are best suited to your child’s needs.

For children who are admitted for severe feeding difficulties, the PPHP team requests that primary caregivers plan to be available frequently throughout the week for behavioral mealtime feeding sessions. These sessions provide family members with opportunities to observe staff interventions, practice recommended mealtime strategies and experience increasing success feeding their child. In addition, we regularly collaborate with the child’s community-based medical team to ensure coordination between behavioral and medical treatment plans.

Our program also conducts research to learn more about how young children learn to express their feelings, manage their behaviors and develop relationships with others. In addition, we conduct research to better understand how children who have difficulties with feelings, behaviors and relationships can best be helped by programs like the PPHP. This research allows us to better understand the strengths and the needs of children and families in our program and helps us continue to improve the quality of the services we provide. During your child’s stay

with us, we may ask if you and your child are interested in participating in this research program. The decision whether or not to participate is completely up to you. Your child's treatment will not be affected in any way if you and your child decline to participate in the research program. Your family therapist can provide details about the research program and answer any questions you have.

## **Program Policies**

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You are encouraged to work closely with program staff throughout your child's stay. We invite you to spend at least one morning each week visiting and working with staff on strategies to manage your child's behavioral and emotional problems. In special circumstances, we may ask you to spend more time on the program working with your child.

If you plan to call the program, we prefer that you make arrangements with staff ahead of time to minimize disruptions to your child's therapeutic activities. The best time to reach your child's primary milieu therapist by phone is between noon - 1:30 p.m. The best time to speak to the staff about your child's progress is when your child arrives to the program in the morning, or when you pick up your child at the end of the day.

To ensure the safety of children in the PPHP, our team works hard to identify behaviors and situations that increase your child's risk for psychological distress, injury or harm during the program, at home and in the community. We will promptly inform you of any risks we discover and we will take all possible precautions to ensure your child's safety while at the PPHP.

In order to make the best use of your time and to avoid unnecessary disruption on the therapeutic milieu, we request that cell phones not be used in the program.

Here at Bradley Hospital, we recognize, respect, and support a child's right to be free from the use of restraint except in rare situations when violent or self-destructive behavior jeopardizes the immediate physical safety of the child, a staff member, or others. The Pediatric Partial Hospital Program does not use seclusion due to the young age of our patients. Whenever possible we will seek alternatives to the use of restraint with the hope of someday eliminating them entirely. We acknowledge that the use of restraint poses a risk to the physical and psychological well being 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 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 use of restraint requires a physician's order and is supervised by the registered nurse.

## Program Schedule

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7 - 8:30 a.m.	Children and families arrive/check in with primary milieu therapist
8:45 - 9:15 a.m.	Breakfast
9:15 - 9:45 a.m.	Bathroom/brush teeth/free play
9:45 - 10:15 a.m.	Morning meeting/milieu group
10:15 - 10:20 a.m.	Review of behavior progress/chart/“Smileys”
10:20 - 11 a.m.	Individualized therapeutic activities
11 - 11:15 a.m.	Bathroom/prepare for lunch/“Smileys”
11:15 a.m. - noon	Lunch
noon - 1:30 p.m.	Wind down/rest time/relaxation training/group reading
1:30 - 2 p.m.	Snack
2 - 4 p.m.	Review of behavior progress/chart/“Smileys” Individualized therapeutic activities and pick up/check out with Primary milieu therapist

## Important points:

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- Your child’s therapies and evaluations are scheduled during the program day.
- Family therapy sessions are scheduled at the convenience of the family and clinician.