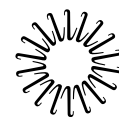




Adolescent Program Handbook



Bradley Hospital
A Lifespan Partner



Bradley Hospital

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Welcome to Bradley Hospital's adolescent inpatient units. We realize that admitting your child to the hospital is a difficult and stressful time for you, your family, and your adolescent. It is our earnest wish that despite the current difficulty your child may be facing, we can help to get things back on track and can help you and your family feel a renewed sense of hope for your child's future.

We have prepared this handbook to help you become better acquainted with the program, the staff, and the services we provide. We want you to better understand what you can expect from your child's treatment here. We also want to invite you, as the person who knows your child the best, to actively work with our team in helping your child.

You are our partner in your child's treatment and we look to you for suggestions and feedback on how we can do better. We want your help in improving the experience that you and your child have with us. Please do not hesitate to call us with your questions or concerns.

Sincerely,

Harsh K. Trivedi, MD

Director of Adolescent Services, Emma Pendleton Bradley Hospital

Assistant Professor of Psychiatry (Clinical), The Warren Alpert Medical
School of Brown University

Our Adolescent Program

The Units: We believe that children should be treated in the least restrictive environment and that an inpatient unit is a stepping stone for helping kids to stabilize while addressing safety concerns. For this reason, Bradley Hospital's adolescent inpatient units are designed with your child's safety in mind. One inpatient unit is the "Bay" unit, while the other one is the "Harbor" unit.

Since adolescents coming to our program are experiencing significant stressors or are having difficulty with unsafe behaviors and impulsivity, we closely monitor all children and enact appropriate safeguards individualized to the needs of each child. The duration of your child's stay will depend upon the circumstances of the admission and response to treatment.

Most adolescents are discharged after six to 14 days.

The environment that the adolescents live in is called a *milieu*. Our milieu is designed to be therapeutic. Opportunities for working on issues occur in multiple formats. The unit is staffed 24 hours a day by nurses and milieu therapists, usually one staff member for every three patients. We have multiple therapeutic groups, cognitive-behavioral milieu therapy, and other therapeutic programs for all patients on the unit. They are geared to facilitate safety and encourage emotional growth. Please do not hesitate to call or ask questions about our program. If questions arise during your visit, please let a staff member know.

The Patients: Adolescents from across the region are admitted to Bradley Hospital. Family backgrounds and experiences are diverse. Most of our patients have been admitted because of behavior that was considered dangerous to themselves or to others. We ask, for confidentiality and therapeutic reasons, that patients focus on their own treatment. Our experience has shown that when a friend from the unit has difficulty in the future, there is an increased risk to your own child of having another setback. We ask that children on the unit not share contact information (i.e., phone numbers or e-mail addresses) with each other. If there are questions about this, please let us know.

The Treatment Team: Your child will be treated by a team of professionals, including a child and adolescent psychiatrist, a clinical social worker, psychologists, nursing staff, and milieu therapists. We also have a pediatrician and a pediatric nurse practitioner who may be consulted for medical issues during the hospitalization. It is important to know that because Bradley Hospital is a teaching hospital affiliated with The Warren Alpert Medical School of Brown University, your son or daughter will have a team of psychiatrists. The team includes a supervising psychiatrist, who is fully trained and experienced, and a training psychiatrist, who is a licensed medical doctor with at least two years of post-medical school clinical experience.

The Assessment: Your child will undergo a comprehensive psychiatric, psychosocial, and psychological assessment. This includes specialized interviews, self-report questionnaires, family assessments and observations from the milieu. It is important to remember that all members of the team are observing and assessing your child's current functioning and progress. All of these observations are taken into account when determining the treatment plan.

All patients admitted to the Adolescent Program undergo a diagnostic evaluation. Each patient is assigned a psychiatrist and a clinical social worker. Psychiatrists conduct a comprehensive psychiatric evaluation and a medication review, social workers conduct a family assessment, nurses complete a nursing assessment, psychologists assess patients during group therapy meetings and may complete psychological testing, while milieu staff provide continual observations of your child's functioning. All of these professionals work as a team and are in continuous communication.

The Treatment Plan: The treatment team integrates the diagnostic information we obtain into a proposed individualized treatment plan. The plan will be discussed with you and your child. Your child will be provided with intensive inpatient treatment, including possible medication treatment, cognitive-behavioral/skills therapy groups, process therapy groups, individual therapy (supportive, cognitive-behavioral, or dialectical behavioral therapy) and milieu therapy. We never start any medications, except in emergencies, without parental consent. Our philosophy is to be conservative about the use of medications. Medications are only recommended when appropriate, and every effort is made to have children on the fewest medications possible. Before discharge, specific recommendations will be given regarding follow-up care.

Research: Bradley Hospital is committed to improving treatment for children and adolescents. You and your child may be asked to participate in specific research studies which are ongoing on our unit. The studies have been fully reviewed by hospital research committees for appropriateness and safety. They are conducted through our affiliation with The Warren Alpert Medical School of Brown University. Your decision regarding participation in a study will not affect your child's care. You always have the right to refuse participation without question.

The Admission Process

All patients undergo a routine physical examination as part of the medical and developmental assessment. This examination includes laboratory tests that require blood and urine samples, as well as urine toxicology to rule out substance use. The physical exam is also an opportunity to observe your adolescent for any bruises or scarring that may have occurred as result of self-injury or harm by others.

Items Your Adolescent Needs During Hospitalization

- Casual clothes: jeans, shorts, shirts (no short shirts or short shorts)
- Underwear
- Sleepwear – sweats and T-shirts
- Sneakers
- Socks
- Jacket/sweatshirt
- Swimwear (in season)

Safety

We want your child to feel comfortable on the unit. In general, most items are permitted on the unit. However, to ensure the safety of all children on the unit, we have established some expectations regarding potential safety issues. We do not allow adolescents to have physical contact with each other. Clothing with drug or alcohol content, violent themes, hats, and revealing clothing are restricted to ensure a therapeutic environment for everyone. Items with potential for danger such as lighters, razors, nail clippers, nail files, cigarettes, curling irons, glass objects, and electronic devices with cords are also not permitted. We suggest that adolescents on the unit refrain from borrowing or lending personal items. Most other items are permitted (i.e., pictures, comforters, books). We suggest that parents take home any items of value as they may get lost or stolen, or may break. Opened medicated toiletries are allowed, but must be held by nursing staff for safety reasons.

We understand that children in crisis can exhibit dangerous behaviors toward themselves or others. The staff on the adolescent inpatient unit has been trained to safely manage these behaviors and to follow strict hospital policy and national guidelines regarding seclusion and restraint. We make every attempt to avoid seclusion and restraint. We will work with your child to maintain safety. If we need to use seclusion or restraint, we will notify you and keep you informed.

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.

Visiting Your Adolescent

We strive to provide suitable times and places for your adolescent to visit with you. Visiting hours are between 9 a.m. and 8 p.m. daily. Since your child is on a therapeutic milieu and is expected to attend therapy as a part of the treatment plan, we ask that you limit visits to an hour. Parents are encouraged to schedule visits around therapy times when possible. To ensure a safe environment for your child and others, it is necessary that all items be checked on arrival to the program. For your convenience, lockers are available for safe storage of all items that will not be used during the visit.

Please do not bring the following items to the unit:

- 1) Cigarettes, lighters, and matches: Although you may have these for your personal use, some adolescents have been known to remove these items from parents' bags without anyone noticing.
- 2) Glass bottles, soda cans, metal utensils and plastic bags: Although these are everyday items, adolescents who misuse these can cause significant harm to self or others.

Feel free to bring in food for your child. All food and drink must be consumed in the sun room. Please make sure these items do not contain any peanuts or tree nuts as some children suffer from serious nut allergies. Also, we ask that you take home any perishable food not finished on your visit. Per order of the Department of Health, we cannot store patient food on the unit.

You are welcome to provide your child with individually wrapped hard candy and gum that your child can keep in a bin and have access to throughout the day. Chocolate may not be stored on the unit.

We thank you for your cooperation in maintaining a safe environment. Please enjoy your visits. If we can do anything to make your experience on our unit better, please let us know.

Telephone Calls

Your adolescent is allowed to make phone calls. In some cases, depending on what is most helpful for your child's well being, phone privileges may be restricted to limit contact with particular individuals or supervised phone calls may be initiated. Staff members dial all outgoing calls for patients on phone restriction to ensure compliance with the accepted call list.

As much as possible, phone calls are made between scheduled activities so that they do not interfere with your child's treatment. You may call your child using the patient direct lines,

which are answered exclusively by patients. Due to confidentiality reasons and HIPAA law, please understand that when you call a hospital number to obtain information or to speak with your child, you may be asked to verify your identity or receive a call back. All patients have the right to call their clinicians, case workers, lawyers, clergy, child advocate or mental health advocate at any time.

Mail

All packages must be opened by staff in front of the patient who receives them. Patients have the right to send and receive mail to and from whomever they choose. Postage for outgoing mail is paid for by the hospital.

ADOLESCENT UNIT DAILY SCHEDULE

We offer an extensive assortment of therapeutic groups throughout the day. They are led by a psychologist, social worker, or nurse. Topics covered include emotion regulation, anger management, relaxation techniques, trauma issues, and substance abuse. We will, at times, adjust which groups are run to best meet the needs of our current group of adolescents.

Bay		Harbor
Wake-up/Hygiene/Meds	7:30 - 8 a.m.	Wake-up/Hygiene/Meds
Breakfast and Milieu Meeting	8 - 9 a.m.	Breakfast and Milieu Meeting
Walk rounds	9 - 9:30 a.m.	Walk rounds
Milieu-based Activity	9:30 - 10:20 a.m.	Milieu-based Activity
Transition into Group room	10:20 - 10:30 a.m.	Transition into Group room
Skills Group	10:30 - 11:10 a.m.	Skills Group
Lunch	11:15 a.m. - noon	Milieu-based Activity
Specialty Group	noon - 12:50 p.m.	Specialty Group
Milieu-based Activity	1 - 2 p.m.	Lunch
Process Group	2 - 3 p.m.	Process Group
Downtime	3 - 3:30 p.m.	Downtime
Transition Meeting	3:30 - 4 p.m.	Transition Meeting
Milieu-based Activity	4 - 5 p.m.	Milieu-based Activity
Dinner	5 - 6 p.m.	Dinner
Milieu-based Activity	6 - 7 p.m.	Milieu-based Activity
Recreational Activity/Hygiene	7 - 9:30 p.m.	Recreational Activity/Hygiene
Bedtime (based on age)	9:30 p.m. - onward	Bedtime (based on age)

Family Meetings: Families have regular meetings with the child psychiatrist and social worker to define and work on treatment goals and to discuss treatment planning for discharge.

Individual Meetings: The assigned psychiatrist will meet with your child regularly to discuss his or her treatment and provide supportive psychotherapy. (For adolescents requiring longer stays, a psychologist or supervised psychology trainee may be assigned for longer-term individual therapy using specific short-term approaches.)

Other Morning and Afternoon Activities: A variety of milieu activities are planned throughout the day. These may include outdoor activities (i.e., basketball, swimming, fitness course), art, current events, psycho-educational discussion groups, and other recreational activities (i.e., board games, videos).

Evening Groups: Every night there are scheduled evening groups run by milieu therapists, including:

- Health and Wellness
- Physical Fitness
- Expressive Therapy (i.e., journaling, art, poetry)
- Life Skills

Bedtimes: 9:30 p.m. for ages 15 and under, 10 p.m. for ages 16 and older

Strategy Sheets: Upon admission every patient is given strategy sheets to help identify therapeutic goals and better ways of coping. Milieu therapists may help children complete these, and sheets may be discussed with the doctor. Adolescents may be asked to complete other worksheets based on their individualized treatment plan.

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 in SafeQuest come from outpatient referral sources. Some adolescents admitted to the inpatient unit are discharged to the SafeQuest Program. 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.

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

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Adolescent Program Phone Directory

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