

About Us



Founded in 1931 as Emma Pendleton Bradley Hospital, it is the nation's first psychiatric hospital devoted exclusively to children and adolescents. Now in its 92nd year, the hospital has grown to serve 4,500 young people annually. Bradley provides an unparalleled continuum of care and well-established collaborations with other community resources including schools, social agencies, state agencies, and other healthcare providers.

Bradley Hospital is a teaching hospital for The Warren Alpert Medical School of Brown University and is nationally recognized for children's mental health training and research, receiving \$7 million annually in external research funding.



Apalachee Center, Inc. has served the Tallahassee community since 1948. In 1977, services were expanded to include the surrounding 7 counties, resulting in a service area that now spans across 5500 square miles. We serve approximately 7500 clients each year and employ over 500 individuals throughout our many facilities.

We are currently the largest community mental health center between Pensacola and Gainesville. We serve as intern/resident sites for both Florida State University and Florida Agricultural and Mechanical University in areas that include pharmacy, psychiatry, social work, nursing, and psychology.



For more information on
Bradley REACH@Apalachee Center, or
to make a referral, please contact the
Intake Coordinator:

Phone: (850) 688-0932

or email:

bradleyreach@apalacheecenter.org

"Would definitely do virtual again, it was extremely beneficial... we appreciated the feedback and constant communication."

- Bradley REACH Parent

For further information on
Bradley REACH services, please click on
the link below:

www.bradleyreach.org



**Intensive Outpatient Program
(IOP)**

Bradley REACH@Apalachee Center

Bradley REACH@Apalachee Center uses telehealth to make high-quality psychiatric care accessible to youth anywhere in the state of Florida.

BradleyREACH@Apalachee Center provides virtual therapy, removing the traditional geographic and logistical barriers to care, allowing children and adolescents to receive high-quality treatment in their home environment.

Who are Intensive Outpatient Programs for?

IOPs are ideal for adolescents (age 13 - 18) who need more care than weekly outpatient appointments can provide. The IOP aims to help participants work on emotional and behavioral issues and prevent the need for higher levels of care. Each IOP program provides three hours of intensive treatment five days a week, for an average of three to four weeks, depending on patient needs.

Who do IOPs Include?

Our multi-disciplinary IOP team includes a psychiatrist, psychologist, social worker, nurse, and behavioral health specialist. The team works collaboratively to meet our patients where they are, problem-solving for and with them.

The Intensive Outpatient Program includes:

Family therapy: Children and teens with strong family support are more likely to have positive outcomes, we expect families to participate in therapy once per week.

Individual therapy: Each adolescent will participate in individual therapy at least once per week during regular program hours.

Group therapy: Teens participate in evidence-based skills groups, process groups, and therapeutic milieu activities.

Psychiatric care: Each child in the program will have regular contact with the program psychiatrist and the clinical nurse specialist through a combination of group and individual therapy.

Parents and families tell us that virtual care makes it much easier to support their child's participation in the program. Data shows that the Bradley REACH virtual programs are as effective as in-person programs.

Bradley REACH's intensive outpatient program operates Monday through Friday with two scheduling options:

8:00 A.M. - 11:00 A.M.

or

12:00 P.M. - 3:00 P.M.

The program is designed to:

- Build coping skills
- Reduce or eliminate self-harming behaviors
- Manage the symptoms of anxiety and depression
- Improve Communication

