



Bradley Hospital

Lifespan. Delivering health with care.®

Pediatric Partial Hospital Program



Bradley Hospital

Lifespan. Delivering health with care.®

Welcome to Bradley Hospital's Pediatric Partial Hospital Program (PPHP). We have prepared this handbook to familiarize you with the PPHP staff and services and to let you know what to expect from your child's treatment and what we expect of you and your child.

We realize it may be difficult to make the decision to enroll your child in a psychiatric day treatment program. We hope we can 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,

John R. Boekamp, PhD
Clinical Director, Pediatric Partial Hospital Program
Child and Adolescent Services
401-432-1417
and the PPHP staff
401-432-1294

The Pediatric Partial Hospital Program (PPHP)

The PPHP is a highly specialized day treatment program that provides comprehensive evaluation and intensive treatment for young children who range in age from early infancy through seven years, and their families. Children come to our program for many different reasons, including serious emotional, behavioral, feeding, sleeping, medical-psychiatric, or relationship problems. The PPHP provides treatment services to a maximum of 14 children at a time.

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 behavioral, emotional and social difficulties that occur at home, at school, and in the community.

The PPHP is multifaceted and family-based. We ask that families actively participate in all aspects of the child's evaluation and treatment. We will work closely with you and your child to understand your family's strengths and weaknesses. You and your child's multidisciplinary team will develop a treatment plan that addresses your specific concerns while fully respecting your family's values and customs.

For primary caregivers, and other family members when appropriate, we offer family therapy, parent-child interaction treatment, and parent guidance sessions throughout the week. For your child, we provide daily milieu therapy, behavioral therapy, and group treatments. For some children, an evaluation for psychiatric medication may be warranted. In those cases, the child psychiatrist conducts an evaluation and consults with parents and appropriate caregivers. We also provide consultation to the community-based professionals, agencies, and school teams involved with your child. Our milieu treatment program provides a blend of structured and less-structured therapeutic activities that are designed to teach and support young children.

Close contact and active participation with our program staff are crucial to your child's success in achieving his or her treatment goals. The PPHP staff includes milieu therapists, nurses, psychiatrists, pediatricians, psychologists, speech and language pathologists, occupational therapists, art therapists, nutritionists, and support staff. In addition, students and trainees from various disciplines may also assist with your child's evaluation and treatment. These students and trainees work under the direct supervision of the program's clinical staff, as Bradley Hospital is a teaching hospital of The Warren Alpert Medical School of Brown University. Working with you, your child's multidisciplinary treatment team will regularly review your child's individualized treatment plan, and make necessary adjustments to respond to changes in your child's behavior and development.

The PPHP is designed to be a short-term treatment program, however, your child's length of stay may range from 4-6 weeks to 10 or more weeks. The specific length of your child's treatment in the PPHP will depend on his/her emotional and behavioral difficulties, treatment goals, progress, and your family circumstances.

When your child is ready to be discharged from the program, the treatment team will work with you to arrange for appropriate follow-up treatment services. We also will work with you to prepare your child for the transition to school or daycare programs.

Program Personnel

Contacting Us

Our mailing address is:

Pediatric Partial Hospital Program

Bradley Hospital

1011 Veterans Memorial Parkway

East Providence, RI 02915

Our phone numbers are:

Office: 401-432-1294

Program RN and referral line: 401-432-1425

Program floor: 401-606-9304

You can reach PPHP staff members Monday through Friday between 7 a.m. and 3:30 p.m.

You can call 401-432-1294 and leave a message any time, or call 401-606-9304 during program hours. For urgent matters, you can reach the on-call physician by calling the hospital's main number: 401-432-1000.

The PPHP Management Team

John R. Boekamp, PhD, clinical director 401-432-1417

Brooke Tourony, milieu supervisor 401-432-1425

The PPHP 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:

Attending Psychologist: _____ Phone: _____

Primary Behavioral Health Specialist: _____ Phone: _____

Attending Psychiatrist: _____ Phone: _____

Nurse: _____ Phone: _____

Some of Our Staff

The psychologist is a specialist in the field of psychology, a branch of science that deals with the study of the mind and behavior. Psychologists on the PPHP are doctoral-level clinicians who specialize in the diagnosis and treatment of children's emotional and behavioral problems. He or she acts as the coordinator for your child's care, which includes a thorough assessment and diagnosis of your child's difficulties, and will also provide family therapy and parent guidance, as well as supervised group and individual treatments provided by program milieu therapists.

Psychologists will coordinate among the PPHP staff, as well as with previous treatment and medical providers, to create a comprehensive treatment plan that enhances your child's strengths and increases family members' ability to effectively manage difficult behaviors and promote healthy development.

The child psychiatrist is a physician with specialized training beyond medical school in adult, child and adolescent psychiatry. The child psychiatrists on the PPHP specialize in the diagnosis and treatment of young children's emotional and behavioral problems. He or she may act as the coordinator for your child's care, which includes a thorough assessment and diagnosis of your child's difficulties, and may also provide family therapy and parent guidance, as well as supervise group or individual psychological treatments provided by program milieu therapists. The child psychiatrist will coordinate among PPHP staff, as well as with previous medical treatment providers, to create a comprehensive treatment plan that enhances your child's strengths and increases family members' ability to effectively manage difficult behaviors and promote health development. In addition to providing psychiatric assessments and psychotherapy, child psychiatrists can write prescriptions for medications when necessary.

The psychiatric nurse will work 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.

Behavioral Health Specialists are staff members who spend the majority of the day with your child. Behavioral Health Specialists are specially trained to work with children to help

them understand and manage their feelings and behaviors safely and effectively. Behavioral Health Specialists help families practice specialized behavior management strategies during the program and at home. They also provide individualized therapeutic activities for each child. Your child will be assigned a Behavioral Health Specialist who will be your daily contact person upon arrival to, and pick up from, the program.

Family-Centered Treatment Approach

The PPHP team is committed to working closely with you and your child. We invite you to be involved 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. Families are expected to participate in one or two family therapy sessions each week. These typically last 45-60 minutes per session and can occur in-person and/or via telehealth during our program hours. These sessions will focus on enhancing the relationships between you and your child and other members of your family. We want to help preserve, regain, or begin to develop satisfying and sustained patterns of interaction with your family. We believe that we can achieve these goals by helping you:

- 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 special needs.
- Identify and understand positive and negative patterns that may occur between your child and other members of your family.

We ask that you participate in "floor time" for at least one 90-minute session per week. At times we may complete more than one floor time per week. During floor time, parents spend the session working directly with your child and their primary Behavior Health Specialist. These sessions will provide opportunities to:

- Observe ways that staff members manage challenging behavior.
- Practice specialized parenting and behavior management skills.
- Facilitate your child's positive engagement with peers and in therapeutic activities.

We may also plan home or community visits on a weekly basis to help your family apply behavior management strategies learned in the program and to help your child practice his or her new skills in different settings.

Milieu therapy is conducted by a well-trained and closely supervised staff. Our staff will work with you to develop milieu therapy goals, keep track of progress, and find appropriate rewards and consequences. Behavioral expectations for success are individualized to promote success and progress toward improved self-control. To promote the development of self-control, a

primary emphasis of milieu therapy is to help children identify, label and understand emotional reactions to conflicts. We also emphasize development of problem solving and social skills. In addition to using positive incentives to increase compliance and safe behavior, children will receive consequences for disruptive or dangerous behaviors. These consequences may include offering positive behavioral choices, verbal reminders and directions, brief removal from therapeutic activity or withdrawal of attention. Our team will work with parents to choose the consequences that are best suited to your child's needs.

For children who are admitted for severe feeding difficulties, the PPHP team requests that primary caregivers plan to be available frequently throughout the week for behavioral mealtime feeding and/or medical-behavioral sessions. These sessions provide family members with opportunities to observe staff interventions, practice recommended mealtime strategies and experience increasing success feeding their child. In addition, we regularly collaborate with the child's community-based medical team to ensure coordination between behavioral and medical treatment plans.

Our program also conducts research to learn more about how young children learn to express their feelings, manage their behaviors, and develop relationships with others. In addition, we conduct research to better understand how children who have difficulties with feelings, behaviors and relationships can best be helped by programs like the PPHP. This research allows us to better understand the strengths and the needs of children and families in our program, and helps us continue to improve the quality of the services we provide. During your child's stay with us, we may ask if you and your child are interested in participating in this research program. The decision whether or not to participate 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. Your family therapist can provide details about the research program and answer any questions you have.

Program Policies

You are encouraged to work closely with program staff throughout your child's stay. As a critical member of your child's treatment, our team needs patients to spend at least one floor time each week visiting and working with staff on strategies to manage your child's behavioral and emotional problems. In special circumstances, we may ask you to spend more time on the program working with your child.

If you plan to call the PPHP, we prefer that you make arrangements with staff ahead of time to minimize disruptions to your child's therapeutic activities. The best time to speak to the staff about your child's progress is when your child arrives to the program in the morning, or when you pick up your child at the end of the day.

To ensure the safety of children in the PPHP, our team works hard to identify behaviors and situations that increase your child's risk for psychological distress, injury or harm during the program, at home and in the community. We will promptly inform you of any risks we discover and we will take all possible precautions to ensure your child's safety while at the PPHP.

To make the best use of your time and to avoid unnecessary disruption of the therapeutic milieu, we request that cell phones not be used on the program. We have lockers in our family waiting area where families may store their belongings when they are on the program. Please ask the team if you need assistance locating and using them.

Here at Bradley Hospital, we recognize, respect, and support a child's right to be free from the use of restraint or seclusion except in rare situations, when violent or self-destructive behavior jeopardizes the immediate physical safety of your child, a staff member, or others. Whenever possible we will seek alternatives to the use of restraint or seclusion with the hope of someday eliminating them entirely. We acknowledge that the use of restraint or seclusion poses a risk to the physical and psychological well-being of the child and participating staff, and that use of restraint/seclusion interrupts therapeutic activities. 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 or seclusion requires a physician's order and is supervised by a registered nurse.

Basic Routine

Below is a copy of the basic routine for each day. Please note that the specific times, activities, and pick-up/drop-off change from time to time and you will be provided with the most updated schedule at the time of admission. In addition to in-person services, there are limited times (e.g., COVID-19 exposure, professional development day, etc.) when your child may be asked to participate in one or more days of virtual treatment from home. During these times, we will provide you with specific instructions for how to access virtual meetings, the schedule for the day, and any other guidance you might need to have a successful virtual treatment day.

General In-Person Schedule

Arrival (8:00 - 8:30 a.m.) Children and families arrive/check in with your child's Primary Behavior Health Specialist

Free-play - opportunities for social coaching and practicing both independent activities and peer interactions.

Breakfast (provided on program if children did not eat at home)

Family and peer play - opportunities for social coaching / enhancing family interactions and friendship building skills.

Groups Large group, small group activities, art group, speech-language groups,

Occupational therapy groups

Lunch

Quiet rest time where younger children will nap and older children with nap or complete a quiet activity in their resting spot.

Milieu/therapeutic activity groups, centers

Snack

Pick up/check out (2:00 - 2:30 p.m.) with your child's Primary Behavior Health Specialist

Policies and Safety Procedures

Confidentiality/outside contact

While we strive to improve our patients' skills in terms of their peer interactions, we strongly discourage children attending the program from contacting each other (by phone/text/social media, through video gaming sites, 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 the ultimate responsibility lies with parents.

Attendance Policy

It is imperative that your child attends all scheduled program days, unless unable due to illness or an urgent medical appointment. We ask that if your child is presenting with medical symptoms, that you contact our nurse to discuss symptoms prior to bringing your child into program. We ask that if your child will be absent from any part of the program day due to a medical appointment, that you notify your clinician in advance. Arriving late/leaving early for any reason other than illness or an urgent medical appointment (except for planned treatment activities with staff support such as home, community, or school visits) will also result in an unexcused absence. If your child is absent from program for three or more consecutive days, for any reason, including illness, most insurances require discharge. In some circumstances, our treatment team may be able to provide time-limited virtual programming support to your child if they are unable to attend program due to illness in order to support their continuation in treatment.

Safety

Weapons/any items that can be used as a weapon, toy weapons, and/or clothing or other items depicting any violent content are not permitted in program.

Substances (alcohol, marijuana, other drugs) and substance-related materials, including images on T-shirts or other items, are not permitted in program. Tobacco use is not permitted anywhere on the hospital campus.

Medications are not permitted in program, other than those that require administration here in program and are provided by our pharmacy. This includes over the counter medications and items like inhalers and EpiPens. If your child travels between multiple settings, please arrange for a medication supply to be available in each setting in advance as they cannot be held here in program to be handed off among caregivers.

Telephones and other electronic devices capable of making/receiving calls/texts (including Apple or other Smart watches), or those with cameras or recording capability, are not permitted in program. In some cases, particularly when children may be transported by different caregivers, parents may wish that their child's phone be locked here in program and returned to the child at the end of the day. Please speak with your clinician about making those arrangements in advance.

In general, it is recommended that only the items needed while patients are in program are brought into the building. Prior to entering the milieu, all caregivers will be asked to verify that their child does not have any prohibited items in their bag or on their person. If you have not yet verified this, and/or need the guidance of the program staff to support you in looking through your child's belongings, please let the staff know upon morning check-in. If any prohibited items

are identified, you may be asked to take this item with you and/or certain items may be stored in a locked office until the end of the treatment day.

When caregivers are spending time on the program, lockers are available in the family waiting area for you to store your belongings before entering the milieu. To ensure the health and safety of our young patients, we also request that caregivers do not bring beverages into any treatment room.

Items for Program

In general, your child will be provided with most of the items they need to complete their treatment day in the program. We ask that families provide the items below, however, if you need any support in obtaining these items, please let the treatment team know and we can problem-solve together.

- Please provide one change of clothes to keep in your child's cubby in the event of any toileting accidents/spills.
- During summer months, you may be asked to provide a set of clothes that your child can use for water play. The treatment team will provide additional guidance about this at the time of admission.
- If your child wears diapers/pull-ups please send in a supply each week.
- Your child will be provided with breakfast, lunch, and snack during the course of the treatment day, and you should not need to bring any outside food to the program. Please let the team know if your child has any food allergies and/or specific dietary requirements and our team will work with nutrition in order to select appropriate meals for your child. We also recognize that some children may be coming to the PPHP for feeding related concerns and/or have experiences with picky eating and specific foods may be required for food exposures. If you will need to bring any food from outside of the hospital into the program, please review this with the treatment team first and please note that the hospital is a nut-free campus.
- Your child may bring a small comfort item from home to help support their transition to and from the program and have comfort throughout the treatment day. Examples of these types of items may include a small stuffed animal, a small action figure/car, a preferred book, a blanket, etc. However, if these items are used unsafely during the treatment day, they may be placed in a locked office until the end of the treatment day. Please do not send any irreplaceable items to the program as the treatment team is not responsible for any lost and/or broken items. If you have any questions about specific items that may be an appropriate comfort item, please ask the treatment team so that we can problem-solve together.

Screening for illness

If you or a family member have tested positive for COVID 19, please call our main program line at 401-432-1294 and as to speak with Nursing prior to transporting your child to the program. If your child has any medical symptoms (stuffy/runny nose, cough, fever, diarrhea, etc.) please call the program prior to transporting your child to program.

Additionally, when you arrive to drop your child off to program, staff will specifically ask you about any symptoms your child or other family members may have been experiencing.

Important additional points:

- Your child's therapies and evaluations are scheduled during the program day.
- Family therapy sessions are scheduled during program hours.



Bradley Hospital

Lifespan. Delivering health with care.®

**1011 Veterans Memorial Parkway
East Providence, RI 02915
401-432-1000
BradleyHospital.org**