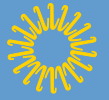


# The Bradley Bulletin

NEWS AND NOTES FOR OUR DONORS AND FRIENDS



**Bradley Hospital**  
A Lifespan Partner

## The Healing Power of Philanthropy

It's been just over ten years since Carol Peterson was first introduced to Bradley Hospital through the encouragement of friends. A life-long Rhode Islander fiercely devoted to causes that support children's well-being, it didn't take long for Carol to embrace our hospital's work and make an impact.

*"These days, there is a rush to medicate, which doesn't address underlying issues," says Carol, who retired in 2001 from FM Global as Senior Vice President of Administration after spending her entire career with the international company. "I am looking for solutions, not Band-Aids, and that's exactly what Bradley Hospital focuses on to help children escape the painful grip of mental illness and reclaim their lives."*

Shortly after her introduction to Bradley, Carol attended an event where she met Dr. Daniel Dickstein, who heads the Pediatric Mood, Imaging and Neurodevelopment (Pedi-Mind) program. Fascinated with Dr. Dickstein's research to improve the diagnosis and treatment of pediatric mental illness, with a particular focus on bipolar disorder, Carol became a generous contributor to the program. But her support didn't end there. Her generosity extended to our capital campaign for the rebuilding of the main hospital building, expansion of our outpatient programs and our Intensive Program for Obsessive Compulsive Disorder, among others.

*"I could not get over how caring the nurses and doctors were," recalls Carol. "The children they work with are facing challenges that you or I could never imagine, but the staff is amazing with them."*

Carol created The Carol A. Peterson Foundation in 2001 to serve as her vehicle for positively impacting the lives of underserved children throughout the state. In addition to financial support, Carol also gives generously of her time. She is currently the Vice Chair of the Bradley Hospital Foundation

Board of Trustees and Chair of its Governance Committee. With an eye toward the future, Carol has also made a provision in her will for Bradley.

*"The commitment Carol has made to our patients and their families, and the hospital as a whole, underscores her deep interest in helping children," says Daniel J. Wall, President of Bradley Hospital. "We are very fortunate to be the beneficiaries of Carol's generosity. The impact she's had on our hospital—and will continue to have in the future—truly helps to heal the hearts and minds of our children and their families."*

Although she's been presented with numerous awards for her philanthropy, Carol prefers to avoid the spotlight. Instead, she hopes the work of the organizations she's involved with—including San Miguel School, Providence Children's Museum, the Rhode

Island Community Food Bank, Meeting Street and United Way of Rhode Island, to name a few—shines by itself. *"I feel blessed in life and my giving back is a way to pay it forward while hopefully inspiring others to do the same,"* says Carol. *"Through Bradley Hospital, I've seen how important it is to bring attention to children's mental health. We all must be a voice for those who too often go unheard."*



**"I feel blessed in life and my giving back is a way to pay it forward while hopefully inspiring others to do the same."**

— Carol Peterson

# World Leader in TMS Research Calls Bradley Hospital Home

**A** revolutionary treatment called Transcranial Magnetic Stimulation (TMS) may change how children with neurodevelopmental disorders are treated, thanks to groundbreaking research.

Globally, only three groups have applied this technique to study and treat children with autism spectrum disorder, one of the neurodevelopmental disorders nationally-renowned brain stimulation expert Lindsay Oberman, PhD studies. She is directing a research program applying this technique at Bradley Hospital. Previously, TMS was only available to treat adults with Major Depressive Disorder.

*"Since there is no medication to treat the core symptoms of autism, and results from preliminary brain stimulation studies are promising, this research can have a huge impact,"* says Dr. Lindsay Oberman, Director of the Neuroplasticity and Autism Spectrum Disorder Program at Bradley Hospital. *"Instead of treating symptoms associated with*

*autism and other neurodevelopmental disorders, we're focusing on brain mechanisms that cause these symptoms, with the goal being improved functioning of the brain."*



Using a fluctuating magnetic field to stimulate specific regions of the brain from outside the scalp, TMS can activate or deactivate areas that may be over or underactive using different protocols.

Dr. Oberman is enrolling participants for her studies, currently limited to autism spectrum disorder and ADHD. She will soon begin an adolescent depression trial, hoping to expand to other neuropsychiatric disorders, pending funding.

*"Our goal is to noninvasively and safely modulate the brain to create behavioral changes that minimize symptoms and improve quality of life,"* says Dr. Oberman. *"This research offers the promise that someday TMS could provide a non-pharmacological treatment for several pediatric neuropsychiatric disorders."*

## CRAFT Program Rebuilds Families

**I**t was a break from an intensive battlefield," says Saki Oz, referring to the Children's Residential and Family Treatment (CRAFT) Program. *"It helped our daughter learn to safely follow directions, and helped us to be better parents."*

A year ago, Saki and Amanda were in a battle of wills with their nine-year-old daughter, whose violent outbursts made it unsafe and virtually impossible to function as a family.

They turned to Bradley Hospital for help. There they learned about the CRAFT Program and met its director, Peter Gillen, PsyD. For the first time in years the family had hope.

CRAFT is a residential program designed for families with children ages 5 to 12 who are struggling with psychiatric, emotional or behavioral problems. Behaviors typically include aggression, suicidal/homicidal behaviors, property destruction, and severe oppositionality.

*"Families are walking on eggshells around their child when they first come to CRAFT,"* says Dr. Gillen. *"The family relationships are significantly damaged to the point that children feel like 'bad kids' and caregivers feel 'defeated.'"*

CRAFT focuses on repairing relationships and teaching families to manage conflicts in constructive ways. Staff members model how to complete tasks the children may not want to do like homework, chores and daily activities. Children also learn how to get their needs met without power struggling or being unsafe. Family involvement in counseling sessions and therapeutic visits is vital to the program's success. *"We went from people threatening to call the police on our daughter to complimenting us on her behavior,"* says Saki.

