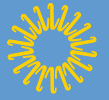


# The Bradley Bulletin

NEWS AND NOTES FOR OUR DONORS AND FRIENDS



**Bradley Hospital**  
A Lifespan Partner

## The Carrs: Committed to the Cause

**T**heirs is a love story that began more than 50 years ago in Maryland. Some might say it reads like the script to a movie destined for the silver screen.

Close friends in high school, Bill and Tina Carr found their soul mate in each other at an age usually associated with getting one's driver's license. On August 13, 1966, they married, and later, raised three amazing sons. Today, the couple proudly boasts six grandchildren.

Though their professional interests couldn't be more different—Tina is a social psychologist whose research focused on human behavior, and Bill is a veteran construction and development professional—the duo share a long history of philanthropy to organizations that focus on children's health and wellbeing, particularly in the area of mental health.

With their sons' families living in Massachusetts and New York, the Carrs decided in 2009 it was time to leave Maryland and settle somewhere between their kids. They now call Barrington, Rhode Island home.

It was through their friend Sarah Denby, a dedicated Bradley supporter, that Bill and Tina were first introduced to our work. Immediately impressed by the breadth and depth of our programs, therapies, and overall approach, they asked a lot of questions. But the most important one was how to get involved.

*"Having a mental health issue is different than having cancer or diabetes. With those health issues, people understand and want to help—there is still stigma surrounding what Bradley kids are struggling with," says Bill. "It's up to us to get the word out that illnesses of the mind are no different than illnesses of the body."*



*"We want to share what we are fortunate to have and it's important for us to do that at a place where we know it's going to make a real difference."*

-Tina Carr

The Carrs attended their first Bravo, Bradley gala in 2012, an event Tina says was a "wow moment." A few months later, she was asked to join the Bradley Hospital Foundation Board of Trustees—an invitation she quickly accepted.

Hoping to help make Bravo, Bradley an even bigger success, the Carrs joined the 2013 gala committee. Instantly, they got busy expanding the lists of new sponsors, auction items, and invited many of their friends. In 2014, they were asked to co-chair the gala, which they graciously accepted, and in 2015 they stepped up to the plate one more time and co-chaired Bravo, Bradley again. Each year the tireless Carrs were involved, fundraising records were absolutely shattered.

*"We want to share what we are fortunate to have and it's important for us to do that at a place where we know it's going to make a real difference," says Tina. "And that's why we support Bradley Hospital; it's a hospital that truly operates with a compassionate heart while providing expert, state-of-the-art mental health care to a very vulnerable population."*

## Research Highlight: Toxic Stress

**T**oxic stress describes the biological, psychological and behavioral impact of adverse childhood experiences on children who lack adequate protection and support from adults.

Thanks to a National Institute of Mental Health grant, researchers at The Bradley Hasbro Children's Research Center, in collaboration with Butler Hospital, are delving into precisely how toxic stress impacts children—not only in the short term but in the long term as well.

Working with families and children between the ages of 3-5 years old that have experienced either abuse, neglect, or have witnessed domestic violence, the Kids Markers Study is examining children's biological response to this chronic stress, including the effects of stress hormones.

*"Toxic stress is one way of talking about cumulative adversity that affects young children. People tend to think about signature events like having experienced Hurricane Katrina or suffering some form of abuse, but it also can take root in the everyday stress that comes from living life in poverty,"* explains Ron Seifer, PhD, primary investigator on the project at Bradley Hospital. *"Certain events in your environment can cause a reaction in your body similar to a toxin—with both biological responses and biological changes that can in turn affect behavior and development."*

The goal of the research is to determine how this physiological response affects behavior and whether it potentially alters how their genetic make-up is expressed over time. The hope is that this research will lead to ways to prevent or help minimize the adverse effects of toxic stress for children, which carry with it increased risks for smoking, drug abuse, suicide, teen pregnancy, sexually transmitted disease, domestic violence and depression, among others.



## A Unique Resource: The CADD Partial Program

**I**magine your child is diagnosed with a developmental disability—autism, cerebral palsy, Down syndrome or any other neurological disorder—and then begins to show signs of mental illness: explosive temper tantrums, self-injurious behavior like biting oneself or head banging, or harming the family pet. The child is out of control and you, as a parent, are rendered almost helpless.

Parents of children with complex combinations of disabilities have few resources to address their child's unique needs. Our Center for Autism and Developmental Disabilities (CADD) Partial Program at Bradley Hospital is here to help.

A highly-specialized day treatment program for children and adolescents ages 5-18, the goal of the CADD Partial Program is to help patients remain safely at home while they and their families work on clinical,

emotional and behavioral problems that occur at home and at school that can often lead to hospitalization.

The partial team, which includes child psychiatrists and psychologists, psychiatric nurses, a pediatrician, master's level clinicians, behavior specialists, occupational therapist, speech and language pathologist, milieu associates, nutritionists and support staff, works closely with the patient and parents to modify behaviors and establish consistent techniques for addressing each patient's unique issues. The child's school is also contacted and encouraged to participate, ensuring everyone is on the same page.



12-year-old CADD Partial Program Patient

*"I learned so much from the CADD Partial team,"* says the grateful mom of a 12-year-old boy with autism, cerebral palsy, and a host of medical and psychiatric challenges. *"Thanks to Bradley we are functioning as a family again."*



# Bradley Hospital 2015 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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