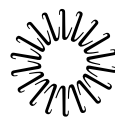


Center for Autism and  
Developmental Disabilities  
-Residential



**Bradley Hospital**  
*A Lifespan Partner*



## **Bradley Hospital**

*A Lifespan Partner*

Dear Parent:

Welcome to the Center for Autism and Developmental Disabilities at 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 a residential program 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 residential placement 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, our residential program is a unique community-based program that serves only those children with both behavioral/emotional problems and developmental disabilities, such as autism and intellectual disability.

Caring for children with behavior problems complicated by developmental disabilities is highly specialized work. Successful treatment requires the involvement of many different kinds of professionals, including doctors, nurses, psychologists, social workers, speech and language therapists, special education teachers, occupational therapists, and physical 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 parents' involvement in their children'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, as well as an accurate diagnosis of the behavioral problems that led to residential placement 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  
Bradley Hospital  
Associate Professor of Psychiatry  
The Warren Alpert Medical School of Brown University

Gary J. Regan, LICSW  
Clinical Director, Residential Services, Center  
for Autism and Developmental Disabilities  
Bradley Hospital

## TABLE OF CONTENTS

---

Residential Services .....	3
Program Personnel .....	3
Contacting Us .....	4
Admission Meeting .....	4
Parental Involvement .....	4
Visits, Phone Calls, Mail .....	5
Types of Treatment .....	6
Treatment Team .....	6
Behavior Management .....	7
Residential Behavior Therapy .....	7
School Placement .....	8
Community Involvement .....	8
Spiritual Life .....	8
Special Olympics .....	9
Typical Weekday Schedule .....	9
Personal Items .....	10
Personal Finances .....	12

## Residential Services

---

The Center for Autism and Developmental Disabilities at Bradley Hospital owns and operates four highly specialized residential programs designed to provide intensive treatment for children who are struggling with psychiatric, emotional or behavioral problems and some form of developmental disability. The program has been providing residential services for children with special needs since 1993. We are licensed by Rhode Island's Department of Children, Youth and Families to provide residential services for children from 14 to 21 years old. A maximum of eight children may live in each home.

The primary goal of residential treatment is to provide children with a safe and therapeutic environment in which to live, as well as an effective treatment that will allow them to overcome their behavioral difficulties and resume living happy and productive lives.

Our approach to treatment is family centered. The program draws strength from working in partnership with families, other treatment providers, community resources, and schools to address the special needs of each child. Professionals from many disciplines including psychiatry, psychology, social work, nursing, and residential counseling work with families to achieve program goals that have been tailored to meet the unique needs of each individual child. A range of treatment modalities is available to every child and family enrolled in our residential program, including group therapy, individual and family therapy, family support services, social skills and life skills counseling, special education, and pharmacotherapy. We will ensure that you become familiar with each of these treatment options in the course of your child's involvement with our program. We are particularly sensitive to family concerns around medication issues. Please be assured that medication is used only with parents' permission.

## Program Personnel

---

### *Residential Program Management Team*

Rowland Barrett, PhD	Director, Center for Autism and Developmental Disabilities
Arthur Mercurio, MA	Assistant Director
Gary Regan, LICSW	Clinical Director, Residential Services
Tanya Trazi	Residential Coordinator
Michael Trazi	Supervisor, Rumford House
Maura DeWolf	Supervisor, Heritage House
Anthony Recupero	Supervisor, Heritage House
Kelly Porter	Supervisor, Hill House
Melanie Morris	Supervisor, Training and Staff Development

### *Residential Treatment Team*

The evaluation and treatment of your son or daughter is the responsibility of a group of clinicians representing a variety of professional disciplines. This group is known as your child’s “treatment team.” Your child is assigned to a specific treatment team who work together on a daily basis to provide for his or her care.

Your child’s treatment team members include:

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

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

Individual therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

Nurse: \_\_\_\_\_ Phone: \_\_\_\_\_

Primary Residential Counselor: \_\_\_\_\_ Phone: \_\_\_\_\_

## **Contacting Us**

---

The mailing addresses and telephone number for each of the residences are:

Rumford House 2 Farrell Place Rumford, RI 02916 401-431-2969	Heritage House 170 Heritage Drive Warwick, RI 02886 401-886-8926	East Greenwich House 1885 Division Road East Greenwich, RI 02809 401-884-9864	Hill House 306 Fruit Hill Avenue North Providence, RI 02911 401-353-1274
---	---	--	---

**In case of emergency:** If you cannot reach your child’s program, please call Bradley Hospital at 401-432-1000, and ask the operator to page Gary Regan.

## **Admission Meeting**

---

Your child’s admission to our residential program 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 you to refer your child for residential placement are reviewed and discussed at this meeting. Following the meeting, family members are provided with a tour of the house.

Following admission, all children receive a routine physical examination within 24 hours as part of their medical and developmental assessment.

## **Parental Involvement**

---

We consider families to be crucial partners in a child’s care and treatment. Who, after all, knows your child better than you? Your knowledge, understanding, and input are 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 and encourages active participation including visitation, family therapy, and training in child behavior management skills. In order for parents and other members of the treatment team to be most effective, an individualized treatment plan is developed and agreed upon that outlines the expected involvement of everyone participating in your child's treatment. As a parent, you may review this plan as often as you wish with your family therapist.

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

## **Visits, Phone Calls and Mail**

---

Upon your child's admission to our residential program, you will be asked to provide a list of people who are approved to visit and/or have telephone contact with your child. We also ask that all visits be scheduled in advance. We have a number of social, educational, and recreational activities that children participate in during after-school and evening hours. Therefore, we would like to know when you are coming to visit to ensure that your child is at the house when you arrive. Similarly, if there is a change in your visit plans, please contact your child's house as soon as possible. We encourage you to visit with your child as often as you like and we consider family involvement a very important part of treatment.

### ***Visits***

- Visits on school days are normally scheduled between 3 p.m. and 8 p.m.
- Weekend and holiday visits may be scheduled anytime during the day and evening. We ask that visits end by 9 p.m., as a courtesy to other residents living at the house.
- When arriving and concluding visits, you will be asked to sign your child in and out. Any pertinent information will be exchanged at this time, including medication, behaviors, expected return times, scheduling a subsequent visit, etc.

### ***Phone calls***

- We ask that incoming phone calls occur between 8 a.m. - 5 p.m., and 6 p.m. - 9 p.m., unless there is an emergency. Here, again, we have put this schedule in place to avoid early and late calls, as well as calls during dinner, as a courtesy to other residents living in the house. It also is important to point out that your child may be involved in a treatment activity, such as group therapy, when you call. We hope that you will not mind being asked to call back later when the activity has concluded.

- Parents may call at any time to speak with a residential care counselor about how your child is doing. Children may place telephone calls to parents, clergy and social workers at any time other than during school hours and after 8:45 p.m.

### ***Mail***

- Your child may send and receive mail while in the residential program.  
(See “Contacting Us” section, page 4.)

## **Types of Treatment**

---

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:

- **Residential care counseling**, 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 him or her about personal, social and community responsibilities through the use of rewards, logical consequences, and a structured life skills curriculum.
- **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 family dynamics can be addressed.
- **Pharmacotherapy**, in which medication is used to treat a specific disorder and/or enhance the effectiveness of other treatment approaches. Parental consent is obtained prior to any use of medication.
- **Group therapy**, in which problematic behavior and emotional issues are 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.

## **Treatment Team**

---

The treatment team, including all of the professionals 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 the team by your family therapist.

## Behavior Management

---

Our philosophy is to allow each child admitted to residential treatment to manage his or her 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.

Some of the interventions we may use to help your child include:

- Positive reinforcement
- Verbal and physical prompting
- Redirection of behavior
- Behavioral contracts
- Level system
- Clear expectations
- Structured environment
- Time out from positive reinforcement

Physical restraint is a safety management approach that is used only after it has been determined that no other way was available to keep your child, and others around your child, safe. The Center for Autism and Developmental Disabilities at Bradley Hospital adheres to strict state and federal guidelines regarding the use of physical management, which may be used only in the case of an emergency and must be approved by a doctor and reviewed with parents. Similarly, we strive to avoid the use of PRN (as needed) medications.

### *Emergency care*

In the event of any type of medical or psychiatric emergency, 911 will be called.

## Residential Behavior Therapy

---

The foundation of our program is residential behavior therapy conducted by a well-trained and closely supervised staff. This therapy occurs in a home-like environment with the goal of improving the children's ability to perform daily personal responsibilities, such as making their beds, cleaning their rooms, attending to their hygiene needs, and completing homework assignments.

You and other members of the treatment team work with your child to set behavioral expectations and goals, establish a method for tracking progress, and determine appropriate rewards for success.

Throughout the day the language of skill-building is used by staff to help residents manage the everyday challenges of residential home life. Frequently, residents are asked to stop and monitor whether they are using skills to make effective choices. These skills are reinforced through therapeutic activities and games in which children learn about the natural consequences of their behavior as the group is gradually exposed to more challenging tasks.

## **School Placement**

---

Our residential program is strongly committed to the successful integration of children into community-based activities, including schools. Children are enrolled in the local school system during their stay. Although the majority of our children attend local schools, some of our children attend the Bradley School or other alternative school programs. The local school district will work with you to determine the best placement for your child. Our staff provides behavioral consultation in planning and monitoring individualized education programs (IEPs). Our staff also is happy to meet with the school's multidisciplinary team, as needed, for consultation.

## **Community Involvement**

---

We view our residential students as valuable members of the community. Therefore, they are encouraged to participate in activities throughout the state. Your child's treatment team reviews all community-based activities to ensure that they are in your child's social and therapeutic best interest. There are also common or routine trips within the community that have been reviewed by Bradley Hospital. We will review these trips with you and obtain your consent for your child's participation.

Some community-based activities may require notifying you and obtaining your permission in writing (e.g., camping trip, skiing). If, at any time, you prefer that your child not participate in an activity, please inform the staff, the house supervisor, or your family therapist. If you do not want your child to participate in an activity, an alternative will be offered.

## **Spiritual Life**

---

We would like to know about and support your family's spiritual beliefs and religious practices. We hope you will discuss them with your family therapist so we can mutually support this important area of your child's life. We invite you to take your child to spiritual or religious events in the community. If you are unable to take your child to a religious service, please let us know, and we will help to arrange services to meet your needs.

## Special Olympics

---

The Special Olympics Program at the Center for Autism and Developmental Disabilities occurs year-round. Our athletes train and compete in individual and team sports.

Some of the events are:

- Soccer
- Basketball
- Track and field
- Alpine skiing and snowboarding
- Cross-country skiing
- Golf
- Sailing
- Bowling

It is our goal to add more events, in the future, based on our athletes' interests.

The Special Olympics Program offers athletes a chance to learn new recreational skills, to develop sportsmanship and self-esteem, to make friends, and to just have fun! Athletes may choose the sports in which they would like to participate. They do not need to compete in every event that is offered.

For more information about your child's potential involvement in the Special Olympics, contact one of our head coaches, Tanya Trazi (401-431-2969) or Michael Trazi (401-431-2969).

## Typical Weekday Schedule

---

6:30 a.m. - 8 a.m.	Wake up Self care Morning responsibilities Breakfast Transport to school
8:30 a.m. - 2:30 p.m.	School
2:30 p.m. - 4 p.m.	Transition to group home Snack Leisure time Afternoon responsibilities Life skills

4 p.m. - 5 p.m.	Afternoon activities (Such as: outdoor activities, community trips, art activities, home economics, gym activities, recreation room, family visits, family therapy)
5 p.m. - 6 p.m.	Dinner Self care Leisure time
6 p.m. - 8 p.m.	Evening activities (similar to afternoon activities; opportunities for social skills development, family visits)
8 p.m. - 10 p.m.	Self care Snack Bedtime (dependent upon patient's age)

## Personal Items

---

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 supervisor.

### Clothing and Laundry

#### *Recommended Clothing*

- Sneakers
- Casual clothing: jeans, shorts, shirts, sweats
- Swim wear (in season)
- Hats, gloves, boots (in season)
- Sleepwear or pajamas
- Jacket or sweatshirt
- Socks
- Underwear

Your child's clothes are typically washed at the house. As part of your child's practice of life skills, they will assist with their laundry under the supervision of a residential care counselor. All clothes should have your child's name marked on an inside collar or waistband. If you do not want your child's clothes washed here, and prefer taking responsibility for maintaining clean laundry for your child, please inform your family therapist.

At times, we may ask you to take home some clothing due to limited storage space and seasonal changes. We thank you for considering our needs in this area.

Finally, despite our best efforts, articles of clothing are occasionally misplaced, damaged, or lost.

### **Personal Items**

*Items not permitted within the houses:*

- Any item containing alcohol
- Knives or any item that may be used as a weapon (e.g., 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, literature, or outerwear (e.g., t-shirt, jacket)
- Clothing with reference to sex, violence, drugs or alcohol
- CDs, DVDs, video or audiotapes of a violent or sexually explicit nature

*Items permitted in bedrooms:*

- Personal bed linens\*
- Blankets, comforter\*
- Posters
- Pictures (without glass frames)
- Books, magazines\*
- Special toys, stuffed animals, etc.
- Radio, CD player, tape recorder (All electronic equipment is required to be checked by the hospital electrician prior to use.)
- Musical instruments

*Items permitted in the house, but will be locked in the staff office when not in use:*

- Personal hygiene products in non-breakable containers\* (shampoo, soap, hair spray, deodorant, lotion, toothpaste, etc.)
- Curling irons
- Perfume, cologne
- Parents can leave a small amount of spending money in a child's account, if desired
- Special snack foods are permitted, but will be stored in designated areas

\* Signifies items provided by the residential programs, but may be substituted with personal products, if desired.

## Personal Finances

---

Accounts are established within the residential program for your child's money. Depending on the house your child is placed in, he or she may earn a spending allowance each week, earn money from a vocational job, and/or receive money from the family. These monies will be placed in an account based on the source of the income.

Personal account – Money earned within the program

Primary account – All other money

In order to teach budgeting and responsibility, there are times and events when your child may spend only dollars earned and deposited in his or her personal account.

When possible, we work with residents and families in order to establish an account at a bank.

For safety reasons, please note that residents may carry no more than \$5.00 on their persons at any given time.

**Thank you.**