

The Bradley *Bulletin*

News and notes for our friends and supporters.

Summer 2023

THE POWER OF GIVING BACK

For decades now, Lyn Chapman has been grateful to know that Bradley Hospital is there for her family—and the community. She first connected with the hospital back in the early '80s, when she sought an evaluation for her son, Christopher, who had been experiencing some challenges at school.

In more recent years, Christopher's son, who is on the autism spectrum, has benefited from several Bradley programs. Now 15, he attended Bradley School Providence for middle school and found a supportive community there.

While she has donated to Bradley Hospital for several years, seeing the positive effect the school had on her grandson inspired Lyn to recently increase her giving. She wants to make sure that all children have access to the type of care her family received.

"As my grandson became more involved in the programs at Bradley, I thought, I can do more to help make this possible for other kids," says Lyn.

Lyn's generous gifts have supported the hospital's greatest needs fund, which means there are no restrictions on their use and they benefit its biggest funding priority at the time. "I have full confidence that my donations are used in the best way they can to benefit children," she says.

Supporting kids has always been important to her. In fact, that dedication extends to her education. When she was younger, she began studying for a master's degree in special education. But she ended up leaving the program because she and her ex-husband were given the opportunity to adopt Christopher, their first child.

"I was probably three-quarters of the way through the program, and then we got a call that we had a son," she recalls. "It was an easy choice. We'd been waiting eight years."

They later welcomed home a baby girl named Josie. Lyn raised her now-adult children in Bristol. These days she primarily resides in New Hampshire, while also maintaining a home in Warren. She enjoys gardening, golfing, and spending time with her family.



The work done at Bradley is incredibly important. We need to support it to keep it going and keep it moving forward. And if I can help in any way, I will."

—Lyn Chapman

Her commitment to giving goes beyond Bradley; Lyn also regularly supports various other local nonprofits, including Crossroads Rhode Island and the Providence Animal Rescue League. She has also donated to the Anne C. Pappas Center for Breast Imaging at Rhode Island Hospital.

Lyn's contributions to Bradley began in 2016. She adds that she would not hesitate to recommend Bradley to any parent or grandparent.

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ENHANCING PATIENT ACCESS TO CARE THROUGH THERAPIST TRAINING

Imagine if therapists could access high-quality, interactive training on the most effective treatments for anxiety disorders through a simple headset. Bradley Hospital staff psychologist Joshua Kemp, PhD, is working to make that a reality through his latest project: developing a virtual reality educational program for clinicians.

Dr. Kemp and his colleagues at Bradley's Pediatric Anxiety Research Center (PARC) are experts in using exposure therapy for a variety of anxiety-related disorders, including phobias, social anxiety, and obsessive-compulsive disorder. Exposure therapy has an encouragingly high success rate, yet as few as seven percent of patients receiving services for impairing anxiety receive this type of treatment, according to Dr. Kemp.

Why? Currently, exposure therapy training is not widely accessible. And because providing it requires specialized knowledge, which includes the delicate task of guiding patients as they confront their fears, therapists themselves often have their own anxiety around it potentially causing more harm than good, he adds.

The virtual reality technology Dr. Kemp is developing, with funding from a National Institutes of Health grant and in collaboration with the company Virtually Better Inc., allows clinicians to use a headset to train in a realistic, yet simulated environment. This offers a comfortable way for them to develop skills and gain confidence in providing the therapy. Interestingly, the project applies one of the basic concepts behind exposure-based treatment—learning how to confront and manage fears in a safe and titrated way—to the training intended to bring the therapy to more kids who need it.



CARING FOR MORE KIDS, CLOSER TO HOME

With its recent expansion to a new location in East Greenwich, Bradley Hospital has nearly doubled the number of children it can serve through the Children's Partial Hospital Program (CPHP). The outpost offers families in and around Kent, Washington, and South Counties access to the same family-centered care that is offered at the main hospital in East Providence.

Available to children ages 7 through 12 with serious emotional and behavioral difficulties, the program provides intensive care while allowing patients to spend nights at home with their families and, for those attending the after-school program, their days in the classroom.

Creating a welcoming therapeutic environment at the new location was a big priority for CPHP Clinical Director Mandy Witkin, LICSW, and it could not have been done without donor support. With philanthropic funding from The Everett F. Boyden Trust, Bank of America, N.A., Trustee, Mandy and her colleagues were able to create a space (pictured) that supports sensory and therapeutic movement, which is important for patients who require it throughout the day for regulation. The space includes an area where children can choose to use a variety of sensory items, including weighted blankets, body socks, noise-cancelling headphones, therapeutic balls, and scooter boards. It also has a sensory path that uses decals and images to cue activating or soothing activities. In addition, patients have benefited from custom-made, sensory-friendly furniture, as well as a projector that turns the floor into an interactive playground.

"There's so much therapeutic value to all of these tools and our program overall, and we see them making a difference in the kids we serve every single day," Mandy says.



Bradley Hospital

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