



# Children's Partial Hospital Program



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Welcome to Bradley Hospital's Children's Partial Hospital Program (CPHP). We have prepared this handbook to familiarize you with the CPHP staff and services and to help you understand what to expect from the program.

We know that the decision to enroll your child in a psychiatric day treatment program may be difficult. Be assured we will make every effort to create 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 about 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,

Anne S. Walters, PhD  
Clinical Director, Children's Partial Hospital Program  
Child and Adolescent Services  
Phone: 401-432-1150

## The Children's Partial Hospital Program

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The Children's Partial Hospital Program (CPHP) is a specialized program that provides comprehensive evaluation and intensive treatment for children ages 7 through 12 and their families. 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 emotional, social, and behavioral difficulties that occur at home and in the community.

The program operates Monday through Friday from 8 a.m. to 2 p.m. Children and their families generally participate for three to four weeks; the length of stay is determined mutually by you and the CPHP staff. When your child is ready to be discharged from the program, the treatment team will work with you to arrange follow-up services and support.

## Family-Centered Treatment Approach

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The CPHP is family-based and we are committed to working closely with you and your child. We request your active involvement in all aspects of your child's evaluation and treatment. We believe that fully informed and participating family members are critical to your child's achievement of his or her treatment goals.

## Program Services

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Our program team comprises a psychiatrist, a psychologist, a social worker, a nurse, a teacher, art therapists, and milieu staff. A primary clinician coordinates your child's care, which includes a thorough assessment and diagnosis of your child's strengths and needs. He or she also coordinates among the members of the CPHP staff and with your child's primary care physician and/or other treatment and medical care providers to create a comprehensive treatment plan that enhances your child's strengths and increases family members' ability to effectively manage mental health needs and promote healthy development.

Your child's care includes the following:

- **Family therapy** You will meet your family therapist the day your child is admitted to the program. We recognize that your child's difficulties have an impact on the whole family. Furthermore, children with strong family support are much more likely to have positive outcomes. For these reasons, we ask families to commit to family therapy twice per week, 1 hour each time. Sessions will focus on enhancing the relationships between you and your child and other members of your family.

With your consent, at the end of your child’s participation in the CPHP, your family therapist may contact your child’s school, therapist, and doctor(s) during the development of a discharge plan, to ensure that your child and family will continue to receive appropriate support after leaving the CPHP.

- **Educational services** Tutoring services are available for children whose school districts fund the service. For those who do not, there are two hours per day available during which milieu therapists assist with completion of school work brought in by parents.
- **Milieu therapy** Milieu and nursing staff are highly skilled at working in a therapeutic manner with children who are experiencing significant mood, anxiety, and/or behavioral disorders. Art therapists offer another modality for children to express their concerns. All staff provide individualized therapeutic activities for each child, as well as the opportunity for individual and group discussions that promote each child’s treatment goals. Activities facilitated by the milieu staff may include therapeutic recreational activities and physical exercise. 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.
- **Psychiatric care** Each child in the program will have regular contact with the program psychiatrist through a combination of group and individual consultation. If your child is in need of medication, the psychiatrist will work with you to develop a medication plan. If your child is already seeing a psychiatrist, the program psychiatrist will work in collaboration with him or her.
- **Group and individual therapy** All children participate in group therapy daily to work on coping skills, emotion identification and self regulation. Individual therapy is provided where needed for achievement of goals.

## The CPHP 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: \_\_\_\_\_

Psychiatric nurse: \_\_\_\_\_

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

## Staff Descriptions

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A **psychologist** is a specialist in the field of psychology, which involves the study of the mind and behavior. CPHP psychologists are doctoral-level clinicians who specialize in the diagnosis and treatment of children's emotional and behavioral problems.

A **psychiatrist** is a physician with specialized training beyond medical school in adult, child and adolescent psychiatry. CPHP psychiatrists specialize in the diagnosis and treatment of children's emotional and behavioral problems. In addition to providing psychiatric assessments and psychotherapy, child psychiatrists can write prescriptions for medications when necessary.

A **psychiatric nurse** works 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.

A **clinical social worker** is a specialist in treating children with mental health issues through a combination of family, individual, and group therapy. The social worker is also skilled at identifying resources in the community to assist with family needs.

A **special education teacher** has specialized certification in educating children with mental health needs. The teacher is skilled in helping children keep up with their academic work while they are hospitalized and in providing support as children transition back to their home schools.

**Milieu therapists** are specially trained to work with children to help them understand and manage their feelings and behaviors safely and effectively and to help families practice behavior management strategies during the program and at home.

**Art therapists** are specially trained to use art as a means for expression of emotion and progress towards goals.

## Program Policies

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### Agreeing to Treatment

You will be given a copy of the CPHP treatment agreement at admission. The agreement will be reviewed with you and any questions you have will be addressed.

### Contacting Staff

The best time to reach your child's family therapist by phone is before or after program hours. The best time to discuss your child's progress with milieu staff is when your child arrives at the program in the morning or when you pick up your child at the end of the day. Contact with other treatment providers can be arranged by calling the program's unit administrative assistant between 8 a.m. and 2 p.m.

### **Outside Contact**

We strongly discourage children 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 children do not have outside contact, the ultimate responsibility lies with parents. If you have any questions about this, please discuss them with your CPHP therapist.

### **Use of Restraint**

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. Whenever possible we will seek alternatives to the use of restraint with the hope of someday eliminating it 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 restraint is 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.

### **Transportation**

Daily transportation to and from the program is the responsibility of the family. The program must be notified in advance of any alternative arrangements made by the family.

### **Cancellation**

It is important for your child to attend the program daily. If he or she is unable to attend, please call us at 401-432-1407 before 7:30 a.m. 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 the CPHP, 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 if you have any questions or concerns.

## **The Program Day**

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A light breakfast, lunch and snacks will be available to program participants every day. The day may include supervised free time during which the child may choose to socialize, work on school assignments, engage in physical activity, or play a game.

At the end of the day, you and your child will receive a communication sheet that provides an opportunity for us to share specifics of your child's day, and for you to share observations from the evening or weekend at home. Our staff reviews these sheets daily to identify and address immediate concerns.

## Sample Program Schedule

Monday – Friday	
8 a.m.	Family check in/ Breakfast
8:30 – 8:45 a.m.	Cash-in at Point Store
8:45 – 9:15 a.m.	Fresh start meeting
9:30 – 11:30 a.m.	School
11:30 a.m. – noon	Lunch
noon – 12:45 p.m.	Break/Structured recess
12:45 – 1:45 p.m.	Group therapy/Activity based groups
1:45 - 2 p.m.	Cash-in at Point Store/Check out
Family therapy is typically scheduled during drop off or pick up.	

### Contacting Us

Our mailing address is  
 Children’s Partial Hospital Program  
 Bradley Hospital  
 1011 Veterans Memorial Parkway  
 East Providence, RI 02915

*Our phone number is: 401-432-1407*

*Our fax number is: 401-432-1524*