

A Balanced Approach to Treating Mind & Body

When young people with chronic illnesses need treatment for both medical and emotional or behavioral challenges, where can they go to get back on track?

Cumberland Hospital for Children and Adolescents.

A SPECIALTY HOSPITAL FOR HEALTHY CHANGE

Sometimes children find it difficult to handle a lifelong disease, especially if they feel different from their friends. Young people who react with defiant, impulsive or depressive behaviors may be jeopardizing their health. Sometimes they adversely alter their eating habits or don't take their medication as prescribed.

As a result, the entire family feels the effects of the disease.

At Cumberland Hospital, we understand children whose chronic illnesses impact their emotional outlook and behaviors. The staff at our serene, campus-like hospital, nestled among acres of trees and lakes, are experts in childhood diseases, chronic illnesses and emotional development. In a nurturing environment, using positive reinforcements and the latest medical approaches, our experienced

and dedicated professionals help young people ages 2 to 22 from across the country heal physically and emotionally.

Here at Cumberland Hospital, young people – and their families – learn effective strategies so they can integrate the successful management of their disease into their daily lives. And just as important, these young people can begin to enjoy life again.

Cumberland's Successful Formula

- Pediatric and adolescent focus
- Physical and emotional issues treated in tandem
- Treatment of complex medical issues
- Specialization in treatment of diabetes and eating disorders
- Ability to manage aggressive behaviors
- Realistic and practical life-skills training
- On-site Cumberland Academy
- Creative treatment approaches
- On-site physicians and medical specialists
- Peaceful, therapeutic setting





FAMILY INVOLVEMENT

Cumberland’s staff recognize the emotional toll that a chronic illness can have on the entire family. Sometimes parents wonder what kind of expectations they should set for their child. Should they push them harder or treat them with extra care? How much structure should they provide?

Throughout treatment, our therapists help family members understand how a chronic illness affects family dynamics. Families learn and practice appropriate roles and boundaries, how to set realistic expectations for their child’s age and capabilities, and how to trust. And they learn effective, positive techniques to manage their child’s behaviors.

Family therapy also helps parents and children to develop healthy ways of communicating and dealing with stress and developmental changes so future problems do not escalate into situations that the family is not equipped to handle.

Outcome studies show that the majority of patients who complete Cumberland’s program have not been rehospitalized during the past year and are attending school regularly.

CUMBERLAND ACADEMY

The majority of young people who come to Cumberland Hospital have missed a significant amount of school because of their hospitalizations and may be behind in their studies. While the emphasis at Cumberland is the child’s medical and emotional well being, education plays a major role in the child’s normal routine. Cumberland Academy, an on-site school, is an extension of treatment, with each patient’s academic program customized to fit his or her needs. Special education teachers use positive behavioral supports in the classroom.

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.

Our Patients

Cumberland Hospital provides specialized treatment for a variety of chronic illnesses including but not limited to the following:

- Diabetes
- Anorexia Nervosa
- Bulimia
- Clinically Severe Obesity
- Post-acute burns
- Renal failure
- Spina Bifida
- Tourette’s Syndrome
- Muscular Dystrophy
- Sickle Cell Anemia
- Spinal cord injuries





Patients with diabetes may benefit from Cumberland's unique "flex regime" plan.

AN INDIVIDUALIZED, COMPREHENSIVE APPROACH TO TREATMENT

Treatment starts with effective and highly individualized goal setting. Because different chronic illnesses require various interventions and intensities of medical services, Cumberland's Chronic Illness Program offers a wide variety of therapies and activities designed to meet the individual needs of each patient's medical, social and emotional health. After a patient's initial evaluation, our clinical staff develop a master treatment plan that takes into account that child's unique, specialized needs. The length of stay at Cumberland varies according to the diagnosis and the individual child's needs.

PROTOCOL & TREATMENT TEAM

Using the interdisciplinary treatment team approach, a pediatrician with training in adolescent medicine leads Cumberland's clinical team. The team includes a combination of the following pediatric trained professionals: nurses; registered dietitian; occupational therapist; speech/language pathologist; physical therapist; psychotherapist; psychologist; behavior specialist or analyst; neuropsychologist; recreational specialist; behavioral counselor; teacher and case manager.

The patient, family and involved professionals from the child's community are an integral part of the treatment team. The team meets regularly to set goals, develop treatment plans and review progress.

Cumberland's clinical assessment and treatment often involve consultations with various pediatric specialists. Consulting specialists collaborate with the primary physician at Cumberland and provide input to the treatment plan. On-site specialists include an endocrinologist, psychiatrist and psychologist. Other consultants include but are not limited to a neurologist, cardiologist, nephrologist, gastroenterologist, urologist and hematologist.

TREATING THE BODY

Most patients at Cumberland have serious medical conditions that have reached a critical stage largely due to their medical non-compliance. A pediatrician directs their medical care, which is administered by nurses on-site 24 hours a day.

Medical Management: A major program focus is teaching patients more about their illness and the importance of medical self-management. They practice managing their unique medical needs, such as monitoring their blood sugar levels or their skin integrity to watch for signs of breakdown.

With varying levels of supervision, they are responsible for making appropriate decisions concerning diet, exercise and self-medication. Some patients must take critical medications at appropriate intervals to prevent organ rejection or know how to perform peritoneal dialysis. If appropriate, patients may be involved in medication trials. Patients with neurological involvement may benefit from bowel and bladder training.

Patients with diabetes may benefit from Cumberland's unique "flex regime," plan, which allows patients the freedom to choose the amount of carbohydrates, protein and fat they want then take insulin based on their food intake. This plan helps to give patients control over their lives, while helping them understand body chemistry and ways in which food and exercise impact their bodies. Patients must demonstrate maturity, independence and responsibility to be eligible for this program component.

Depending on the type of chronic illness and the child's specific needs, the following services may be included in treatment: individual and group nutritional instruction, activity therapy sessions to learn positive leisure choices, exercise groups, Eating Attitudes Training (EAT group) focusing on eating patterns and self-care cooking skills, individual and group diabetes instruction, cognitive retraining, physical or occupational therapy and speech/language therapy.



SPECIALIZED TREATMENT OF EMOTIONAL GROWTH

Treating the mind as well as the body, Cumberland's staff teach young people to recognize their emotional needs. Depression or other disorders may complicate a patient's illness. Individuals may exhibit a specific pattern of self-destruction or behaviors that impede them from responsibly managing their chronic illness.

Intensive individual and group psychotherapies address each patient's unique emotional and behavioral issues. Each patient participates in weekly Chronic Illness Group sessions to discuss the emotional affects and adjustment problems that can accompany an ongoing illness or injury. A major focus is to develop compensatory and coping skills. Topics include:

- Anger management
- Self-esteem
- Body image
- Assertiveness
- Peer pressures
- Healthy sexuality

Other groups may include Community Group which involves discussions concerning interactions on the living unit, Process Group which encourages acceptance of one's disease, Experiential Group which focuses on developing trust using positive successes on the outdoor ROPES course, and Stress and Relaxation Group.

Specific chronic illness educational groups focus on attitudes and individual cognitive problem-solving skills. For example, patients with spina bifida or other neurological issues learn compensatory skills to assist with their memory and learning problems.

"So many things about Cumberland impressed me – the beautiful campus, the un-hospital-like setting but yet all the hospital amenities."

- quote from parent

DIABETES AND EATING DISORDERS IN COMBINATION

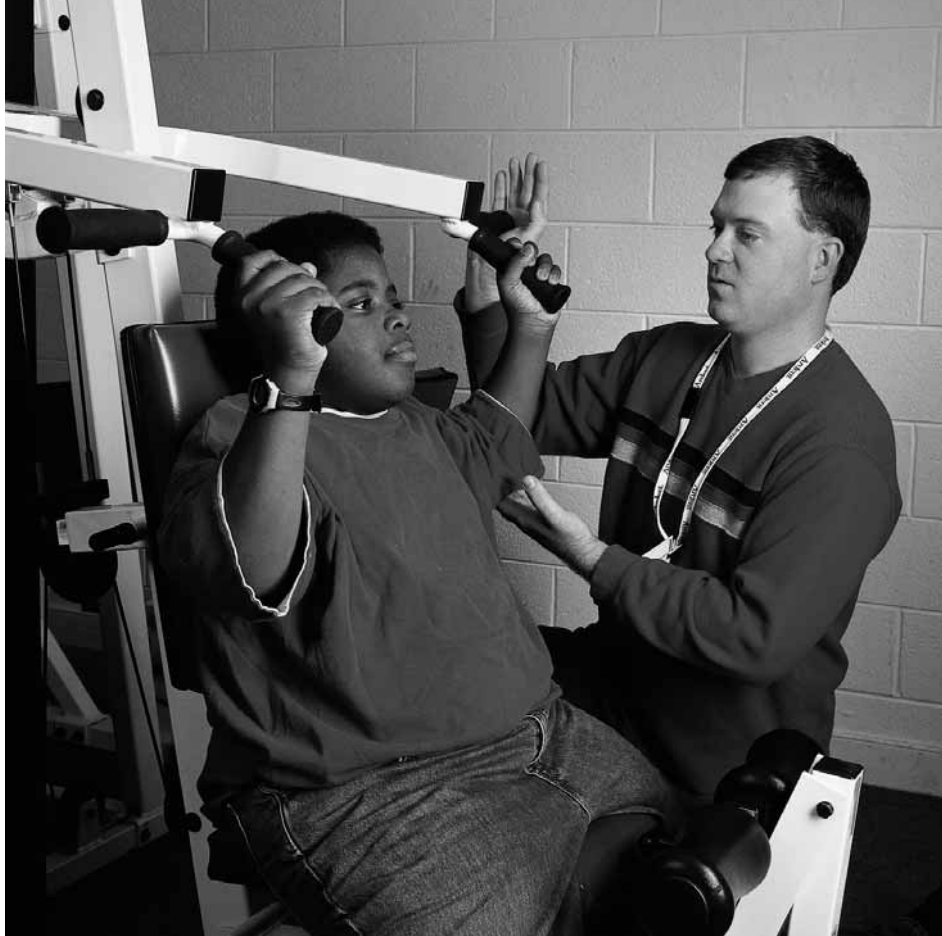
Diabetes and eating disorders are serious medical conditions. When these conditions are combined, they can be dangerous. Some individuals have learned how to take only enough insulin to survive. Without enough insulin, the calories they consume are not used by their body, but are carried out in the urine, so the person maintains a low body weight. Patients with both diabetes and an eating disorder participate in components of our specially designed Diabetes Program, which has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education.

Adolescents with diabetes learn and practice healthy eating and exercise habits, as well as cooking skills and medication management. They participate in Cumberland's EAT (Eating Attitudes Training) group, learning to make healthy choices in the cafeteria and at restaurants.

Our Eating Disorders Program addresses issues such as body image, nutrition and positive attitudes and helps adolescents change their distorted thinking patterns. The patients in this program progress through a series of phases, each of which builds on the progress made in the previous phase. Levels of care and types of services vary depending on each patient's need in any particular phase.

The family dynamic is a critical element in both the Diabetes and Eating Disorders Program. During family therapy, families learn healthy ways to help their child and all family members live with their child's illness. And intensive individual and group psychotherapies address each patient's unique emotional and behavioral issues.

Positive Behavioral Supports: Throughout treatment, Cumberland's staff use an individualized behavior program to encourage acceptable behaviors rather than punishing negative ones. With appropriate behaviors, patients earn privileges. This system provides positive feedback, and patients see an immediate reward for appropriate behaviors.



Our staff help young people from across the country heal physically and emotionally.

Consistent treatment is critical for patients to continue to improve. Staff members are in constant communication regarding the status of each patient. Detailed data sheets help all staff involved in the care of each patient to know the progress and events at any given time during treatment.

A TASTE OF INDEPENDENCE

Helping adolescents learn responsible self care extends to everyday situations. By learning practical life skills, patients get a sense of control in their life and a taste of independence. All patients are taught and have opportunities to practice realistic, independent living skills, such as money management, household chores, time management, problem-solving and employment readiness.

Cumberland's reality-based, functional approach helps patients learn how to integrate their chronic illness into a healthy lifestyle.

ACCREDITATION & LICENSURE

Cumberland Hospital is a 110-bed, specialty rehabilitation hospital located on 98 acres between Richmond and Williamsburg, Virginia. Offering chronic illness, brain injury, neurobehavioral, and medical residential programs at the New Kent campus, Cumberland also has community based group Homes in Virginia.

- Cumberland is accredited as a medical hospital by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- Cumberland is licensed by the Virginia Department of Health
- Cumberland Academy has a Certificate to Operate from the Virginia Board of Education
- Cumberland's Diabetes Patient Education Program has been awarded recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs.

CALL FOR MORE INFORMATION

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

Admission Criteria

Cumberland's Chronic Illness Program provides a structured environment for medical supervision and treatment of the underlying emotional, social and behavioral challenges preventing successful self management. Our program helps patients learn healthy ways to live with their illness. The admission criteria is as follows:

- A chronic illness diagnosis
- 2-22 years of age
- Inability to function independently at an age-appropriate level in any of the following areas:
 - self-care
 - mood stability
 - school

Individuals may exhibit a specific pattern of self-destruction and behaviors inconsistent with responsible management of their chronic illness.

“Cumberland Hospital has provided a ray of hope for our most difficult to manage, chronically ill children and adolescents. Thanks to the hospital's unique approach of treating both the mind and body, these children have been able to resolve issues that have blocked their ability to care for their own medical needs.

As an experienced case manager, I find it refreshing to see an institution that recognizes the impact of psychological and behavioral issues on a patient's physical well being. Cumberland addresses both those concerns, head on, with a comprehensive health management plan and a team approach.”

- Sue Gronostajski, RN, CCM
Horizon/Mercy Blue Cross Blue Shield of New Jersey

