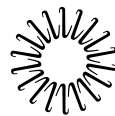


Center for Autism and  
Developmental Disabilities  
- Inpatient Unit



**Bradley Hospital**  
*A Lifespan Partner*



## **Bradley Hospital** *A Lifespan Partner*

Dear Parent:

Welcome to the Center for Autism and Developmental Disabilities at Emma Pendleton Bradley Hospital, a Lifespan partner and a major teaching hospital for The Warren Alpert Medical School of Brown University.

We know that having a child admitted to the hospital can be extremely stressful, especially if the child has special needs. We hope that this handbook will answer some of your questions and help lessen your worries about your child's hospitalization by explaining who we are, how we work, and what to expect from us after your child has been admitted to our program.

As you will learn from reading this handbook, the Center for Autism and Developmental Disabilities is a unique hospital program that serves only those children with both behavioral/emotional problems and developmental disabilities, such as autism and intellectual disability. There are no other programs like it in New England and, in fact, only two others like it in the country.

Caring for children with behavior problems complicated by developmental disabilities is highly specialized work. Successful treatment requires the involvement of many different types of professionals, including psychiatrists, pediatricians, neurologists, nurses, psychologists, social workers, specialists in communication disorders, special education teachers, occupational therapists, physical therapists and milieu therapists. The Center for Autism and Developmental Disabilities has assembled a large, well qualified, and highly experienced clinical team that understands children with special needs and appreciates the critical importance of a parent's involvement in their child's treatment.

The Center for Autism and Developmental Disabilities at Bradley Hospital is dedicated to providing your child with a safe place to live while away from home, an accurate diagnosis of the behavioral problems that led to hospitalization, and the development of an effective treatment plan.

We look forward to working with you.

Sincerely,  
Rowland P. Barrett, PhD  
Director, Center for Autism and Developmental Disabilities, Emma Pendleton Bradley Hospital  
Associate Professor of Psychiatry, The Warren Alpert Medical School of Brown University

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## Program Personnel

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### *Administration*

Rowland Barrett, PhD	Director
Arthur Mercurio, MA	Assistant Director
Margaret Klitzke, DO	Chief, Inpatient Service
Lisa Mollo, RN	Nurse manager
Marie McCoole, RN	Assistant Nurse Manager
Marilyn Sykulski, LICSW, ACSW	Clinical Social Work Manager

### *Multidisciplinary Treatment Team*

The evaluation and treatment of your son or daughter is the responsibility of a group of professional staff representing a variety of professional disciplines. This group is known as the “treatment team.” Your child is assigned to a specific treatment team that works together on a daily basis to provide for his or her care. Two important members of your child’s treatment team include:

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

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

Your family therapist will be your primary contact person. If questions/concerns arise regarding your child’s treatment, the family therapist can direct you to the team member who can best respond.

If, for any reason, you have been unable to contact your family therapist or your child’s attending psychiatrist, you may call the Center for Autism and Developmental Disabilities nurses station (401-432-1117 or 401-432-1288) or unit secretary (401-432-1292) and they will be happy to speak with you, attend to your requests, or locate an appropriate member of the staff with whom you may speak.

## Admission Meeting

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Your child’s admission to Bradley Hospital begins with an evaluation/admission meeting. This meeting provides an opportunity for you to exchange important information with members of your child’s treatment team. Your child’s medical and developmental history, family history, and the events that led to admission are reviewed and discussed at this meeting. Following the meeting, family members are given a tour of the living and classroom areas. The next family meeting also is scheduled at this time.

Within 24 hours of admission, all children admitted to Bradley Hospital receive a routine

physical examination as part of their medical and developmental assessment. This includes laboratory tests which may require blood and urine samples. Hearing and vision screenings are done routinely. Psychological testing and educational testing may also be ordered at this time.

## Parental Involvement

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Families are a crucial partner in a child's care and treatment at Bradley Hospital. Who, after all, knows your child better than you do? Your knowledge, understanding, and input is invaluable to the treatment team. The Center for Autism and Developmental Disabilities considers parents to be an integral part of their child's treatment team.

During your child's hospitalization, active participation by parents is encouraged in various ways, including visitation, family therapy, and training in behavior management skills. Also available to parents are "teaching" visits where a therapist is present to model, support, and supervise a particular behavior management approach that has been found to be helpful with your child. In order to be most effective, an individualized plan will be agreed upon between you and your family therapist that outlines your involvement in your child's treatment.

If at any time during your child's hospitalization you have concerns or questions that you feel have not been adequately addressed by the family therapist or your child's attending child psychiatrist, a larger meeting that includes all members of your child's treatment team can be arranged.

## Treatment Review Meetings

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The multidisciplinary treatment team, including all of the professionals at Bradley Hospital involved in your child's care, meets regularly to review your child's progress and modify your child's treatment plan, as necessary. Your input is considered extremely valuable by the treatment team. Your ideas, suggestions, and questions are brought to your child's treatment review meetings by your family therapist.

## Types of Treatment

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A wide variety of treatment approaches are used within the Center for Autism and Developmental Disabilities, depending on the individual needs of each child and family. Types of treatment available include:

- **Milieu therapy**, in which a safe, organized, and structured therapeutic environment is provided for your child throughout the day. This includes attending to your child's individual needs, while teaching them about personal and social responsibilities through the use of rewards and logical consequences.

- **Individual psychotherapy**, in which difficult personal issues and behaviors may be examined and addressed in a safe, confidential, one-to-one setting.
- **Family therapy**, in which issues such as improved communication and more effective family functioning can be addressed.
- **Pharmacotherapy**, in which appropriate medications are used to enhance the effectiveness of other treatment approaches. Parental consent is obtained prior to any use or discontinuation of medication.
- **Group therapy**, in which problematic behaviors and emotional issues can be addressed within the social setting of a peer group.
- **Parent skills training**, in which parents may learn specific techniques for effectively managing their children's behaviors.

## Behavior Management

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Our philosophy is to allow each child admitted to the Center for Autism and Developmental Disabilities to manage their own behavior to the fullest extent of their capabilities. Frequently, however, a child needs help in exercising self-control and learning to meet their personal and social responsibilities. Our milieu therapists play an important role in teaching your child these skills. Their goal is to provide a safe and therapeutic environment for all children admitted to the Center for Autism and Developmental Disabilities and to assist each child in developing strategies for effective communication, coping with and expressing their emotions, and improving daily living skills.

As it becomes necessary to provide your child with additional help, we always attempt to use strategies based in positive reinforcement, which are tailored to your child's specific behavioral needs and cognitive level. Examples of the positive reinforcement programs that may be used include "behavioral contracts", which result in hourly, daily and/or weekly rewards when the contracts have been successfully met, and the "level system," which allows a child access to various levels of preferred activities as a reward for engaging in appropriate personal and social behavior. All positive reinforcement programs are monitored on a daily basis in order to measure their effectiveness in meeting the needs of the child.

## Safety Management

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An individualized safety management plan is written for every child admitted to the Center for Autism and Developmental Disabilities. All safety management plans must be approved by your child's attending psychiatrist before being implemented. Following medical approval, the family therapist reviews this plan with parents. Often, the safety management plan is never needed. However, if your child should happen to present behavior that is unsafe and may result in harm to himself or herself or another person, the individualized safety management plan for your child will be employed. Safety management plans may include the use of physical management (restraint), seclusion, or medication, as needed. Your Family Therapist will explain what constitutes each of the practices contained in your child's safety management plan. In this regard, parents should rest assured that Bradley Hospital adheres to strict federal, state, and hospital guidelines regarding the use of these types of safety management plans. All staff involved in the implementation of safety management plans have been fully trained and certified in the safety management practices employed by the Center for Autism and Developmental Disabilities.

## School Program

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The Center for Autism and Developmental Disabilities offers a 230-day state-approved special education program for students with a wide range of developmental and learning disabilities. Classrooms are self-contained and staffed by certified special education teachers and classroom-based teacher assistants, who provide an intensive, therapeutic learning environment structured to meet each student's unique educational and behavioral needs, as determined by their Individualized Educational Program (IEP). A variety of support services are incorporated into the school program, including speech and language therapy, occupational therapy, physical therapy, social skills training, and vocational training. A functional approach to academics and communication is emphasized.

Anne Bouchard, MEd, serves as the principal of the Center for Autism and Developmental Disabilities School Program.

## Visitation, Phone Calls and Mail

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When your child is admitted to the Center for Autism and Developmental Disabilities, you will be asked to provide a list of people who are approved to visit and/or have telephone contact with your child. Parents may visit their child at any time. However, it is strongly encouraged that all visits be scheduled in advance through your family therapist. If there is a change in

your visit plans after business hours, please contact the nurses station at 432-1117. We encourage you to visit with your child as often as you would like and consider family involvement an important part of treatment.

- All unit and on-grounds visits are scheduled through the nursing staff.
- Visits on school days are normally scheduled between 3 p.m. - 8 p.m.
- Weekend and holiday visits may be scheduled anytime during the day and evening, and should conclude by 8 p.m.
- For safety reasons, children under 12 years of age are not allowed to visit patients on the unit or in other areas where there are patients present. If a younger sibling is included in the visit, our staff will assist you in locating an alternate area in which to visit. If it would be helpful for young siblings to see a patient's room and living space, this can be arranged when other patients are away from the unit.
- When arriving for all visits, please check in with the receptionist in the lobby of the main building prior to coming on the unit for your visit. This is a hospital security requirement. It also will allow the unit nurse or supervisor to locate the most appropriate space available for your visit.
- In order to respect the privacy and confidentiality of your child and family, as well as other patients and the medical needs of all patients, please remember:
  - Conversations with other patients is discouraged, except for greetings.
  - For everyone's safety, physical contact between visitors and patients other than your child should be avoided.
  - Please note that some patients are on special diets or have medical issues. Please do not offer to share food with other patients.
  - Bradley Hospital is a peanut-free and tree nut free environment. Some patients are highly allergic to nuts and may suffer serious allergic reactions. Please do not bring any food containing nuts or made with nuts of any kind to the unit during your visit.
- Access to some areas of the inpatient unit, such as the nurses station and general staff office, is restricted.
- Parents may call at anytime to speak with a nurse about their child. Children may place and receive phone calls anytime other than during school hours and after 8:45 p.m.

- Your child also may send and receive mail while in the hospital. The mailing address of the hospital is:  
Center for Autism and Developmental Disabilities  
Bradley Hospital  
1011 Veterans Memorial Parkway  
East Providence, RI 02915
- Postage will be paid by Bradley Hospital for outgoing mail sent by your child.
- For the safety of all patients and staff, any visitor who is suspected of having consumed alcohol, or who is behaving in an erratic or threatening manner, will be asked to leave the premises immediately.

## Typical Weekday Programs Schedule

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- 7 - 8:30 a.m. Wake up, Self care, Morning responsibilities, Breakfast
- 8:45 a.m. - 2:30 p.m. School  
(Special education, occupational therapy, Speech, Social skills, Vocational training, Individual and/or Group therapy, Lunch)
- 2:30 - 3:30 p.m. Transition to unit, Snack, Leisure time
- 3:30 - 4:30 p.m. Afternoon activities  
(Such as: Outdoor activities, community trips, art activities, home economics, gym activities, recreation room, family visits, family therapy)
- 4:30 - 6 p.m. Dinner, Self care, Leisure time
- 6 - 8 p.m. Evening activities  
(similar to afternoon activities; Opportunities for social skills development, family visits)
- 8 - 10 p.m. Self care, Snack, Bedtime (dependent upon patient's age)

## Clothing and Laundry

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### *Clothing needed during hospitalization\**

- sneakers
- casual clothing; jeans, shorts, shirts, sweats
- swimwear (in season)
- hats, gloves, boots (in season)
- sleepwear or pajamas
- jacket or sweatshirt
- socks
- underwear

All clothes should have your child's name written on an inside collar/waistband. Clothes are sent to a laundry service daily (except on Sundays). Families have the option of taking laundry home to wash. Due to space concerns, we ask that you please do not bring excessive amounts of clothing.

\*Despite our best efforts, articles of clothing are occasionally misplaced or lost. The hospital will assume responsibility for replacing lost articles of clothing.

**Please label all of your child's personal belongings. We strongly discourage bringing expensive clothing or personal items which might inadvertently be lost, damaged or broken.**

## Personal Items

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In order to maintain a safe environment, all personal items being brought to the Center for Autism and Developmental Disabilities must first be checked by a nurse or unit supervisor.

### *Items permitted in bedrooms:*

- Personal bed linens\*
- Blankets, comforter\*
- Posters that can be taped to bulletin board
- Pictures (without glass frames)
- Books, magazines\*
- Toys, stuffed animals, etc.
- Book or scrapbook about your child
- Communication devices
- Favorite movie videos
- Hair fashion items
- You may bring food to be consumed during your visit. Due to food handling guidelines, food cannot be stored. Remember, please do not bring food containing nuts.

### *Items permitted on unit but will be locked in closet when not in use:*

- Personal hygiene products in non-breakable containers\*  
(shampoo, soap, hair spray, deodorant, lotion, toothpaste, body and bath products, etc.)
- Video game cartridges/Gameboys
- Board games
- Radio, CD player, tape recorder (All electronic equipment is required to be checked by the hospital electrician prior to use.)
- Crafts and hobby kits such as beads, markers, small models, etc.

\* Signifies items provided by the unit/hospital, but may be substituted with personal products, if desired.

*Items not permitted on the unit:*

- Any item containing alcohol
- Knives or any item that may be used as a weapon (such as a baseball bat)
- Cigarettes, lighters or matches
- Alcohol, drugs or substance-use paraphernalia
- Pins, needles, thumbtacks
- Plastic bags
- Pornographic, violent, drug oriented or other inflammatory, offensive magazines, posters, or literature
- Clothing with reference to sex, violence, or drugs
- CD's/Audio Tapes of a violent or sexually explicit nature
- Glass or ceramic items, including picture frames, bottles, etc.
- Perfume/cologne
- Hooks on the walls
- Any products containing nuts
- Balloons

**Thank you for understanding our emphasis on safety and for abiding by the guidelines reviewed in this handbook.**

**We look forward to working with you as part of your child's treatment team.**