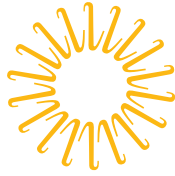


Bradley Hospital

Lifespan. Delivering health with care.®

*Adolescent Partial
Hospital Program*
Handbook



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Welcome to Bradley Hospital's Adolescent Partial Hospital Program (APHP). We have prepared this handbook to familiarize you with the APHP 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 day 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 Program
Child and Adolescent Services
401-432-1366

Our Adolescent Partial Program

The Adolescent Partial Hospital Program (APHP) is a specialized program that provides comprehensive evaluation and intensive treatment for adolescents from age 13 through 18, and their families. The primary goal of the program is to help children safely live at home while offering them and their families the opportunity to work on behavioral, emotional and social difficulties that occur at home and in the community.

The program operates five days a week from 8 a.m. to 2 p.m. Adolescents and their families generally participate for 18-22 business days; the length of stay is determined mutually by you and the APHP staff. When your child is ready to be discharged from the program, the treatment team will work with you to arrange appropriate follow-up services and support.

General program goals include reduction or elimination of self-harm behaviors, improved use of coping skills, and decreased need for hospitalization. The program offers a supportive therapeutic environment for your child to identify and work on his or her individual goals. The program team—comprised of a psychiatrist, social workers, a nurse, a psychologist and milieu staff—will work collaboratively with you to provide the best services possible to assist you and your child. Your child's care may include the following:

Group Therapy: Twice daily group therapy focuses on increasing communication and coping skills, giving participants the opportunity to exchange support and suggestions with others who may be struggling with similar issues. Group therapy may include discussions and skill-based learning on topics such as dealing with peer pressure, health and wellness, decision making, communication with family members, drug use, social skills, and emotional regulation.

Family Therapy: A family therapist will contact you at the beginning of your participation in 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 expect families to participate in family therapy twice per week. Sessions will focus on enhancing the relationships between you and your child and other members of your family. At the end of your child's participation in the APHP and with your consent, your family therapist may contact your child's school, therapist, and doctor(s) in order to assist in the development of a discharge plan. This is important because it identifies how your child and family will continue to receive appropriate support after leaving the APHP.

Individual Therapy: Each adolescent will participate in individual therapy at least twice 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.

Psychiatric care: Each child in the program will have regular contact with the program psychiatrist through a combination of group and individual therapy. The psychiatrist also regularly attends family meetings to discuss your child's treatment with you and your child. 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.

Family-Centered Treatment Approach

The APHP is family-based 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 APHP treatment agreement at admission. The agreement will be reviewed with you and any questions you may have will be addressed.

Outside Contact: One issue that frequently comes up relates to outside contact between APHP 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 APHP 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 when it 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.

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 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 APHP, 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.

The Program Day

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 check-in sheet that provides an opportunity to express concerns and observations. Our staff reviews these sheets daily to identify and address immediate concerns.

Meet Our Team

Gary J. Regan, LICSW
Clinical Director, Adolescent Partial Hospital Program
401-432-1366

Journey	Voyage	Clinical Staff Nurses
Gregory Stiener, MD Chief Psychiatrist 401-432-1038	Samantha Taylor, MD Psychiatrist 401-606-9328	Stephanie Thistle, RN 401-432-1222
Heather Thibodeau, LICSW Clinical Social Worker 401-432-1394	Andrea Hogan, LICSW Clinical Social Worker 401-432-1318	Jeanne Hart, RN 401-432-1542
Jamie Turcotte, LMHC Clinician 401-432-1563	Brianna Daniele, LICSW Clinical Social Worker 401-432 -1342	

Contacting Us

Our mailing address is:

Adolescent Partial Hospital Program
Bradley Hospital
1011 Veterans Memorial Parkway
East Providence, RI 02915
401-432-1490

Weekly Schedule: Monday – Friday

8:00 a.m.	Check-in/Breakfast
8:30 - 9:15 a.m.	Community meeting
9:30 - 10:30 a.m.	Group
10:30 - 11:45 a.m.	Milieu Activity; Study Hour*
11:45 a.m. - 12:15 p.m.	Lunch
12:15 - 1:00 p.m.	Group
1:00 - 1:45 p.m.	Milieu Activity
1:45 p.m.	Check-out

*Please note that during the academic school year (September through June) the APHP offers a study hour from Monday through Friday for teens to do schoolwork. If your teen brings in schoolwork, they can use this time. If not, our teacher can provide grade appropriate work.

Group Therapy

Both Journey and Voyage programs offer the following groups:

Process Group allows the teens to present a topic of discussion that relates to the reason they are seeking treatment. All process groups are led by a program clinician.

Medical Group is led by the team psychiatrist and nurse. It addresses medication and/or medical issues or concerns.

Wellness Group is led by the program nurse to address teen health issues.

Skill Groups is led by a licensed clinician and addresses ways teens can cope with stress, behaviors, thoughts, and feelings.

Relations Group helps teens understand how their relationships at all levels impact them and their mental health.

School Anxiety/Issues Group helps the many teens who are having an issue with school find ways to make their participation in school a success.

In **Stress Management Group**, teens discuss what causes stress, how stress impacts us as individuals, and how we can manage stress.

The **Occupational Therapy (OT) Group** is led by a licensed OT who helps teens understand how our bodies and senses are impacted by our environment. The group then learns interventions to deal with this.

In **Art Therapy Group**, a Bradley or Peace Love Studios art therapist provides two hours of instruction to teens during which they design their own therapeutic artwork.

Led by our milieu therapist, **Music Group** requires that teens identify a song that, for them, relates to a specific theme. We then listen to the song while reading the lyrics and discuss as a group.



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