

# The Bradley Bulletin

NEWS AND NOTES FOR OUR DONORS AND FRIENDS



**Bradley Hospital**  
A Lifespan Partner

## Joe and Betty Brito: Building Cherished Relationships While Helping Others

**A**s anyone in his hometown of Bristol, RI can attest, Joe Brito, President and CEO of C. Brito Construction Co., and a variety of other businesses, doesn't do anything halfway. His marriage proposal to his bride of 34 years is still remembered by those who saw his prominent truck placard proclaiming his intentions for the world to see: *"Betty, will you marry me? Love, Joe."*

Since then, the couple has become a force of nature while raising their two sons, Joseph and Chris. The family business today employs over 100 people in several New England states. And as a highly respected educator, Betty has helped shape many lives by teaching and serving as the English chair at the high school in Bristol for decades.

The Britos are well known for their passionate commitment and devotion to children, family and community. Their philanthropy extends to many entities. Betty was first introduced to the work at Bradley Hospital several years ago by a friend who knew of her interest in education and her awareness of how mental health issues can impact a classroom.

*"I was struck by the uniqueness of Bradley Hospital's work and the incredible success it has with the children and families who are seen there,"* Betty said, recalling her reaction during a tour of the facility and meeting one of our researchers. *"It is a great hidden resource."* She knew that someday she and Joe would get involved to help further our groundbreaking work.

"*Someday*" was our 2014 Bravo Bradley event when a young woman shared her personal journey with Obsessive Compulsive Disorder and how Bradley Hospital saved her life. The couple was so moved by her first-person account that when it came time for the "Fund A Need" part of the auction, they couldn't get their bid number in the air fast enough. Their generosity continues to this day.

*"It brings tears to my eyes to think about what some young people struggle through,"*

said Joe. *"What Bradley Hospital provides for them to live as full a life as possible—to the best of each child's ability—is never ending. It is truly an amazing place and we are so pleased to be part of it."*

**"We are so fortunate Joe and Betty are part of the Bradley Hospital family and are grateful for their insights, their generosity, and their commitment to our work. Our gratitude is enormous."**

**-Dan Wall**

Joe serves on The Miriam Hospital Foundation Board of Trustees, is a trustee at Roger Williams University and a Lifetime Member of The Naval War College Foundation. Betty has served in various voluntary leadership roles with the Rogers Free Library, Rhode Island ASCD and the Junior League of Rhode Island. She also received the Crista McAuliffe award from the US Office of Education in 1990. Both have been active with the Mount Hope Farm Trust. And in 2013, they were asked to serve as Chief Marshals of the Bristol Fourth of July Celebration. To a couple who does and gives so much back to community, it was a fitting tribute.

*"We are so fortunate Joe and Betty are part of the Bradley Hospital family and are grateful for their insights, their generosity, and their commitment to our work. Our gratitude is enormous,"* said Dan Wall, President of Bradley Hospital.



# Bradley's Sleep Lab Research at Center of National Discussion



You've likely heard news reports on recent findings that are raising questions about the early start times of schools and its impact on adolescents. But what you might not know is that the research behind those findings is being done right here in Rhode Island at Bradley Hospital's Sleep Lab.

Since 1985, Mary Carskadon, PhD, and her team at Bradley have been studying the interrelation between the body's circadian timing system and the sleep-wake patterns of children and adolescents. Recognized internationally as an authority in the field, Dr. Carskadon's findings have raised public health concerns around the consequences of insufficient sleep in young people and the early start to the school day. In response, the American Academy of Pediatrics issued a policy statement endorsing that schools not begin before 8:30 a.m., and that parents limit the use of electronics in the evening. Here in Rhode Island, these findings have already led East Greenwich High School to change the start of its school day, while the Barrington school district is looking into doing the same.

Dr. Carskadon also has other important areas of research underway, including how sleep rhythms affect food choices and nutrition, and exploring the intersection of sleep and depressed mood.

"Preliminary data are very exciting," she explains of one study for which she hopes to receive funding. "Learning whether DNA modifications that take place as a result of insufficient sleep is a long-term change or not could significantly impact how we use sleep interventions to correct mood and behavior in the future."

## Bradley's Crisis Clinic—An Invaluable Community Resource



You find your teenage daughter's cell phone and see her Instagram feed full of photos of self-injurious behaviors and other morbid images. Terrified about what she's thinking or planning to do next, you call Bradley Hospital in hopes of immediate guidance on how to handle the situation. After a thorough discussion with the person on the other end of the line, it's determined your daughter isn't in imminent danger and doesn't need to be hospitalized. But she does need to speak with someone immediately; simply waiting for a referral to a therapist isn't an option.

That's where Bradley's Crisis Clinic comes in, providing mental health evaluation and treatment to children and families in urgent need of services. Staffed with a psychiatrist, two psychologists, and trainees in psychology and psychiatry,

patients and families are seen within 48 hours of making initial contact, and are treated until their crisis is stabilized. The Crisis Clinic logs more than 600 visits per year and is the place to turn for families with no prior connections to the mental health arena.

"These families are often new to treatment and mental health. They don't have a working knowledge about the mind and psychiatry," explains Justin J. Schleifer, MD, Co-Director of the Crisis Clinic. "The emotions families are feeling are very raw and they want to know how to help their kids; the situation is ripe with opportunity for us to help and make a difference. I take great satisfaction in being a provider that gives a family a positive experience with mental health and starting them on a path of healing."