

# The Bradley *Bulletin*

News and notes for our friends and supporters.

Winter 2021

## THE LANDIS SEE BRADLEY AS PART OF THE FAMILY

It was 1990, and Anthony Landi and Stacy Lyn Tacelli were on the same youth ski trip to Canada. Although they both hailed from North Providence, the teenagers didn't know each other at the time. But something magical started on those slopes. "We just clicked right away and became best friends," Stacy remembers, "and then we started dating."

The ensuing years only strengthened the couple's bond, and eight years later, they were married. Now, the Landis live in Narragansett and share a loving family, successful careers, and a passion for supporting Bradley Hospital.

To know Anthony and Stacy is to know that everything they do is rooted in a "family-first" spirit—whether it's their biological family or their extended professional and community connections. "We both come from Italian families where being together and celebrating life and taking care of one another is a really big deal," Anthony says. "So, we try to create similar feelings and experiences by staying active and engaged with those around us."

At home, that means spending time with son Anthony, 17, and daughter Francesca, 14. Together, the family enjoys fishing, traveling, going to the beach, and entertaining friends and family.

Professionally, Anthony is co-founding partner of the Northeast Investment Group, a Cranston-based firm that provides wealth management and financial planning services. To him, his colleagues and clients are all part of the same big family. Stacy is the Technology Integrated Specialist at Johnston Senior High School. Her "work family" includes educators and students, whom she helps navigate distance learning during COVID-19.



Anthony and Stacy Landi

The Landis first got involved with Bradley in 2014, when they were invited to attend *Bravo Bradley: Your Passport to Rome* and found themselves mesmerized by the heart-wrenching and inspiring patient stories they heard from the stage. Somewhat serendipitously, a student at the elementary school where Stacy taught at the time started a mental health awareness walk and was raising funds for Bradley. "I actually got to bring what they raised with me to the gala that night and hand deliver it to the staff," Stacy says.

Over the years, the Landis have purchased auction items, donated to fund-a-needs, participated in golf tournaments, and made gifts to the healing arts program. Anthony is also on the Board of Trustees for the Bradley Hospital Foundation.

"The people we've met through Bradley have all been so warm and welcoming and they are bound together by the common goal of helping at-risk children and their families and promoting mental health awareness," Anthony explains. "So, being part of that community—that family—is an honor for us and we feel blessed to be able to do so."

# ADVANCING ACCESS TO CARE THROUGH TELEHEALTH

When Bradley Hospital child and adolescent psychiatrist Justin Schleifer, MD, started offering telehealth visits at the beginning of the COVID-19 pandemic, it was by necessity, not choice. Now, as we look to brighter days ahead, Dr. Schleifer hopes it will remain an option for patients and their families.

“The big positive is access to care,” Dr. Schleifer says. “Children and their families have much greater access than they’ve ever had before.”

It does not work for every patient in every scenario and providers must work to preserve the “frame of treatment.” But the overall benefits of telehealth—which involves conducting appointments remotely through a phone or computer—far outweigh the downsides, he said.

Due to a swift mandate for insurance coverage of telehealth, Dr. Schleifer has been able to use telehealth to accommodate families whose transportation and childcare issues might have otherwise made it difficult to bring a child to an in-person appointment. Videoconferencing software such as Zoom makes it easier to schedule last-minute appointments and hold family therapy sessions for a child whose parents have demanding work schedules or do not live in the same location, he adds. And he has been able to continue treating patients who are attending college out of state.

“In some instances, we get this very intimate view of people’s homes and lives and bedrooms, which can actually advance treatment,” he adds. “I hope telemedicine is here to stay because it takes us in the right direction with being more creative in the ways we deliver care.”



## STUDYING SOCIAL MEDIA AND SUICIDE

How does using social media help and/or hurt teens who are at risk for suicidal thoughts and behavior? Lifespan clinical psychologist Jacqueline Nesi, PhD recently completed research related to that question at Bradley Hospital.

Over a two-year period, Dr. Nesi surveyed 70 female and gender minority teenagers receiving treatment through Bradley’s inpatient and adolescent partial hospital programs after a suicide attempt or experiencing suicidal ideation. Participants completed in-depth interviews and questionnaires about their social media use and how they thought it affected their mental health. Dr. Nesi also studied what participants had shared on Instagram and Facebook over a six-month period.



In general, she found that social media can protect against suicidal ideation because it can provide social support, entertainment, and connection with family and friends. However, risks include cyberbullying, social comparison, exposure to risky or triggering content, and possible overuse.

“It’s important to look at both how we can increase the good—because there are benefits—and decrease the bad effects of social media,” Dr. Nesi says.

While Dr. Nesi is still in the process of analyzing the data, her research has already helped patients. Prior to the COVID-19 pandemic, she used her preliminary findings to inform an inpatient group on how to use social media mindfully. “I hope this research helps us better understand how to support teens who may be at risk in how to use social media in ways that are healthier for them,” she says.



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