



# Making a Connection: Working in Partnership to Bring Intensive Programming for Adolescents to Florida

World-Class Pediatric Psychiatric Care, Delivered  
Virtually

Virtual Partial Hospitalization  
Program

Wednesday April 10, 2024





## About Bradley REACH at Apalachee Center

**Bradley REACH provides intensive, team-based, virtual treatment for adolescents.**

**In Florida we partner with the Apalachee Center to complement and enhance the statewide continuum of care and build relationships with local payers and agencies.**

**We expand much-needed access to mental health care for adolescents and their families.**



**World class pediatric  
psychiatric care, delivered  
virtually.**



# About Bradley Hospital

## A National Leader in Pediatric Psychiatry

- The oldest pediatric psychiatric hospital in the United States, founded in 1931
- Offers a full continuum of psychiatric care from outpatient through partial hospitalization and inpatient care, in addition to residential homes and schools
- Teaching hospital for the Warren Alpert Medical School at Brown University and a research leader in the field
- Launched virtual PHP in response to COVID-19 pandemic, outcomes data showed it was at least as effective as in-person



**Bradley Hospital**  
*Lifespan. Delivering health with care*

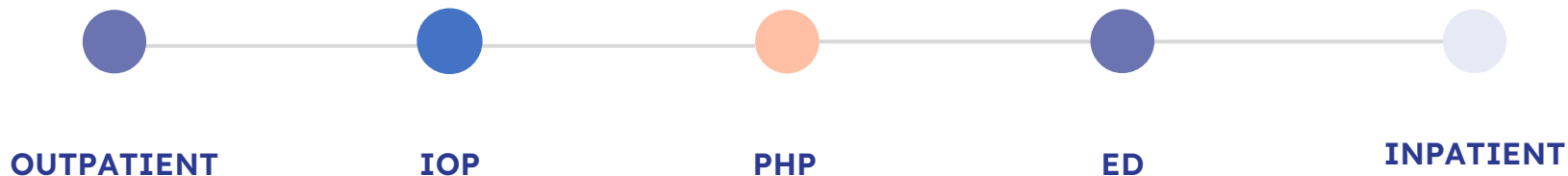


**THE WARREN ALPERT  
Medical School**  
BROWN UNIVERSITY





**The virtual PHP is a stepdown from crisis/ED visits and from inpatient facilities.**





## Virtual Care Reduces Barriers to Treatment

**“We have such a wide spectrum of teens right now - from millionaire’s children to kids who just moved out of a house where roaches literally were falling from the ceiling onto her bed - all of whom are talking and connecting with one another on the level playing field of mediocre internet reception, bedroom posters and poor lighting. It’s really moving”**

***Cassandra Gibson, Psychiatrist***

Transportation – increasingly diverse patient population with transportation barriers removed.

Family engagement – easier for families to participate in family therapy and integrate it with work and other caring responsibilities.



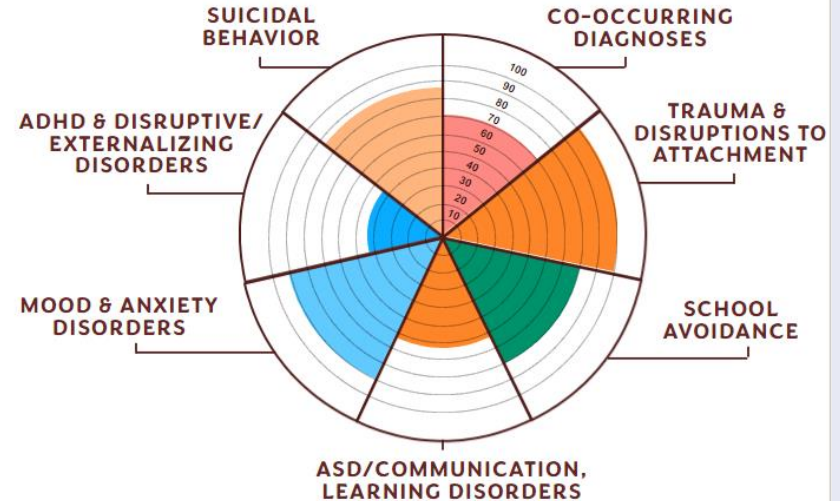
Home environment – adolescents learn to cope with everyday stressors in real time.

Recruitment – we overcome workforce challenges by recruiting excellent providers across the country and matching them with areas of need.



## Our goal is to provide adolescents with a different experience of themselves and others

- We emphasize the importance of consistent staffing, daily routine, structure and communication
- We model healthy relationships in our interdisciplinary, non-hierarchical team
- Our approach is attachment-based, psychodynamic, solutions-focused, and cognitive-behavioral
- The most common diagnoses in the program are depression, anxiety, suicidal behavior, self-harm and trauma



emotional, behavioral or developmental disorders



# Partial Hospitalization Program

## PATIENTS

- Up to 12 patients in each group
- Ages 13-18
- Average 24 day length of stay
- 5 days a week
- 6 hours each day
- 8am – 2:30pm

## CARE TEAM

- Psychiatrist
- Psychologist
- Therapists
- Nurse
- Behavioral Health Specialists

## PROGRAM

- Milieu activities
- Individual therapy
- Group therapy
- Family therapy
- Tutoring support
- Healing arts programming
- Morning and afternoon check-ins and goal setting



## We partner with other agencies to ensure that gains in the program are sustained

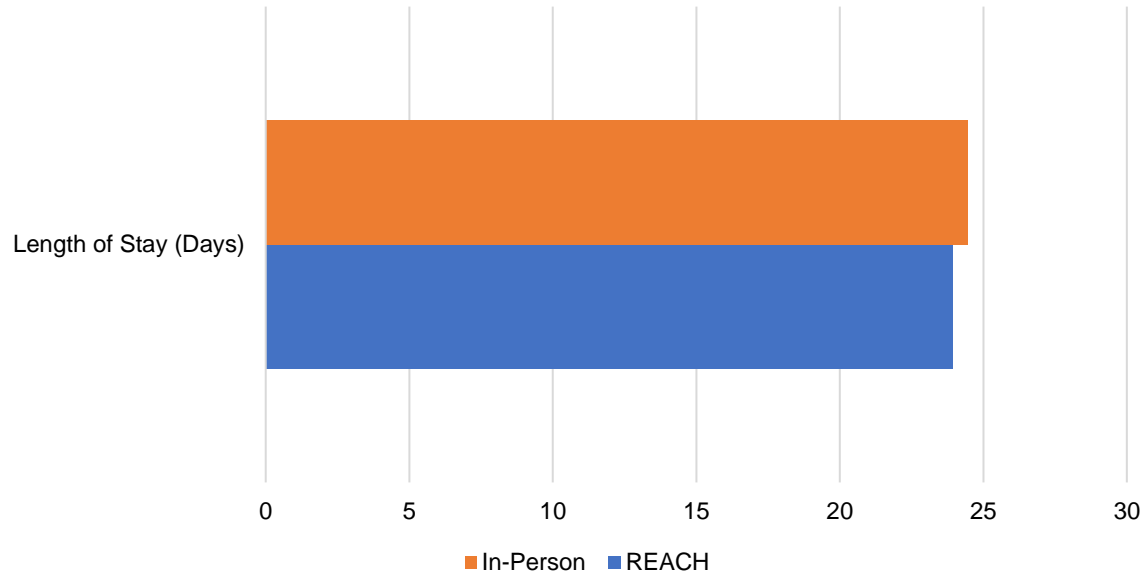
- We work closely with schools, outpatient providers, pediatricians, child welfare and juvenile justice systems
- In Florida, we have successfully treated adopted and fostered teens, and have coordinated and treated teens living in residential facilities
- Our family-focused model works on helping the whole family function better
- Virtual care keeps teens in their communities while receiving treatment







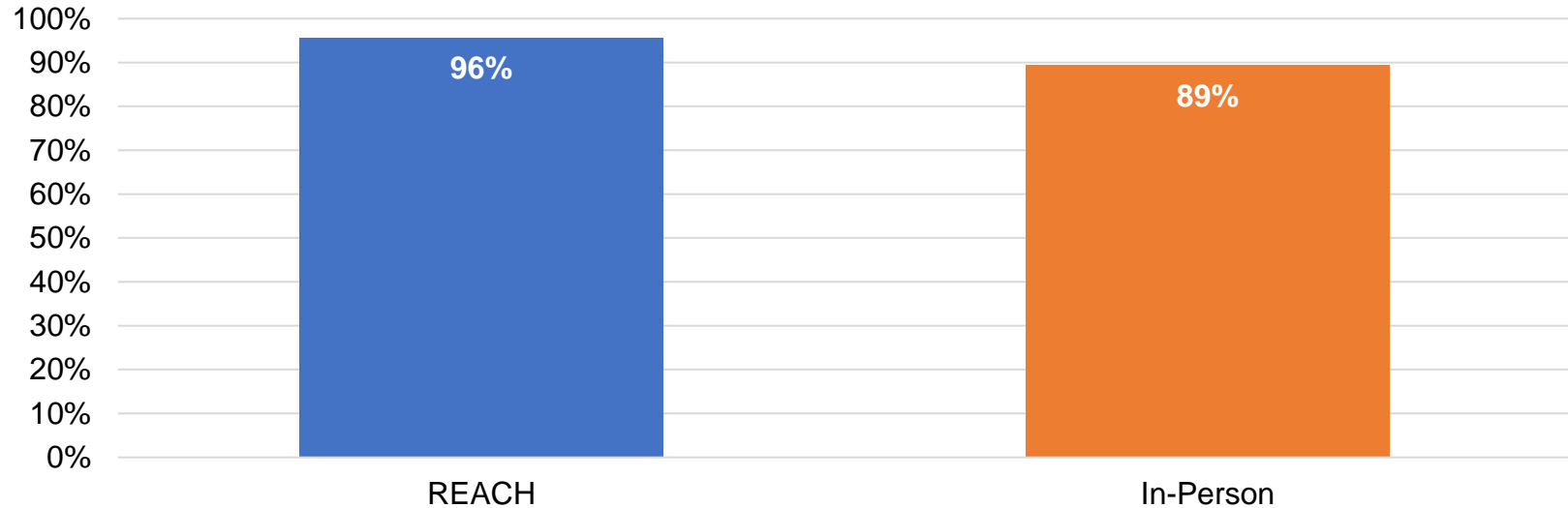
## Length of stay in the Bradley REACH virtual partial compares favorably to our in-person program:



(Sample size: N = 456 for APHP and N = 214 for REACH)

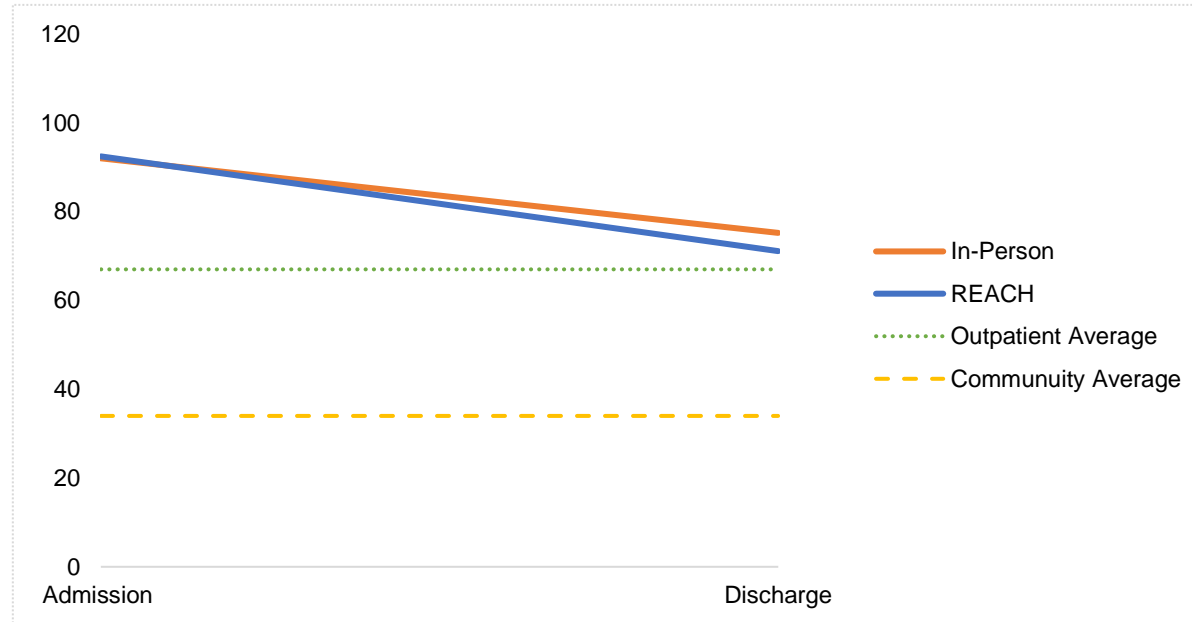


## Virtual programs have consistently higher attendance than in-person programming:





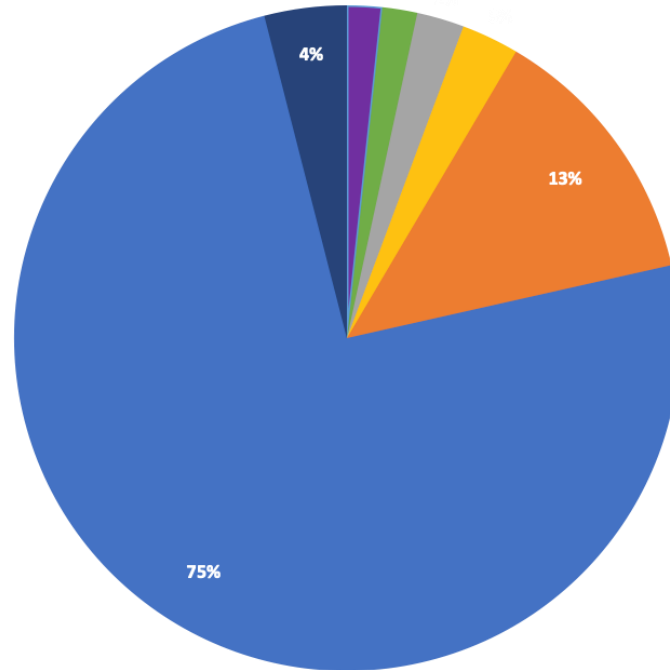
**Youth Outcomes Questionnaire data suggests similar levels of acuity at admission and improvement at discharge (compared to our in-person program):**





## The majority of patients discharge to outpatient care:

● ED ● Inpatient ● Partial Hospitalization ● Intensive Outpatient ● Home-based ● Outpatient ● Other





## Qualitative feedback from adolescents and families is consistently positive:

"It was very detailed and did a great job of keeping my son connected and engaged"

"My kid connected with his individual therapist, and our family therapist was able to advocate with the school and give me feedback on what was best"

"My teen gained good social and emotional skills"

"The staff made us feel comfortable and talked to us like people and didn't talk down to us"

"They can help so much over zoom/online"

Hearing how people are dealing with the same thing and their advice"

"I'm not the only one suffering"

"I learned how to initiate coping skills"



## Referring a Teen and Family is Easy

- Fillable provider or guardian referral form on our website
- Email to [bradleyreferrals@apalacheecenter.org](mailto:bradleyreferrals@apalacheecenter.org)
- Admissions on a rolling basis
- Referrals Coordinator will reach out to schedule a Preliminary Assessment and discuss a timeline for admission if appropriate



# BRADLEY REACH®

## Find out more about Bradley REACH @ Apalachee Center

### KEY CONTACTS:

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VISIT OUR WEBSITE:

[www.bradleyreach.org](http://www.bradleyreach.org)

