



Bradley Hospital

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*Center for Autism and
Developmental Disabilities*
SafeQuest Program

The Center for Autism and Developmental Disabilities (CADD) Safequest program

is a family-based intensive after school treatment program for children and adolescents diagnosed with autism spectrum disorder or developmental disability, with co-existing emotional or behavioral disorders. The program is for children and adolescents ranging in age from 10 to 17. Participants attend for an average of four to six weeks, for four hours per day, Monday through Friday.

The primary goal of the CADD Safequest program is to help children and adolescents better regulate their emotions so they can remain safe at home and at school. The CADD Safequest program also serves as a preventive measure for a higher level of care and/or to provide additional support to children and adolescents who need help transitioning back to their communities. The program's interdisciplinary treatment team is committed to creating a safe, comfortable, and compassionate therapeutic environment that allows patients to maximize their potential.

Family-Centered Treatment Approach

The CADD Safequest program team works closely with you and your child. We require that parents or primary caregivers participate and take an active, "hands on" role in their child's treatment. We believe that fully informed family members are critical to your child achieving his or her treatment goals.

Families are expected to participate in one or two family therapy sessions each week. These sessions will focus on enhancing the relationships between you and your child and other members of your family. We want to help you preserve, regain, or begin to develop satisfying and sustained patterns of interaction within your family. We believe that we can achieve these goals by helping you to:

- Identify and understand positive and negative patterns that may occur between your child and other members of your family
- Focus on parenting and family strengths and apply these strengths to your child's problems
- Develop specialized parenting and behavior management skills that you may need to meet your child's specific needs
- Learn to be "skill coaches" to help your children learn how to regulate their emotions in the moment

The goal is for parents and primary caregivers to learn evidence-based practices (EBPs) that they can use with their child after completion of the program in an effort to promote and maintain an optimal level of functioning at home and at school. EBPs used in CADD Safequest include behavior management techniques, mindfulness, and emotion-regulation strategies rooted in Dialectical Behavioral Therapy and the Skills System curriculum.

Each child or adolescent in the CADD Safequest program participates along with their family or caregiver in a treatment team that includes a child and adolescent psychiatrist, clinical psychologist, psychiatric nurse, master's level clinician, occupational therapist, speech-language pathologist, psychology assistant and behavioral health specialist, in addition to the other staff associated with the program. Each child or adolescent also participates in intensive behavioral and milieu therapies.

Admission to the Program

Children admitted to the CADD Safequest program must meet general intensive outpatient program criteria, which include the following:

- The child or adolescent presents with impairment in daily functioning due to psychiatric and behavioral symptoms.
- Due to the severity of symptoms, the child or adolescent is unable to be treated adequately in a less intensive outpatient setting.
- The child or adolescent is in need of daily monitoring (Monday through Friday), support and ongoing therapeutic intervention to promote stabilization.
- The parent or caregiver must have the ability and commitment to participate in their child's treatment.

Our Program

There has been increased awareness of the mental health needs of young or adolescent children diagnosed with psychiatric, behavioral, and developmental disabilities. Mental health problems in children and adolescents emerge through a complex interplay of biological, psychological, and social factors. For this reason, approaches to treatment must be integrative and sensitive to the developmental context and needs of the children and their caregivers.

The CADD Safequest program is committed to serving children and adolescents with a wide range of psychiatric, behavioral, and developmental disabilities, including, but not limited to:

- Depression and other mood disorders
- Anxiety
- Maladaptive behavior
- Obsessive-compulsive disorder
- Suicidal ideation/non-suicidal self-injury
- ADHD

Our program is broadly structured using positive behavior supports (PBS), and incorporates EBPs to help children and adolescents better regulate their emotions to live a more safe and social life. CADD Safequest will focus on immediate and long-term goals that will enable individuals with disabilities to:

- Enjoy life
- Be as independent as possible (and in ways they want to live)
- Overcome problem behaviors that get in the way of their quality of life
- Be mindful and present in the moment
- Problem-solve challenging situations
- Regulate emotions and appropriately communicate needs/wants

Assessment and Treatment Services

Treatment is evidence-based, family-centered, multifaceted, and individualized for each child and family, and may include:

- Daily milieu therapies
- Daily behavioral therapies, including interventions to improve emotion regulation and to promote the development of adaptive problem solving and coping strategies, peer relationships, and leisure and daily living skills
- Group therapies and social skills training
- Family and parent-child interaction treatment
- Individual therapy, when appropriate
- Psychiatric monitoring and medication, when appropriate
- Occupational therapy consultation services to assess children's sensory processing needs and ability to participate in activities of daily living, and to provide strategies, modifications and environmental adaptations that can be generalized to home and school
- Speech and language consultation services designed to develop appropriate communication strategies
- Coordination of systems, interventions, and consultation to community providers, school, and social service agencies

As soon as a family is admitted to the program, the need for outside services is assessed, then initiated and coordinated as necessary. If possible, outpatient service providers will participate in the latter stages of treatment to ensure accuracy of treatment delivery once the family leaves the program.

To help us better understand this patient population, the hospital also conducts research related to children with autism and developmental disabilities. Please ask us for more information about participating in research programs that may be available. Your family therapist can provide details and answer any questions you may have. The decision whether or not to participate in research programs is completely up to you. Your child's treatment will not be affected in any way if you and your child decline to participate in the research program.

Sample Treatment Schedule

3:00 p.m.	Arrival/snack/check-in
3:30 p.m.	Nursing education group
4:30 p.m.	Cash-in
4:45 p.m.	Dinner
5:15 p.m.	Clinicians' group
6:00 p.m.	Skills group
6:30 p.m.	Cash-in/check-out

Confidentiality/outside contact

While we strive to improve CADD Safequest patients' skills in terms of their peer interactions, we strongly discourage children/adolescents attending the program from contacting each other (by phone/text/social media and in person) outside of program hours. Our experience has been that this is disruptive to the treatment process and compromises confidentiality. While we recommend and prefer that participants do not have outside contact and review this recommendation with the children/adolescents attending the program, the ultimate responsibility lies with parents. Please refer any questions about this to your CADD Safequest family therapist.

Use of Restraint

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 nonphysical 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 401-432-1060 before 3 p.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 CADD Safequest program, 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 CADD Safequest program staff

Clinical Director: Maria S. Regan, LICSW

Attending Psychiatrist: Michelle Parker, MD

Psychologist: Zachary Shindorf, PhD

Social Work: Hanna Bjork, LICSW

Mental Health Counselor: Rebecca Zub, LMHC, ATR

Nurse: Samantha Murray, RN

Psychology Assistant/Behavior Specialist: Jackie Barry, BS

Occupational Therapist: Casey Lazarek, MSOT, OTR/L

Speech-Language Pathologist: Shelli Roche, SP/SLP

You can reach staff members Monday through Friday between 3 p.m. and 7 p.m. For urgent matters, you can reach your family therapist or the on-call physician by calling the hospital's main number: 401-432-1000.

The best time to discuss your child's progress with milieu staff is when you bring your child to program after school or pick up your child at the end of the day. Members of the clinical team are often available during these times as well. You may also set up phone appointments with members of the clinical staff.

Contact Information

The CADD Safequest Program

Bradley Hospital

1011 Veterans Memorial Parkway

East Providence, RI 02915

Program floor: 401-432-1336

Nurse's station: 401-432-1060

Office: 401-432-1189



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