

# The Bradley Bulletin

NEWS AND NOTES FOR OUR DONORS AND FRIENDS



**Bradley Hospital**  
A Lifespan Partner

## Four Decades Later, The Browns are Much More than Neighbors to Bradley Hospital

**W**hen David and Susan Brown moved into their East Providence home in 1975, the recently married couple didn't know just how close they'd become with their new neighbors—Bradley Hospital.

Yet less than a year later, Dr. Maurice W. Laufer, the Executive Director at the time, asked David if he would join the hospital's Board of Directors. Dr. Laufer had known David for years, including how his younger years had unfolded. From there, a relationship grew that, more than four decades later, leaves an indelible mark on Bradley's past, its present, and what will be its future.

The couple was recently presented with the inaugural *Bradley Hospital Lifetime Achievement Award*.

"Our involvement with the hospital has been—and continues to be—a significant portion of our lives," says David. "It's hard to describe the enriching experience this has been for me and Susan."

"David's view of life, from a very young age, is that people can be helped by the generous helping hands of others," adds Susan.

*"Bradley's research into the mind has the power to get the word out in scientific ways that foster real understanding..."*

—David Brown

Driving their commitment to making a difference in children's lives is the experience of David's own childhood. Less than three weeks after he was born, David was brought to St. Mary's Home, an orphanage in North Providence, where he lived until he was eight and a spot opened

for him at St. Andrew's School in Barrington. At the time, the school was known as St. Andrew's Industrial School for Homeless Boys.

After serving for years on the Bradley Hospital Board, David was asked to become its chair by the now-late Ruth Kauffman. Accepting the mantle of leadership was an easy decision for David. It was a role he held for more than a decade.



The Browns with Daniel J. Wall (left) accepting Lifetime Achievement Award.

During that time, the Browns successfully spearheaded a strategic plan which initiated the hospital's 2009 *"Uniquely Bradley Campaign,"* which modernized Bradley, especially the construction of a new inpatient unit to better accommodate and treat the growing number of patients turning to the hospital for care. The hospital's expanded focus on research also contributed to the couple's strong and enduring dedication.

"Like homelessness, mental health challenges carry a significant stigma; but Bradley's research into the mind

has the power to get the word out in scientific ways that foster real understanding," says David. "Research has the power to break that stigma unlike anything else can."

Their time of leadership has also been a period when Bradley experienced tremendous growth in philanthropic support, leading to a further expansion of programs and services.

Adds Bradley Hospital President, Daniel J. Wall, "David and Susan have led by example, and each and every day they show us what deep commitment and generosity is all about. For our staff, our patients, and their families, the Browns have created a legacy that will be felt for generations to come. We are very fortunate and grateful."

# Mindful Teen Helps Adolescents “Build a Life Worth Living”

The **Mindful Teen program** at Bradley Hospital is a very effective treatment for suicidal adolescents who may harm themselves and have mood, anxiety, substance use and/or eating disorders.

Using DBT-A (Dialectical Behavior Therapy-Adolescents), a treatment which combines cognitive behavioral therapy and eastern philosophy, the treatment is designed to decrease life-threatening and other problem behaviors, while improving critical coping and life skills. DBT-A includes individual therapy, multi-family skills group training, 24/7 coaching by their therapist, and a consult team for the providers. The goal is for kids to learn more effective and safe ways of handling their emotions while increasing their interpersonal effectiveness to sustain and build healthy relationships. Demand for the program is so high there is currently a waiting list.

“Through our skills groups, teens and their parents are gaining the critical tools they need to deal with significant emotional stress. They learn how to tolerate extreme sadness and anxiety which can lead to unsafe behaviors, such as substance use or hurting oneself. They also work on skills to manage interpersonal conflict with friends and family in a more effective way,” explains Bradley’s Director of Outpatient Services, Karyn Horowitz, MD.

With their skills binders in hand, patients leave the 18-week program armed with the tools to not only build, but live, a life they feel is worth living. “A patient we didn’t think would attend college before Mindful Teen ended up selecting an out-of-state school after the program,” shares Dr. Horowitz. “She took her skills binder on the plane as a carry-on. That’s how valuable what she learned is to her.”



## Pediatric Anxiety Research Center Tests New Teaching Tool

Since 1999, Bradley Hospital has been leading the way in the treatment and research of pediatric Obsessive Compulsive Disorder (OCD) with what has become considered the “gold standard” in treatment: exposure therapy (ET). A form of Cognitive Behavior Therapy, ET exposes children to what frightens them so they can confront their anxiety.

But the need for psychologists trained in exposure therapy reaches far beyond the walls of Bradley Hospital.



“Every day we have families calling for recommendations for therapists in the community doing exposure therapy and there just aren’t enough,” explains Pediatric Anxiety Research Center clinician Kristen Benito, PhD.

As part of a National Institute of Mental Health study, Dr. Benito and Jennifer Freeman, PhD, are teaching community clinicians in Rhode Island the art of exposure therapy while also evaluating the effectiveness of an experimental teaching tool they’ve created that aims to zero in on what makes the training effective. “We’re working to quantify our work to train others so that more kids outside of Bradley will have access to the treatment they need,” explains Dr. Benito.

To scientifically identify the parts of the therapy that have the most impact on behavior, thousands of hours of videotaped clinical trial sessions were analyzed.

“Exposure therapy can be completely different for each individual. What is novel about the tool we’re testing is that it doesn’t just provide a list of things to do or not to do, but we hope it will help the therapist evaluate each child and each situation,” says Dr. Benito.