

FAMILY INVOLVEMENT

Cumberland's staff recognizes the emotional toll on family members. Throughout treatment, our professional team helps family members understand the changes in their child. Families are an important part of the treatment team, helping to set realistic rehabilitation goals. Family therapy and education include understanding the

grieving process and emotional adjustments they are going through with their child, as well as physical adaptations they may need, such as ramps and wheelchairs.

Protocol

Using the interdisciplinary treatment team approach, clinical assessment and treatment involve consultations from a team of specialists as needed, including a pediatric neurologist, psychiatrist and physiatrist, in conjunction with daily management by a behavioral/developmental pediatrician. In addition to these experts, the core treatment team includes a psychotherapist, neuropsychologist, special education teachers, behavior analyst, recreational specialist, case manager, behavioral counselor and rehabilitation nurses, as well as occupational, physical and speech therapists.



Outcome studies show that the majority of patients who complete Cumberland's Brain Injury Program improved as a result of treatment and were able to maintain or improve upon these gains 12 months after discharge.

cumberland 
HOSPITAL FOR CHILDREN AND ADOLESCENTS

CUSTOMIZED CURRICULUM

Cumberland encourages success through individualized attention and small class size with children working on similar subjects. Traditional textbook teaching is augmented with hands-on experiences, community outings and activities. Patients with similar cognitive functioning are taught together, so patients who have brain injuries are integrated with patients who are in our chronic illness program. This approach exposes patients to young people who are different from themselves and expands their ability to deal with situations. As patients progress, they may move from a self-contained special education class to a more typical small classroom in preparation for the transition home. Prior to discharge, Cumberland's teachers convey the treatment teams observations to teachers in the patient's community to help make the transition home more successful.

VOCATIONAL SKILLS

Patients who are 15 years of age or older are eligible to participate in Cumberland's on-campus vocational and

pre-vocational training programs. They learn reliability, appropriate work behaviors, ways to access potential jobs, and begin to explore what they are capable of doing. With the results of career and learning style assessments as a guide, teachers assist patients in developing vocational skills.

ACCREDITATION & LICENSURE

Cumberland Hospital for Children and Adolescents is an 84-bed, specialty rehabilitation hospital located on 98 acres between Richmond and Williamsburg, Virginia. Offering chronic illness, brain injury, and neurobehavioral programs at the New Kent campus, Cumberland also has community based group homes in Virginia. Cumberland Hospital is:

- Accredited as a medical hospital by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF)
- Licensed by the Virginia Department of Health, and
- Cumberland Academy has a certificate to operate from the Virginia Department of Education.

Call for More Information

If you would like more information about Cumberland Hospital's Traumatic Brain Injury Services or other programs that treat mind and body, call 1-800-368-3472. Cumberland could be the breakthrough you've been looking for.



A Balanced Approach to Treating Mind & Body

Is there a pediatric hospital that offers various levels of care for brain injury, including coma recovery, acute, subacute and medically complex even when accompanied by aggressive behaviors? Yes.

Cumberland Hospital for Children and Adolescents.

COMPREHENSIVE SERVICES DESIGNED FOR YOUNG PEOPLE

At Cumberland Hospital we understand children and adolescents whose brain injuries affect their emotional outlook and behaviors. Responding to the complex needs of brain injured patients, skilled clinicians at this caring and innovative hospital have created a comprehensive array of services for traumatic brain injuries, from coma recovery to comprehensive acute rehabilitation, as well as subacute and longer-term subacute rehabilitation. If appropriate, patients can easily transfer from one level of care to another. The staff at our peaceful, campus-like hospital set among acres of trees and natural lakes are experts in pediatric and adolescent development, diseases and injuries. In a

nurturing environment, using positive reinforcements and the latest medical techniques, our experienced and dedicated clinicians help young people from across the country heal physically and emotionally.

Cumberland's Successful Formula

- Pediatric and adolescent focus
- Vast array of services, including emerging from coma
- Treatment of physical and emotional issues in tandem
- Ability to manage aggressive behavior
- Realistic and practical life-skills training
- On-site physicians and medical specialists
- Creative treatment approaches
- On-site Cumberland Academy
- Nurturing, experienced staff
- Peaceful, therapeutic setting



INDIVIDUALIZED CARE & GOALS

Recognizing that each patient's physical, cognitive and emotional rehabilitation needs are different, Cumberland designs a truly customized treatment plan for each patient by drawing on the vast services available at the hospital. A thorough evaluation of each patient identifies specific levels and types of therapies, interventions and education that will best address that individual's specialized needs. Throughout treatment, patients learn ways to adapt physically and emotionally to their deficits as a result of their brain injury. They also learn compensatory strategies to minimize the agitation that may be part of their brain injury recovery.

Each patient receives personalized treatment from a highly trained interdisciplinary staff. Medical needs are directed by a pediatrician with training and experience in brain injury rehabilitation. Pediatric physiatrists and neurologists are consulted as needed.

Some children who come to Cumberland are in coma and do not require acute rehabilitation. Our caring staff provides the necessary treatment so as patients emerge from coma they will be ready to begin more intensive therapies. The latest proven coma recovery techniques are employed for optimum success.

BEHAVIORAL & PHYSICAL REHABILITATION

Many of the young people who require Cumberland's Traumatic Brain Injury Services are those whose neurological impairments are complicated by severe behavioral problems and/or emotional issues. They may respond by being disinhibited, impulsive, frustrated and oppositional to the point of being aggressive. They are medically stable, but most require physical, occupational, speech and/or neuropsychological therapies to improve their functional abilities. They also require specific therapies to improve their cognitive ability, develop behavioral control and improve their self-image.

Each patient's rehabilitation, psychotherapies and activities are structured to provide an environment for repetition and reinforcement of new skills. Gradually, our staff reduces the amount of structure so a patient can practice handling his or her behaviors in more realistic situations.

"The first goal is to engage the child in treatment," explained the manager of Cumberland's Traumatic Brain Injury Services. "We've found that teaching practical, compensatory strategies is the key to successful treatment."

Depending on their cognitive abilities, patients learn how to stay on a task for a period of time, or they work on problem-solving, safety issues and thinking through how to make a good decision.



"We have many success stories of patients who have such complex interrelated problems that can't be addressed in a traditional setting."

*Dr. Daniel Davidow,
Cumberland's Medical Director*

They also learn ways to handle their explosive outbursts that may accompany brain injuries. Throughout treatment, our staff use a level system to encourage acceptable behaviors rather than punishing negative ones. When patients earn privileges, the patient sees an immediate reward for appropriate behaviors. If agitated behaviors are due to damage to a specific portion of the brain rather than an emotional response to the patient's deficits, then staff focuses on compensatory strategies for improved behavior control.

FUNCTIONAL APPROACH TO REHABILITATION

The functional approach used at Cumberland helps patients learn skills that they can use in a variety of situations. Psychology services are integrated with cognitive rehabilitation, enabling staff to help patients on a practical level. While patients work on improving their memory and their organizational and planning skills, they also have a chance to explore how they feel about adjusting to any deficits they may now be experiencing.

Recreational activities, including a wheelchair-accessible ROPES (reality-oriented physical experiential services) course, provide more opportunities to blend physical and emotional rehabilitation. Our ROPES course is a combination obstacle/challenge course that is used to help patients work together to solve problems while developing self-esteem.

In addition to individual and group psychotherapies, patients also participate in specialized sessions, such as anger management and social skills groups. A community integration group helps patients explore how their behaviors affect others.

Unit staff members are trained to redirect inappropriate behaviors and to facilitate the therapeutic environment outside of therapy sessions. Staff members are in constant communication regarding the status of each patient. Detailed data sheets, which are kept at the unit, help all staff involved in the care of each patient know his or her progress and any significant incidents.

ACUTE REHABILITATION

If the patient is at a stage in his or her recovery that he or she is able to tolerate three hours of therapy a day and has shown recent progress, he or she participates in an acute rehabilitation regime developed to take into account that child's unique, specialized needs. In general it includes:

- Behavioral programming
- Medication trials
- Individual psychotherapy
- Group psychotherapy
- Rehabilitation nursing services
- Medical services
- Nutritional therapy
- Individual rehabilitation therapies (at least 2)
 - Occupational
 - Physical
 - Speech
 - Cognitive rehabilitation
- Interdisciplinary comprehensive programs
- Case management services
- Patient/family education
- Social work/family therapy
- Neuropsychiatric services
- School
- Recreational services

If functional gains are not being made at a steady rate over a reasonable period, Cumberland's staff consults with the referring professional and/or payor to discuss if a less intensive level of care would be more beneficial for the patient. The interdisciplinary team determines appropriate services and discharge options in accordance with licensing requirements and approved standards of accrediting entities.

“Bravo! I can’t thank you all enough for your excellent evaluations at home care set up, and kind, considerate, loving attitudes toward me and my son.”



SUBACUTE REHABILITATION

A less intensive level of care, sometimes referred to as subacute rehabilitation, is provided to patients whose progress has plateaued, but the potential for progress still exists. Subacute care is also provided to patients who are in coma or are emerging from coma with medically complex issues. Generally, they can tolerate one to two hours of therapy a day. Subacute rehabilitation services generally include the following:

- Rehabilitation nursing services
- Medical services
- Nutritional therapy
- Individual rehabilitation therapies (at least 2)
 - Occupational
 - Physical
 - Speech
 - Cognitive rehabilitation
- Interdisciplinary programs
- Case management services
- Patient/family education
- Social work/family therapy

LONG-TERM SUBACUTE REHABILITATION

Long-term subacute rehabilitation is appropriate for patients who are medically stable and whose progress has been negligible for some time. In general, long-term subacute rehabilitation services include the following:

- Rehabilitation nursing services
- Medical services
- Nutritional therapy
- Rehabilitation therapies
 - Occupational
 - Physical
 - Speech/language
 - Cognitive rehabilitation
- Case management services
- Patient/family education
- Social work/family therapy

TREATMENT INTEGRATED WITH ACADEMICS

Cumberland Academy, an on-site school, is an extension of treatment. Each patient’s academic program, like his or her treatment plan, is individualized and is used as a way to work on functional skills, such as focusing and sequencing. Special education teachers use positive reinforcement and other behavioral management techniques in the classroom.