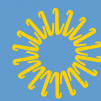


The Bradley Bulletin

NEWS AND NOTES FOR OUR DONORS AND FRIENDS



Bradley Hospital
A Lifespan Partner

John Hazen White, Jr.: An Invaluable Advocate, and Supporter, of Bradley Hospital

What began as a chance encounter at the gym between John Hazen White, Jr. and Bradley Hospital President Daniel J. Wall has blossomed into a relationship that's had a tremendous impact on the lives of our patients.

With an unwavering passion for education and helping others, John vividly remembers the first time he visited Bradley Hospital. As he walked the halls alongside Wall, John peered into a classroom where students were reading classic short stories during high school English. A self-proclaimed lover of literature, John instantly wanted to spend time with the class and get to know the students.

"Seeing firsthand the insights Bradley provides the children they care for was an eye-opening experience," says John, who is owner and CEO of Taco, Inc. *"Bradley gives these children tools for success, no matter what their circumstances are. It's wonderful to watch them flourish, especially understanding the challenges they have to overcome."*

More than 20 years ago, Taco, Inc., which was founded by John's grandfather and employs some 500 workers between its Cranston and Fall River, MA locations, committed itself to enriching the personal and professional lives of its employees and their families by establishing the Taco Learning Center. A reflection of the White family's desire to broaden and improve work skills at all levels of the company, what started with basic courses has evolved to feature programming taught through collaborations with industry specialists and professors from local colleges and universities.

"Providing people with the opportunity to grow and improve is crucial—if you make that available, you will see people go beyond what even they might have thought possible," says John. *"Individuals with mental illness have a tough road punctuated by stigma and misunderstanding. Bradley's programs—all of them—provide an incredible environment for understanding."*

Today, John continues to build on the legacy of his late parents, John and Happy White, through the Taco/The White Family Foundation, with a particular focus on healthcare, the arts, and education. Over the past four years, the Foundation has donated nearly \$200,000 to Bradley Hospital, though its impact runs much deeper.

Following that first visit, John has returned near countless times, getting to know the young men and women preparing to take their next big step out into the world. When Dan asked John if he'd be willing to be Bradley School's inaugural commencement speaker in June 2013, he didn't hesitate.

Speaking from the heart to graduates he called the most attentive he's ever seen, John's speech focused on courage and what it embodies. For youth dealing with issues that many could not begin to understand, John spoke to their strength and resolve, congratulating them for coming to Bradley and refusing to give up hope. As he finished, John extended a helping hand, *"If there's anything I can do to help you take the next step, give me a call."*

And that's exactly what Devin Dow did.

After reconnecting with John, Devin took a summer internship at Taco, Inc. He's now at New England Technical Institute, and John hopes he'll return to work for Taco, Inc. again this summer.

"I was a student at Bradley School for my last three years of high school, and one of my highlights was getting to meet John Hazen White, Jr. and hearing his graduation speech," says Devin. *"He wasn't kidding when he offered to help us; I learned a lot at Taco—and from John—and look forward to finishing college and starting a career as a 3D modeler in video games. He is just an all-around great guy."*

Adds John, *"Those of us who know and love Bradley have to be ambassadors for it; this hospital is a hidden gem that helps to save lives. The people who work there and dedicate themselves to the children and families they serve are simply amazing."*



"Bradley gives these children tools for success, no matter what their circumstances are. It's wonderful to watch them flourish, especially understanding the challenges they have to overcome."

— John Hazen White, Jr.

Bradley Hospital's Expertise in Schizophrenia Helps Adolescents Regain Control of their Lives

It is terrifying for a parent. Their once energetic and outgoing child begins to withdraw from family and friends, isolates themselves, and becomes irritable. They lose motivation for school and everyday tasks. And most frightening are the delusions, hallucinations, and hearing voices.

As a parent, you feel lost as your child becomes a shadow of who they were. Bradley Hospital is here to help.

"Schizophrenia causes major disturbances in a child's ability to function. It can be mistaken for moodiness or teenage social withdrawal, but it's a serious disorder that needs proper diagnosis and immediate treatment," says Jeffrey

Hunt, MD, Director of Inpatient and Intensive Services at Bradley Hospital, and Director of Training for the Child and Adolescent Psychiatry Fellowship and the Combined Program in Pediatrics, Psychiatry, and Child Psychiatry at Alpert Medical School of Brown University.

Characterized by abnormal social behavior and failure to recognize what is real, schizophrenia's symptoms typically present during the late-teen to young adult years, but can present earlier.

Using the Diagnostic and Statistical Manual of Mental Disorders, patients are diagnosed with schizophrenia if they exhibit at least two symptoms of paranoia,

delusions, hallucinations, catatonia, and disorganized speech and thinking, for at least six months. Patients also undergo medical testing that may include an MRI of the head to rule out another reason for their psychosis, such as a tumor or other head trauma.

Because schizophrenia rarely presents the same from patient to patient, a personalized care plan of antipsychotic medication and psychotherapy is developed for the patient and family. Our patients frequently attend specialized schools, such as The Bradley Schools, benefiting from smaller classes and specially-trained teachers, psychologists and social workers who provide supportive treatment, above and beyond educational curriculum.

National Institute of Mental Health research has linked schizophrenia to genetics, specifically the development of appropriate circuits in the brain. Adolescents and young adults with schizophrenia generally are found to have less gray matter in studies. These disrupted circuits result in the observed symptoms of schizophrenia, including difficulty controlling impulses, paranoid ideation and delusions.

"The medications we use target receptors in the brain that can lead to delusions or hallucinations," explains Dr. Hunt. *"By impacting these circuits, patients experience fewer symptoms. Optimally, once you find a medication that works, a patient needs to stay on that medication."*

Dr. Hunt sees the treatment of schizophrenia moving towards personalized precision medicine, possibly using genetic markers to determine which medication will target a patient's disturbances most effectively. *"A diagnosis of schizophrenia does not have to be considered a life-long sentence,"* adds Dr. Hunt. *"With the right support and the right treatment, these young people can go on to lead full and productive lives."*



Bradley Hospital Welcomes New Chief of Pediatrics

Bradley Hospital is pleased to announce the appointment of Suzanne Palinski, MD, as chief of pediatrics.

In her role, Dr. Palinski oversees the pediatric care of all inpatient and partial treatment patients, allowing Bradley to provide the psychiatric care patients need while also meeting their physical health needs. Our ability to treat both simultaneously is vital to the overall wellness of patients.

"In recent years, we've experienced growth in our pediatric services with an increasing ability to address the needs of children with challenging medical presentations," said Henry Sachs, MD, chief medical officer of Bradley Hospital. *"Along with our nurse practitioners on staff, we look forward to Dr. Palinski enhancing our ability to serve the unique needs of our patients."*

Dr. Palinski also spends time providing pediatric care in the Adolescent Medicine Center at Hasbro Children's Hospital, representing the close integration of children's health services throughout the Lifespan health system.

Prior to joining Bradley, Dr. Palinski served as associate medical director at the Downtown Medical Center in New York City. She holds a medical degree from the University of Vermont College of Medicine and completed a pediatric residency at University of Maryland Medical Center.



Bradley Hospital 2014 Healing Society**

We are honored to present the members of the Bradley Hospital Healing Society, which recognizes supporters who make annual gifts of \$100 or more. Our deepest gratitude goes to all the individuals, foundations and businesses who have given selflessly to support the lifesaving work of Bradley Hospital. You are helping us free the future for children and teens facing painful mental health challenges, and we are forever grateful.

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