

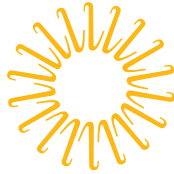


**Bradley Hospital**

*Lifespan. Delivering health with care.®*

*Adolescent SafeQuest*  
**Handbook**

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## **Bradley Hospital**

*Lifespan. Delivering health with care.®*

Welcome to Bradley Hospital's SafeQuest Program. We have prepared this handbook to familiarize you with the SafeQuest 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 know that the decision to enroll your child in a psychiatric treatment program may be difficult. We will make every effort to 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,

Gary J. Regan, LICSW  
Clinical Director, Adolescent Partial Hospital/SafeQuest programs  
Child and Adolescent Services  
Phone: 401-432-1366



## *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 (Monday through Friday) from 2:30 p.m. to 6:30 p.m. SafeQuest social workers, psychiatrists, milieu staff and nurses work collaboratively with parents to provide individualized care for each 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 times per week during regular program hours.
- **Milieu therapy:** Milieu and nursing staff are highly skilled at working in a therapeutic manner with adolescents who are experiencing significant mood and anxiety disorders. They provide the opportunity for individual and group discussion that promotes each child's treatment goals, while maintaining a therapeutic community environment at all times. Activities facilitated by the milieu staff may include journaling, therapeutic recreational activities, and physical exercise.
- **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 development of coping skills 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.

## *Family-Centered Treatment Approach*

SafeQuest is a family-based program and we are committed to working closely with you and your adolescent. We invite you to actively participate 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. We will work closely with you and your child to understand your family's strengths and weaknesses.

## *Program Policies*

**Agreeing to Treatment:** You will be given a copy of the SafeQuest treatment agreement at admission. The agreement will be reviewed with you and any questions you have will be addressed.

**Outside Contact:** One issue that frequently comes up relates to outside contact between SafeQuest participants. We strongly discourage adolescents attending the program from contacting each other outside program hours. Our experience has been that it is disruptive to the treatment process and compromises confidentiality. While we prefer that adolescents do not have outside contact, the ultimate responsibility lies with parents. If you have any questions about this, please discuss them with your SafeQuest therapist.

**Cancellation:** It is important for your adolescent to attend the program daily. If he or she is unable to attend, please call us at 401-432-1490 as soon as possible. If your child is not ill and misses two days in a row and you have not contacted us, we will discuss the possibility of discharge from the program. To fully benefit from SafeQuest, communication and participation are essential. We encourage you to stay involved. We look forward to working with you and hope you will feel free to contact us should you have any questions or concerns.



## 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*

Greg Stiener, MD <i>Psychiatrist</i>	401-432-1038
Rachel Weitz, NP <i>Clinical Nurse Specialist</i>	401-432-1077
Bill Giacovelli, LICSW <i>Clinical Social Worker</i>	401-432-1441
Jeanne Hart, RN <i>SafeQuest Nurse</i>	401-432-1222
Stephanie Thistle, RN <i>SafeQuest Nurse</i>	401-432-1542
Gary J. Regan, LICSW <i>Clinical Director</i>	401-432-1366



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