

The Bradley *Bulletin*

News and notes for our friends and supporters.

Fall 2017

Rick and Marcy Granoff Feel the Power of Bradley

It was the Blizzard of 1978 and all of Massachusetts was snowed in for days when Boston University student Rick Granoff met his future wife, Marcy Gelbert. After graduation they married and moved back to Rick's home state of Rhode Island so he could take over the family business, Eastern Wire. There they raised their children, Jamie and Jonathan, who both now live in New York City. Rick sold his business in 2006, and today he's designing and building interior millwork for restaurants, hotels, and retail stores. Marcy has pursued her artistic passions both professionally and personally. Together, the couple is the personification of perpetual motion.

If there is a cause they are passionate about, they not only volunteer their time and donate their money, they commit to the cause wholeheartedly. Fortunately for us, one of their causes became Bradley Hospital. Rick is an avid golfer, much like Daniel J. Wall, President of Bradley Hospital. An encounter between the two on a golf course several years ago inspired an interest to learn more about Bradley's programs and how Rick and Marcy might help the organization grow in new directions.

As a result, Rick co-chaired the first *Play4Kids* golf tournament to benefit Bradley Hospital, recruiting golfers from his vast network of friends and colleagues. Rick and Marcy next agreed to chair *Bravo, Bradley 2016 – Feel the Power of Music*. The couple conceived the creative theme, in large part due to their family's deep love of music and its known healing powers. The evening was a tremendous success and helped launch Bradley Hospital's first outpatient program for children with autism and other developmental disabilities. "Though there were hundreds of people there, in many respects it felt like an intimate group. If you're a mother or father, aunt, uncle, or grandparent, you know someone whose life has been impacted by mental illness," says Marcy of those who attend *Bravo, Bradley*.



"There is no way to not be affected when you hear the stories Bradley's patients and families share at the event. Mental illness hits close to home for pretty much everyone, even if people don't like to discuss it," adds Marcy.

"The work Bradley Hospital does is so important for so many. They have brilliant scientists there doing research and specialists who are truly unlocking the mysteries of the mind. Marcy and I are delighted to be involved. The future of our nation's kids depends in large part on Bradley Hospital," says Rick.

In addition to the Granoffs' involvement at Bradley, which includes their service on the Board of Governors and Rick's current role on the Foundation Board of Trustees, Rick has also volunteered at the Jewish Alliance of Greater Rhode Island, the Adele R. Decof Cancer Foundation, the Parkinson's Disease Foundation, and Best Buddies of Rhode Island.

"Rick and Marcy are incredible ambassadors for Bradley Hospital," comments Dan Wall. "We are grateful for all they do to not only raise critical funds for our programs, but also to raise awareness and grow the Bradley family of supporters."



Bradley Hospital

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Providence Journal Grant Aids Suicide Prevention Project

Bradley Hospital is breaking new ground in the treatment of teens at risk of suicide, thanks in part to the generosity of the Providence Journal Charitable Legacy Fund. A grant of \$10,000 has helped the hospital purchase psychophysiological monitoring devices, such as special smartwatches, which track and provide information on the nervous system and biological functions, such as heart rate and respiration.

The goal of this project is to teach at-risk teens who will be using the devices to recognize the physical symptoms of stress that accompany their emotions and learn ways to “lower the heat, so to speak,” says Jennifer Wolff, PhD, a psychologist and researcher at Bradley Hospital who works with adolescent inpatients.

“Teens at risk for suicide think things won’t get better,” says Dr. Wolff. “With these devices they can see changes and their hard work paying off.”

The clinical-quality smartwatches are worn by inpatients around the clock. Data are then downloaded to an iPad so a teen can see how the body responds to stressors. A more sophisticated device called Biopac provides real-time feedback during one-on-one therapy.

Up to 250 at-risk teens will use the devices to help improve their emotional regulation, coping skills, and sleep.

“These devices allow us to look at behaviors such as sleep disturbances, which have a link to increased risk of suicide,” says Dr. Wolff. “With this data, we will submit a proposal for a larger study to the National Institute of Mental Health. The potential of this work has far-reaching impact in Rhode Island and beyond.”



Bradley Hospital and Public Schools Team Up for Suicide Risk Screening

When a teacher or school administrator believes a student is at risk of self-harm or suicide, there is no time to waste when determining the most effective treatment. In the past, that first call might be 911 to take the child to Hasbro Children’s Hospital. But many times an emergency room visit can be avoided if the child’s risk of harming themselves can be assessed while still at school. Thanks to a grant from the Substance Abuse and Mental Health Services Administration, Bradley Hospital has been providing 11 Rhode Island school districts with a unique protocol for evaluating at-risk children and triaging their care. The protocol is an extension of Lifespan’s Kids’ Link 24/7 hotline for children and families in emotional crisis.



The grant allows Bradley clinicians to go into schools and train administrators to identify warning signs of stress and self-injurious behaviors. They also provide a modified version of the suicide severity screening tool that is used to assess a child’s risk. Once identified, clinicians provide triage services over the phone, making recommendations that speed up the process for getting the child the right kind of help. This can range from immediately ordering an ambulance to scheduling an evaluation at Bradley for that day or soon thereafter.

Since the program began four years ago, more than 200 children have been through the screening process. The number of emergency room visits for self-injurious or suicidal behavior has declined, and children are benefiting from Bradley’s involvement more quickly—and therefore, more effectively.