



Bradley Hospital

BROWNHealth
UNIVERSITY

Welcome to the Bradley Hospital Adolescent Unit

Bay Nursing: 401-432-1252 • Harbor Nursing: 401-432-1047 • Unit Assistant: 401-432-1250

We understand that having a child admitted to our unit can be a challenging experience. During this time, it's important to know we are here to support both you and your child throughout this admission. We encourage family involvement at all points of care. Please contact the treatment team or nursing station if you have any questions or concerns.

Treatment

Our structured program addresses the psychiatric needs of each child and includes individual, group, and family therapy. Medications may be recommended after a careful discussion of benefits and risks with both parents/guardians and the child/adolescent. Additional therapeutic milieu activities support the development and use of healthy coping skills and socialization. Treatment plans balance group-based work with individualized therapy plans specific to your child's challenges. We also incorporate school into each day during the school year to support your child's academic progress while they are hospitalized.

Daily Schedule Overview

7:30 - 8:30 a.m. – Wake up / Morning ADLs
8 - 9 a.m. - Breakfast
9 - 10:30 a.m. - Education / tutoring block
10:30 - 10:45 a.m. – Snack
10:45 - 11:30 a.m. – Clinician-Run Group
11:30 a.m. - 12:15 p.m. – Skills Group
12:15 - 1 p.m. – Therapeutic Group
1 - 2 p.m. - Lunch
2 - 3 p.m. – Therapeutic Group
3 - 3:30 p.m. – Transition time/snack
3:30 - 4 p.m. - Community Check-In
4 - 5 p.m. – Movement (Outside / Gym)
5 - 5:45 p.m. – Dinner
6 - 7 p.m. – Community Wrap-Up
7 - 8:15 p.m. – Self-Care Time (Nighttime Routine, Medications, etc.)
8:15 - 9 p.m. - Wind-Down / Snack Time (TV/Sensory Room)
9 - 10 p.m. - Bedtime

This represents a sample daily schedule.



Visits

Patients are allowed **one**, one-hour long visit per day, with up to two visitors at a time.

- Schedule visits ahead of time by calling nursing, case managers, or other members of your treatment team.
- Please bring an ID with you.
- If you have a family meeting, you can also have a visit that same day.
- Arrive at least one hour before the end of visiting hours to have a full visit.
- A list of approved/authorized visitors (up to eight) will be created upon a patient's admission and will be updated as needed by the treatment team in collaboration with the patient's guardian(s).
- **Visitors must be 18+.**
- **Visiting Hours:**
Monday - Friday, 9 – 11 a.m. and 4 - 7 p.m.
Saturday & Sunday, 9 a.m. - 2 p.m. and 4 – 7 p.m.

Clothing Items

To ensure your safety and the smooth delivery of care, we kindly ask that you limit the number of personal belongings you bring to the hospital. This helps us maintain a clean and organized environment while minimizing the risk of lost or misplaced items.

Shirts

Up to five full-length shirts without strings, hoods, offensive language, or revealing aspects.

Pants

Up to five pairs, without holes or strings.

Undergarments

Up to seven pairs of underwear and up to five bras.

Socks

Up to five pairs. No knee-high socks.

Shoes

Patients can wear slides, flip-flops, slip-on sneakers, and slippers. Sneakers with laces are permitted for outdoor use and stored in lockers.

Pajamas

Up to five full sets, without holes or strings.

**Patients will be able to do laundry on unit.
Patients are responsible for their personal items like glasses and retainers.**

Items not allowed:

Pillows from home, blankets, sharp objects, electronics, strings/cords, batteries.

Personal Items

Personal Hygiene Products

- Products with no alcohol-based ingredients can be stored in patient’s closet or locker.
- Products with active ingredients require a doctor’s order.

Sensory Tools

Patients have Play-Doh, fidgets and other unit-approved sensory items available for them on the unit.

Other Permitted Items

- Journals without spirals or strings.
- Personal photos, if appropriate.
- Patient is allowed one small comfort item approved by nursing.

Jewelry

No bracelets, necklaces, or rings. Stud piercings require a doctor’s order and are approved on an individual basis.

Personal Items Policy

We want to ensure that all personal items are returned to you after discharge. If any items are left behind, we will make three attempts to contact you via phone or email to arrange for you to pick them up.

If the items are not picked up within 30 days of the discharge date, they will be donated to charity to ensure they are put to good use.

Thank you for your understanding and cooperation.

Food Policies

- Food must be consumed during visits and cannot be stored for later.
- Only bring food for the person you are visiting.
- No microwave access: Food cannot be heated or reheated.

Items not allowed:

- Nuts, shellfish or other allergens
- Caffeine
- Chocolate
- Plastic cups or utensils
- Glass containers

Safety

We acknowledge and respect a child’s right to be free from the use of seclusions or restraint. When violent or self-destructive behavior jeopardizes the immediate safety of the child, staff member, or other patients and visitors, seclusion and restraint are considered a last resort after other interventions have failed. All members of our staff have been trained to safely manage these behaviors.