

## SafeQuest Program

### Virtual Mental Health Treatment for Teens

The Bradley Hospital SafeQuest program provides comprehensive evaluation and intensive treatment to adolescents ages 13 through 18. Using virtual telehealth, this intensive program helps teens safely live at home and attend school as they normally would, while offering them and their families the opportunity to work on behavioral, emotional, and social difficulties that occur at home and in the community.

Offered as part of Bradley Hospital's Remote E-Therapy for Adolescents and Children (Bradley REACH™) initiative, the SafeQuest program goals include:

- Reduction or elimination of self-harm or maladaptive behaviors
- Reduction or elimination of depressive and anxiety-related symptoms
- Improved use of coping skills
- Decreased need for hospitalization

The program teams comprise a psychiatrist, social workers, nurses, psychologists, and milieu staff who work collaboratively to provide the best services possible to assist the teen and family.

#### SafeQuest programming includes:

- **Family Therapy:** We recognize that a teen's difficulties have an impact on the whole family. Furthermore, children and teens 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.
- **Individual Therapy:** Each adolescent will participate in intensive individual therapy 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. 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 and the clinical nurse specialist through a combination of group and individual therapy.