



**Diabetes Management Program  
for Difficult-to-Treat  
Children and Adolescents**

**T**he adolescent with poorly controlled diabetes mellitus compounded by an emotional disturbance poses risks and challenges that differ significantly from the treatment of adolescents with no concomitant behavioral issues.

Since its inception in 1983, Cumberland hospital has responded to these unique demands by creating an inpatient medical program integrated with a therapeutic behavioral milieu specifically designed to treat the underlying emotional disturbance and increase self-care capabilities for diabetic adolescents.

Cumberland Hospital's **Diabetes Management Program** is designed to break the cycle of repeated emergency room visits, hospitalizations and school absences resulting from non-adherence to a self care regimen.

#### **DIFFICULT-TO-TREAT PATIENTS**

- The majority of our patients come to the Diabetes Management Program having been **unsuccessful in less intensive programs**.
- Successful treatment of their medical condition has been **thwarted by concurrent behavioral health issues**.
- They continue to **exhibit life-threatening complications** despite repeated efforts to manage their diabetes through inpatient and outpatient interventions.
- A significant proportion of our patients have **diabetes complicated by eating disorders**.

#### **COMPREHENSIVE CARE OF BODY AND MIND**

Cumberland Hospital, located midway between Richmond and Williamsburg, VA, provides **specialized care for children and adolescents** (2-22 years) with chronic illnesses, neurological impairments, and brain injury, the treatment of which is complicated by concurrent behavioral impairments. This 94 bed campus-based facility is **unique in its treatment of body and mind** by integrating medical, behavioral, educational, and rehabilitative services “under one roof”.

## INTEGRATED MULTI-DISCIPLINARY TREATMENT

Cumberland's multi-disciplinary approach incorporates pediatric/adolescent medicine, psychology, nursing, physical/recreational therapy, diet/nutrition, social work, and

education. Through the comprehensive integration of these disciplines, the Diabetes Management Program is successful in:

- **stabilizing medical problems,**
- **addressing behavior management issues** such as medical non-adherence,
- **educating the patient** on diet and in effective self-care techniques,
- **helping the family cope** effectively with the child's chronic illness,
- **reducing the likelihood of repeated hospitalizations,** and
- **transition planning with home and community resources** including, when appropriate, the use of an insulin pump.



## OUTCOME OBJECTIVES

At discharge, program participants demonstrate age-appropriate mastery in the following self-care responsibilities:

- Monitoring and self treatment for out of range blood sugars,
- Administering insulin doses with appropriate site rotation and technique,
- Exercising properly,
- Keeping a diabetic diary, and
- Planning and preparing meals and snacks.

## MEDICAL RESIDENTIAL TREATMENT PROGRAM

In addition to the hospital-based Diabetes Management Program, the 16 bed co-ed Medical Residential Treatment Program (RTP) provides a specialized milieu for adolescents (13-22 years) who do not require hospitalization but do need supervision for medical compliance and a structured environment in which to address behavioral, emotional, and control issues that impede successful medical self-care. While licensed as a behavioral health program, residents receive 24 hour nursing and medical management assistance.



## POSITIVE SELF CONCEPTS

Guided by sensitivity to the developmental needs of children and adolescents, the Diabetes Management Program provides young people with opportunities



to gain positive peer support by interacting with others who face similar physical, emotional, and social challenges. When patients

leave the hospital, they take feelings of accomplishment and success with them. Instead of perceiving themselves as oddities within their peer group, they realize that they are individuals who happen to have diabetes.

## REFERRAL AND ADMISSIONS

Our admissions office staff is prepared to assist in facilitating the pre-authorization process through commercial, state, or federal funding sources. For more information or to refer please call **800-368-3472** and ask for the admissions office.

## DOC-TO-DOC CONSULTATION

Patient-specific consultation prior to referral is welcomed by our Medical Director, Daniel Davidow, M.D.: 800-368-3472 or [daniel.davidow@psysolutions.com](mailto:daniel.davidow@psysolutions.com).



## CREDENTIALS

Cumberland operates under hospital licensure from the State of Virginia and accreditation by JCAHO.

The Diabetes Program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education.

The Medical RTP is licensed by the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services and accredited by JCAHO.

Cumberland Academy, a state certified private day school, is co-located on campus providing both general and special educational programming for K-12.

---

**We could be the breakthrough you've been looking for.**

---

The adolescent with poorly controlled diabetes mellitus compounded by an emotional disturbance poses risks and challenges that differ significantly from the treatment of adolescents with no concomitant behavioral issues.

Since its inception in 1983, Cumberland hospital has responded to these unique demands by creating an inpatient medical program integrated with a therapeutic behavioral milieu specifically designed to treat the underlying emotional disturbance and increase self-care capabilities for diabetic adolescents.

Cumberland Hospital's **Diabetes Management Program** is designed to break the cycle of repeated emergency room visits, hospitalizations and school absences resulting from non-adherence to a self care regimen.

#### DIFFICULT-TO-TREAT PATIENTS

- The majority of our patients come to the Diabetes Management Program having been **unsuccessful in less intensive programs**.
- Successful treatment of their medical condition has been **thwarted by concurrent behavioral health issues**.
- They continue to **exhibit life-threatening complications** despite repeated efforts to manage their diabetes through inpatient and outpatient interventions.
- A significant proportion of our patients have **diabetes complicated by eating disorders**.

#### COMPREHENSIVE CARE OF BODY AND MIND

Cumberland Hospital, located midway between Richmond and Williamsburg, VA, provides **specialized care for children and adolescents** (2-22 years) with chronic illnesses, neurological impairments, and brain injury, the treatment of which is complicated by concurrent behavioral impairments. This 94 bed campus-based facility is **unique in its treatment of body and mind** by integrating medical, behavioral, educational, and rehabilitative services "under one roof".

#### INTEGRATED MULTI-DISCIPLINARY TREATMENT

Cumberland's multi-disciplinary approach incorporates pediatric/adolescent medicine, psychology, nursing, physical/recreational therapy, diet/nutrition, social work, and education. Through the comprehensive integration of these disciplines, the Diabetes Management Program is successful in:

- **stabilizing medical problems,**
- **addressing behavior management issues** such as medical non-adherence,
- **educating the patient** on diet and in effective self-care techniques,
- **helping the family cope** effectively with the child's chronic illness,
- **reducing the likelihood of repeated hospitalizations,** and
- **transition planning with home and community resources** including, when appropriate, the use of an insulin pump.



#### OUTCOME OBJECTIVES

At discharge, program participants demonstrate age-appropriate mastery in the following self-care responsibilities:

- Monitoring and self treatment for out of range blood sugars,
- Administering insulin doses with appropriate site rotation and technique,
- Exercising properly,
- Keeping a diabetic diary, and
- Planning and preparing meals and snacks.

#### MEDICAL RESIDENTIAL TREATMENT PROGRAM

In addition to the hospital-based Diabetes Management Program, the 16 bed co-ed Medical Residential Treatment Program (RTP) provides a specialized milieu for adolescents (13-22 years) who do not require hospitalization but do need supervision for medical compliance and a structured environment in which to address behavioral, emotional, and control issues that impede successful medical self-care. While licensed as a behavioral health program, residents receive 24 hour nursing and medical management assistance.

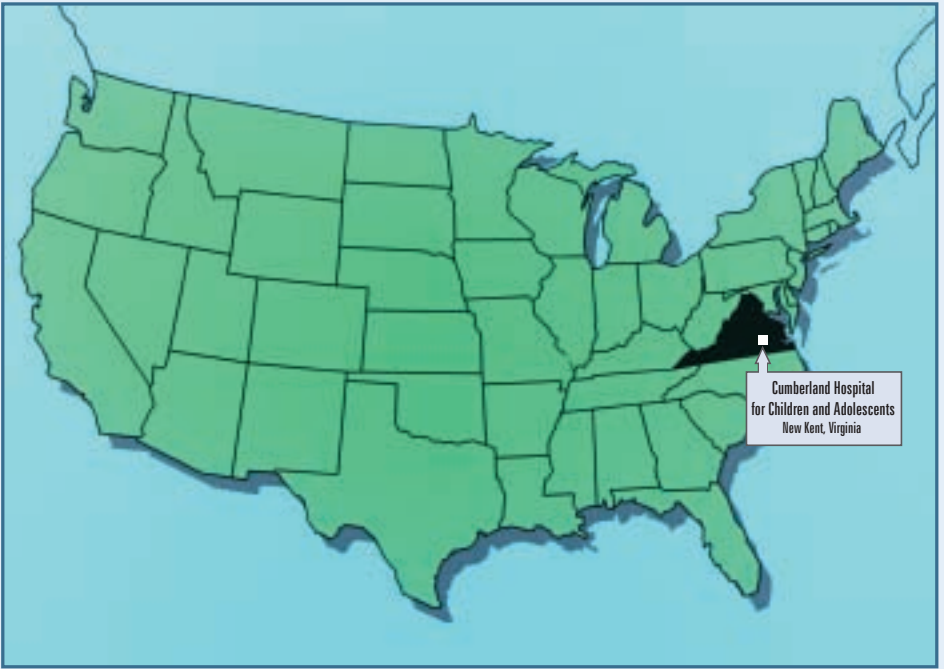


#### POSITIVE SELF CONCEPTS

Guided by sensitivity to the developmental needs of children and adolescents, the Diabetes Management Program provides young people with opportunities



to gain positive peer support by interacting with others who face similar physical, emotional, and social challenges. When patients leave the hospital, they take feelings of accomplishment and success with them. Instead of perceiving themselves as oddities within their peer group, they realize that they are individuals who happen to have diabetes.



Cumberland Hospital for Children and Adolescents

9407 Cumberland Road  
New Kent, Virginia 23124  
(800) 368-3472 · fax (804) 966-5639  
[www.cumberlandhospital.com](http://www.cumberlandhospital.com)

The adolescent with poorly controlled diabetes mellitus compounded by an emotional disturbance poses risks and challenges that differ significantly from the treatment of adolescents with no concomitant behavioral issues.

Since its inception in 1983, Cumberland hospital has responded to these unique demands by creating an inpatient medical program integrated with a therapeutic behavioral milieu specifically designed to treat the underlying emotional disturbance and increase self-care capabilities for diabetic adolescents.

Cumberland Hospital's **Diabetes Management Program** is designed to break the cycle of repeated emergency room visits, hospitalizations and school absences resulting from non-adherence to a self care regimen.

#### DIFFICULT-TO-TREAT PATIENTS

- The majority of our patients come to the Diabetes Management Program having been **unsuccessful in less intensive programs**.
- Successful treatment of their medical condition has been **thwarted by concurrent behavioral health issues**.
- They continue to **exhibit life-threatening complications** despite repeated efforts to manage their diabetes through inpatient and outpatient interventions.
- A significant proportion of our patients have **diabetes complicated by eating disorders**.

#### COMPREHENSIVE CARE OF BODY AND MIND

Cumberland Hospital, located midway between Richmond and Williamsburg, VA, provides **specialized care for children and adolescents** (2-22 years) with chronic illnesses, neurological impairments, and brain injury, the treatment of which is complicated by concurrent behavioral impairments. This 94 bed campus-based facility is **unique in its treatment of body and mind** by integrating medical, behavioral, educational, and rehabilitative services "under one roof".

#### INTEGRATED MULTI-DISCIPLINARY TREATMENT

Cumberland's multi-disciplinary approach incorporates pediatric/adolescent medicine, psychology, nursing, physical/recreational therapy, diet/nutrition, social work, and education. Through the comprehensive integration of these disciplines, the Diabetes Management Program is successful in:

- **stabilizing medical problems,**
- **addressing behavior management issues** such as medical non-adherence,
- **educating the patient** on diet and in effective self-care techniques,
- **helping the family cope** effectively with the child's chronic illness,
- **reducing the likelihood of repeated hospitalizations,** and
- **transition planning with home and community resources** including, when appropriate, the use of an insulin pump.



#### OUTCOME OBJECTIVES

At discharge, program participants demonstrate age-appropriate mastery in the following self-care responsibilities:

- Monitoring and self treatment for out of range blood sugars,
- Administering insulin doses with appropriate site rotation and technique,
- Exercising properly,
- Keeping a diabetic diary, and
- Planning and preparing meals and snacks.

#### MEDICAL RESIDENTIAL TREATMENT PROGRAM

In addition to the hospital-based Diabetes Management Program, the 16 bed co-ed Medical Residential Treatment Program (RTP) provides a specialized milieu for adolescents (13-22 years) who do not require hospitalization but do need supervision for medical compliance and a structured environment in which to address behavioral, emotional, and control issues that impede successful medical self-care. While licensed as a behavioral health program, residents receive 24 hour nursing and medical management assistance.



#### POSITIVE SELF CONCEPTS

Guided by sensitivity to the developmental needs of children and adolescents, the Diabetes Management Program provides young people with opportunities



to gain positive peer support by interacting with others who face similar physical, emotional, and social challenges. When patients leave the hospital, they take feelings of accomplishment and success with them. Instead of perceiving themselves as oddities within their peer group, they realize that they are individuals who happen to have diabetes.