

A Balanced Approach to Treating Mind and Body

Where can young people with chronic illnesses, brain injuries or other neurological impairments receive help for their emotional and medical issues even if accompanied by disruptive behaviors?

Cumberland Hospital for Children and Adolescents

UNIQUE SERVICES FOR MEDICAL & BEHAVIORAL NEEDS

This specialty hospital treats mind and body in tandem. In a nurturing environment, using cognitive and behavioral interventions and the latest approaches in medical management, this experienced and dedicated staff helps young people from across the country grow physically and emotionally.

Cumberland's Residential Services provide a specialized medical milieu for adolescents who do not need hospitalization but require daily structure and interventions to address behavioral and emotional issues that prevent successful medical self-care. They also need nursing services for their medical conditions.

RESIDENTIAL SERVICES DESIGNED FOR SUCCESSFUL CHANGE

Cumberland's Residential Services are designed for adolescents who have a chronic illness, brain injury or neurological impairment, and whose behavioral and emotional problems interfere with their ability to function well at school or at home. They need supervision for medical compliance and a structured environment to address their behavioral, emotional and control issues. Residents are treated with

Common Diagnosis

One or more of the following may be diagnosed:

- Diabetes mellitus
- Spina bifida
- Cerebral palsy
- Sickle cell anemia
- Crohn's disease
- Renal failure
- Brain injury
- Seizure Disorders
- Depression
- Pervasive developmental disorders
- Developmental delay disorders

respect, are given choices and their inappropriate behaviors are redirected. With consistent interventions, residents begin to internalize positive behaviors, which then become habitual. They gradually require less external structure and should be able to live in environments with less supervision after discharge.

The program can accommodate 16 residents and accepts young people with IQs of 55 or above.

Residential Services - Cumberland's Successful Formula

- Adolescent focus (up to 22 years)
- Treatment of medical and emotional issues in tandem
- Nursing and medical services
- Creative treatment approaches
- Realistic and practical life-skills training
- On-site Cumberland Academy
- Therapeutic rural setting
- Nurturing staff trained in pediatrics



Admission Criteria

The admission criteria for Residential Services include:

- Ages: 13-22 years of age
 - Diagnosis: Chronic medical illness, brain injury or neurological disorders
 - IQ: 55 and higher
 - Able to perform activities of daily living (ADLs) independently, requiring verbal cues or minimal physical assistance (reviewed on a case-by-case basis)
 - Able to maneuver in environment
 - Able to communicate verbally or independently with augmentative device
 - Requires only minimal rehabilitative services
 - Requires moderate level of nursing services
 - May have an education or learning disability, and emotional disturbance or other health impairment
 - Able to participate daily in 5.5 hours of school
- Individuals who do not meet these requirements may be appropriate for other programs offered by Cumberland.*

Protocol

Using the interdisciplinary treatment team approach, Cumberland's clinical assessment and treatment is managed by a child psychiatrist and behavioral/developmental pediatrician. Consultations from specialists, such as a pediatric endocrinologist, are available when needed. In addition to these experts, the core treatment team includes a psychotherapist, case manager, educational therapist, recreational specialist, behavioral counselors and nurses. Cumberland's speech/language pathologists and physical and occupational therapists are part of the treatment team when medically appropriate. Residents with neurological involvement also are treated by a physician. Each resident's master treatment plan takes into account that adolescent's unique, specialized needs. Cumberland's highly trained staff members are specialists in pediatric development and treat each resident with personalized care in a nurturing, structured environment.

ACADEMICS

Education is a focal point of treatment throughout all Residential Services. Cumberland Academy, a state-approved on-site school, is an extension of treatment with special education teachers continuing the positive reinforcement and other behavioral management techniques in the classroom.

Each resident's educational services, like his or her treatment plan, is individualized. Residents participate in a minimum of 5.5 hours of academics spread throughout their day. Classes are small to allow for specialized attention. All teachers are experienced in working with students who have learning disabilities, emotional disturbances and other health impairments.

Textbook learning is augmented with a variety of hands-on experiences, including community-based education and activities, to help residents who have difficulty focusing on tasks maintain an interest in learning. Computers, modern

educational videos and interactive electronics are tools used to help residents become excited about learning. The acres of woods and lakes on the hospital grounds provide an outdoor learning environment for numerous subjects.

ACCREDITATION & LICENSURE

Cumberland Hospital for Children and Adolescents is committed to working with children ages 2-22. The hospital campus is located on 98 wooded acres and has 100 beds (16 for Residential Services). Cumberland is licensed by the Virginia Department of Health (hospital program) and the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services (residential programs).

Both the hospital and the residential programs are accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).



*Cumberland Academy is certified by the
Virginia Department of Education.*