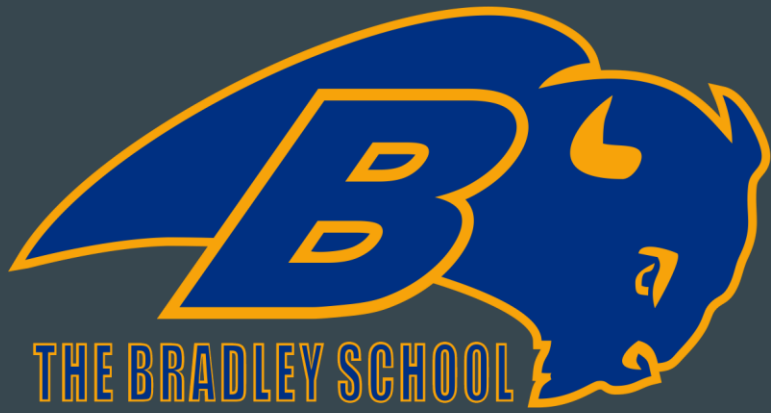


# Photo Journal

The Bradley Center - Robinson Township





The Bradley Center is a residential treatment facility (RTF) located in Robinson Township of Pittsburgh Pennsylvania. It is a home to young adults and children below the age of 18, as well as a licensed private school for students in need of specialized classrooms for elementary through high school.

Housed on a two building campus, the Bradley center typically only has about 100 residents at maximum, with a staff ratio of 4:1. As a 24/7 facility, students, staff, faculty, and residents are all provided with meals throughout the day.



# Training

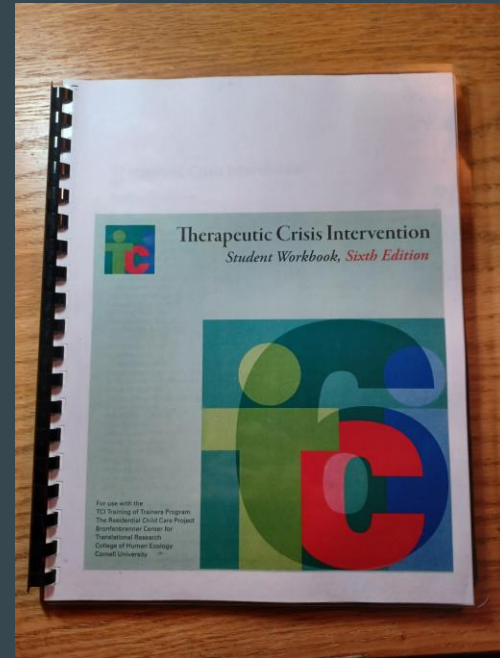
*Welcome to Bradley*



Congratulations! You have accepted a position in one of the premier behavioral healthcare organizations in Pennsylvania. This manual will assist and guide you through the orientation process.

Training as an employee is a 3 week process where you learn the ins and outs of a residential facility. You also learn TCI (Therapeutic Crisis Intervention) training as well as the passive restraints that are used on the children.

Unlike other residential treatment facilities, the Bradley Center does not use medication to calm down residents when they get out of hand, instead they do passive restraints that will not hurt the child, and keeps them immobile until they calm down.



we must assess the situation with a commitment to early intervention techniques, such as behavior support techniques and active listening, in order to de-escalate the situation and return the child or young person back to baseline. Once the child is calm and

becomes, the riskier intervention is for the children and staff.

**Recovery phase.** The goal of crisis intervention should always be to intervene in a way that is ben-

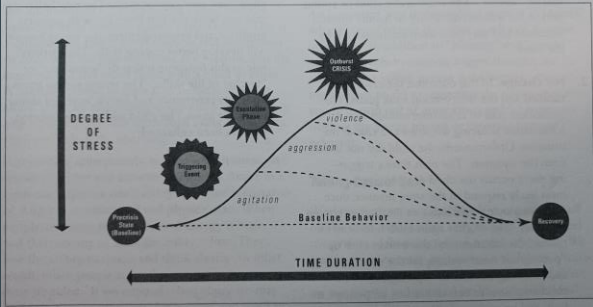


Figure 3. Stress Model of Crisis

Restraints are a last resort at The Bradley Center. During orientation and training, you learn about the crisis co-regulation model, which is what is used on a daily basis to help the kids process their emotions and talk through it instead of acting out.

Things like walking away, talking about a situation, recognizing what needs to happen next time, or what needs to change in a situation helps both staff and kids come to a more “therapeutic” conclusion, instead of it ending in a restraint.

# Crisis intervention

assist the child in developing constructive coping skills, we need to establish a caring and therapeutic relationship with the child. Being empathic, communicating understanding, validating feelings and being respectful are all ways to build caring relation-

Young people who are angry, upset, frightened, or disappointed want, first of all, to have someone understand their feelings and viewpoint. Often, they do not know what they are feeling. Part of our

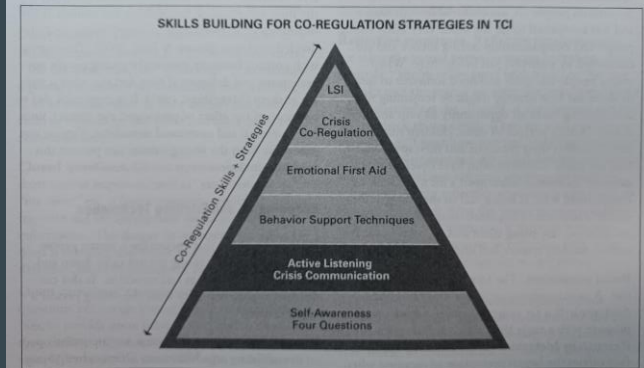


Figure 6. Skills Building for Co-Regulation Strategies in TCI: Active Listening

# Keys & Key Card

While working at Bradley, it's always important to have your keys on you; you can't get anywhere without them.

Keys typically consist of one scanner card, and 6-8 physical keys that unlock every door or master lock on the premises.

Most staff will carry a lanyard that has a clasp, or a keyring bracelet, so that if a restraint were to happen, their keys would not get in the way and accidentally hurt the child.

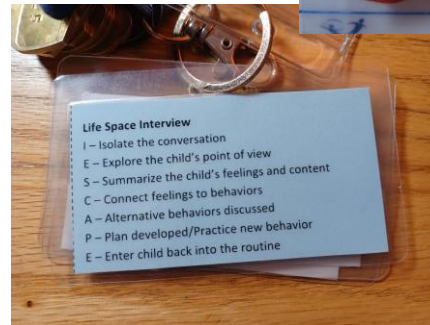
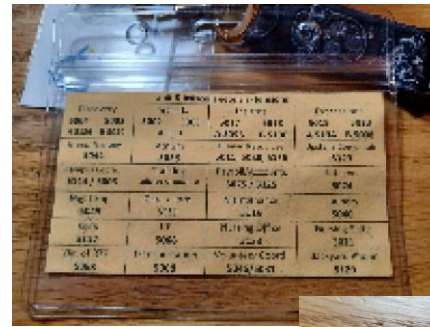
Other things staff might have on their lanyards include fidget toys, pins, stickers, hand sanitiser, etc.



# Key & Key Card

Every staff member at Bradley must have the same 5 things on their keys:

- **Top Left:** a pocket sized extension directory
- **Top Right:** the 7 commitments of Bradley
- **Middle:** A safety plan for when you get overwhelmed
- **Bottom Left:** The LSI (Life Space Interview) training questions
- **Bottom Right:** Your Key Card with your name and employee number (intern dot and classification)

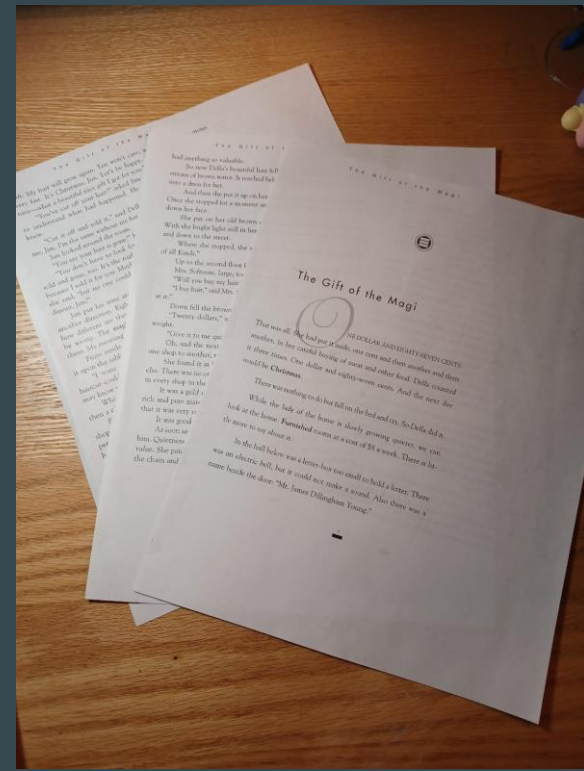




# Classwork and Group Activities

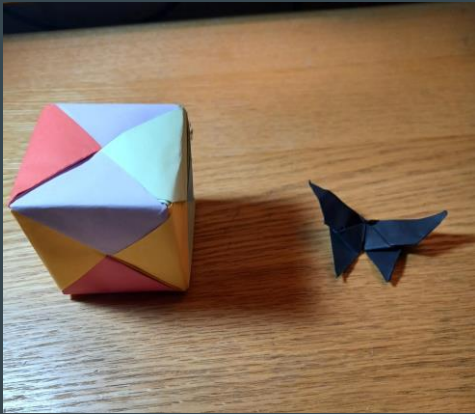
Just like any school program, classwork is handed out, and the students do basic subjects like english, math, science, PE (physical education), and health. But they also have classes like “character development”, “Technology”, and “Career Development” once they get to the high school level.

The school will also have school-wide projects on a monthly basis. For example, in March each classroom was assigned a U.S state, and each student had to create a project based around that state. At the end of the month, the entire school got together on zoom and performed, showed, and told everyone else about their project; that way it was done as a community.









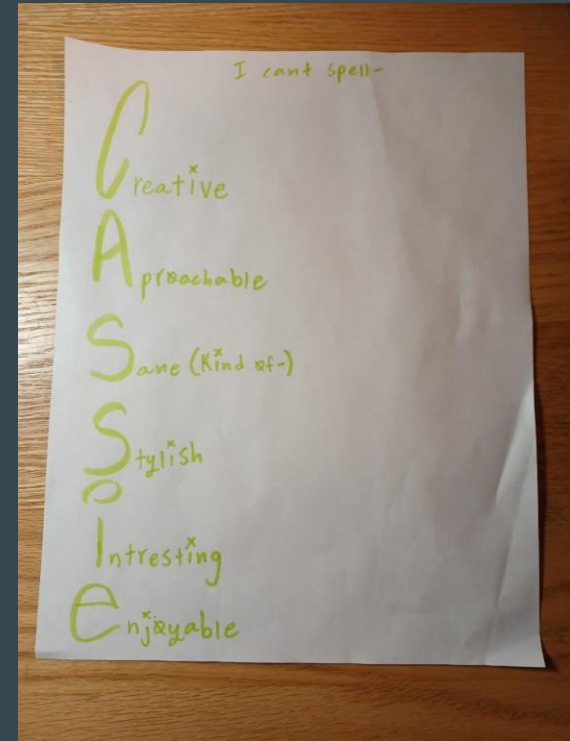
Origami art therapy

## Music, Art, & Group Therapy

While living on campus, residents partake in at least 5 different occurrences of therapy per week.

- Music therapy occurs 1 time weekly
- Art therapy occurs 1 time weekly
- Group therapy occurs daily after school hours on each residential unit
- Individual therapy for each resident occurs 2 times weekly
- Family therapy occurs at least once weekly.

A gratitude activity done during group



# Overall Thoughts:

For the most part while working at The Bradley Center, I did enjoy my internship, and I believe I got a lot of value out of the experience. I will say however, that not every day went smoothly. There were days where you could tell that the kids were having an off day, or that something had changed and it was affecting everyone within the community, staff as well. Because it's such a sheltered and isolated community, morale and mood can spread like wildfire, and some days, it just feels like a week of Mondays.

I found a lot of value in getting to work directly with the population of the Bradley Center, and was able to find the demographic that I would like to work with in the future. Working in a facility like this, you are able to make a big impact on the lives of the residents, and you are able to see just how much progress they have made in their time there while trying to get better. I would say that it is very fulfilling to see the impact you have made.

The staff are nice and welcoming, and regardless of who you are and what you are doing, you can stop and ask for help from anyone there without fuss. The Bradley Center is its own small community, and a great opportunity to work with a youth population in a clinical and residential field.

My tip for any incoming students wanting to intern at The Bradley Center is just to be prepared to work in a highly emotional environment. Each child has their own wants, needs, traumas, and triggers; you have to be cognizant and respectful and ready for the mood to change at the drop of a hat.

## Conclusion