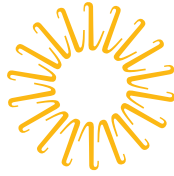


**Bradley Hospital**

*Lifespan. Delivering health with care.®*

# *Children's Safequest Program* **Handbook**

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# Bradley Hospital

*Lifespan. Delivering health with care.®*

Welcome to Bradley Hospital's Children's Safequest Program (CSQ). We have prepared this handbook to familiarize you with the CSQ 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 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,

A handwritten signature in black ink, appearing to read 'Anne S. Walters', with a stylized, flowing script.

**Anne S. Walters, PhD**

Clinical Director, Children's Partial Hospital and Safequest Programs

Child and Adolescent Services

401-432-1150



## *The Children's Safequest Program*

The Children's Safequest Program (CSQ) is a specialized program that provides comprehensive evaluation and intensive treatment for children ages 9 through 12 and their families. The primary goal of the program is to offer children 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 3 p.m. to 7 p.m. Children and their families generally participate for six to eight weeks; the length of stay is determined mutually by you and the CSQ team. 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*

The CSQ 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 their treatment goals.

## *Program Services*

Our program team is comprised of a psychiatrist, psychologists, social workers, a nurse, and behavioral health specialists. A primary clinician coordinates your child's care, which includes a thorough assessment and diagnosis of your child's strengths and needs. They also coordinate among the members of the CSQ 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 with your family therapist within the first few days that 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 once 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 CSQ Program, 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 CSQ.

**Milieu therapy:** Behavioral health specialists and nursing staff are highly skilled at working in a therapeutic manner with children who are experiencing significant mood, anxiety, and/or behavioral disorders. 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 behavioral health specialist who will be your daily contact person from arrival to, and upon 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 needs 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 and individual therapy to work on coping skills, emotion identification and self-regulation.

## *The CSQ Treatment Team*

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*

**A psychologist** is a specialist in the field of psychology, which involves the study of the mind and behavior. CSQ psychologists are doctoral-level clinicians and psychology trainees 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. CSQ 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.

**Behavioral health specialists** 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.



## *Program Policies*

### **Agreeing to Treatment**

You will be given a copy of the CSQ 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 afternoon or when you pick up your child at the end of program. Contact with other treatment providers can be arranged by calling the program's administrative assistant at 401-432-1407.

### **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 CSQ 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. Parents are contacted if this occurs.

### **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 the program main number before 2:30 p.m. If your child is not ill and misses more than three days of program, we will discuss the possibility of discharge from the program. To fully benefit from the CSQ, 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*

A snack and dinner will be available to program participants every day. The afternoon may include supervised free time during which the child may choose to socialize, 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.

## *Contacting Us*

### **East Providence**

Children's Partial Hospital  
and Safequest Programs

Bradley Hospital  
1011 Veterans Memorial Parkway  
East Providence, RI 02915

Phone: 401-432-1407

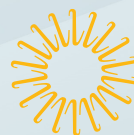
Fax: 401-432-1524

### **East Greenwich**

Children's Partial Hospital Program  
1567 South County Trail  
East Greenwich, RI 02818

Phone: 401-606-9777

Fax: 401-471-7531



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**1011 Veterans Memorial Parkway, East Providence, RI 02915**

**1567 South County Trail East Greenwich, RI 02818**

**401-432-1000**

**[BradleyHospital.org](http://BradleyHospital.org)**