

The Bradley *Bulletin*

News and notes for our friends and supporters.

Summer 2024

RENOWNED RESTAURANTEURS' INSPIRED SUPPORT OF BRADLEY HOSPITAL

Joe and Esther DeQuattro were first introduced to Bradley Hospital through friends, who invited them to the annual *Bravo Bradley* gala. The life-changing stories patients and their families shared at the gala deeply resonated with them, sparking a personal commitment to support Bradley Hospital and its mission.

"Seeing the difference that Bradley makes has motivated us to contribute year after year," Esther shared. "It's important to us to support causes that have a real and meaningful impact in our community."

Over the years, they have actively participated in fundraising events and contributed to various initiatives. Their involvement has played a crucial role in helping Bradley continue providing family-focused care to children and adolescents with psychological, developmental, and behavioral problems.

The couple's support for Bradley Hospital has been more than just financial. The couple, whose award-winning restaurant group includes Pane e Vino, Il Massimo on Federal Hill, Il Massimo in Legacy Place, Crow's Nest, and Bar' Lino Pizzeria, have brought unique experiences to *Bravo Bradley*. They have donated exclusive dining opportunities, adding a touch of their hospitality and generosity to the gala's highly anticipated auction.

In fact, one of the most sought-after live auction items at the 2024 *Bravo Bradley* event was an authentic Roman dining and wine tasting experience for twelve at Il Massimo on Federal Hill. This unique package—featuring a captivating dinner presentation that will include a live demonstration of traditional Carbonara and delicious Tiramisu by talented Chef Davide Negri—not only raised \$12,000 for the hospital but will also provide a truly memorable experience for the winning bidder and their guests.



Joe and Esther DeQuattro

For Joe DeQuattro, this feels full circle. Growing up in Rhode Island, Joe fondly recalled his grandmother's tradition of welcoming and caring for others with food—memories that instilled in Joe a deep sense of hospitality and generosity.

Today, Joe and Esther are committed to giving back. Their dedication to supporting charitable causes, particularly Bradley Hospital, reflects their generosity and commitment to making a difference in the lives of others.

"Supporting Bradley is our way of giving back to our community," said Joe. "It's what we do, and we're happy to do it because of the impact that Bradley's work has on children and their families."



THE IMPACT OF SOCIAL MEDIA ON TEEN MENTAL HEALTH

According to today's research, 95% of all U.S. teens have access to a smartphone, and 90% use social media. Understanding that the ages of 10 to 17 are critical for brain development, Bradley Hospital psychiatrist, Tanuja Gandhi, MD, has researched the impact of social media use on teen mental health.

"In the life of a child or a teenager, social media can have both positive and negative or concerning influences," stated Dr. Gandhi.

Dr. Gandhi pointed to ways that social media positively impacts teens, namely: providing connection, supporting rich communication, and contributing to educational growth.

However, social media use has also been linked to teen anxiety and depression, social peer pressure, exposure to inappropriate content, and the prevalence of cyberbullying and harassment.

Dr. Gandhi encourages parents to look for changes in behavior that might indicate the negative impacts of social media. Warning signs like a "change in appetite or sleep, avoiding things that they previously enjoyed, avoiding school, avoiding certain friends, being on social media more sparsely or excessively ... or even making overt statements such as ... wanting to die or saying things like [he or she] feels worthless and hopeless."

Of the potential negative long-term impact of smartphones and social media on teen mental health and development, Dr. Gandhi said, "That's one of the questions we have." Social media and technology are here to stay, and their impacts on youth mental health will continue to be a key area of research and clinical focus for Bradley Hospital.

AN ALTERNATIVE TO INPATIENT BEHAVIORAL HEALTH PROGRAMS FOR CHILDREN

While Bradley Hospital is widely recognized for its expertise in inpatient behavioral health and outpatient services for children, Bradley also offers a range of lesser known, highly effective levels of care, including partial hospital and intensive outpatient programs.

These programs provide kids with serious emotional, behavioral, or relationship issues practical alternatives to hospitalization and traditional outpatient services. They preserve home placement while allowing children and their families to work on emotional and social difficulties.

"Partial programs offer a level of comprehensive care that is often more intensive than inpatient care and provides the opportunity for daily interaction with the clinical team, individual therapy, group therapy, and family involvement—while managing through the stressors of daily life," explains Michelle Parker, MD, attending child and adolescent psychiatrist at Bradley Hospital.

Just like inpatient and traditional outpatient services, a comprehensive variety of partial and intensive outpatient behavioral health programs are available, including

OCD/anxiety, adolescent, pediatric, co-occurring substance abuse, and Center for Autism and Developmental Disabilities (CADD) programs.

"Many of these programs take place during school hours, so there's a higher level of intensity to the patient presentation," says Dr. Parker. "And for kids attending the after-school programs, it's a long day. They're really putting in a ton of work."

The active involvement of families in the treatment process is not just a requirement, but a critical component for the success of partial programs. By supporting and guiding families through the treatment, Bradley Hospital works toward a more comprehensive and sustainable recovery.

"The goal is that the kids and families can learn these skills together," says Dr. Parker. "While we'll always be here for them, our hope is that when they're experiencing tough times in the future, they will know what to do and won't need us anymore. That's the ultimate goal!"



Bradley Hospital

Lifespan. Delivering health with care.®

For information about the Bradley Hospital Foundation, please contact Anne Morton Smith at 401-432-1451 or asmith18@lifespan.org.

lifespan.org/BH-giving

