

A Balanced Approach to Treating Mind & Body

Medical hospitals treat illnesses and injuries. Psychiatric hospitals treat emotional and behavior challenges. Where can children with both medical and emotional or behavioral challenges receive treatment that is targeted with their special needs in mind?

Cumberland Hospital for Children and Adolescents.

A NURTURING ENVIRONMENT

At Cumberland Hospital, we understand children whose medical conditions and developmental status affect their emotional outlook and behavioral control. The staff at our serene, campus-like hospital, nestled among acres of trees and lakes, are experts in childhood development, diseases, injuries and emotional adaptation. In a nurturing environment, using the latest approaches in medical management and adaptive skill building, our experienced and dedicated professionals help young people ages 2 to 22 heal physically and develop emotionally. For more than 20 years, Cumberland Hospital has helped children and families throughout the United States.

Our Neurobehavioral Program is designed specifically for youth whose neurological impairments acquired genetically or through injury, are compounded by a lack of behavior control. They may respond by being oppositional, verbally or physically aggressive, impulsive, frustrated, or self-injurious.



Cumberland's Successful Formula

- Pediatric and adolescent focus
- Physical and emotional issues treated in tandem
- Ability to manage aggressive behaviors
- On-site physicians and specialists
- Nursing and medical services
- Creative treatment approaches
- On-site Cumberland Academy
- Peaceful, therapeutic setting
- Practical life-skills training
- Nurturing staff trained in pediatrics and childhood development

Typical Diagnosis

Some of the most commonly seen diagnoses for the Neurobehavioral Program include:

- Attention-deficit/Hyperactivity Disorder
- Autism
- Pervasive Developmental Disorder
- Mental retardation
- Fetal alcohol syndrome



Because of Cumberland's size and highly trained staff, each child receives personalized treatment in a nurturing environment.

Medical needs are directed by a board certified pediatrician and administered by nurses and behavioral counselors. Most children who are admitted to the Neurobehavioral Program are medically stable, but still require medical services, such as nursing, medication adjustment and nutrition education.

Throughout treatment Cumberland's program helps children learn socially adaptive behaviors and find the supports required to maintain new skills after discharge. Sometimes children can develop the skills required to manage the demands of daily living. Other times children may need the continuing help and support of other people to sustain similar success. At Cumberland, we blend skill development and positive behavioral support treatment strategies to produce enduring outcomes for each child.

Treatment at Cumberland also incorporates structured teaching using facilitative skill models that emphasize the specific needs of the individual. These approaches build on intervention strategies that research has shown to be effective for patients with autism and other developmental

HEALTHY STRUCTURE

The Neurobehavioral Program includes functional individual and group activities interwoven into each child's specific treatment goals. Depending on a child's needs, physical, occupational, speech, recreational, psychological and special therapies, such as cognitive retraining and nutrition are provided. Patients also participate in groups and community activities, which provide opportunities for healthy interpersonal interaction and development. All children attend school on campus at Cumberland Academy.

Protocol

Upon admission each child participates in a comprehensive multi-disciplinary team assessment. Medical assessment and treatment includes consultations from a pediatric neurologist, pediatric psychiatrist, neuropsychologist and/or physiatrist as necessary, in conjunction with daily management by a behavioral/developmental pediatrician.

Following this comprehensive evaluation, a master treatment plan is developed that takes into account that child's unique and specialized needs. Because of Cumberland's small size and highly trained staff, who are specialists in pediatric development, each child receives personalized treatment in a nurturing environment.

In most cases, initial treatment includes medication adjustment, school and behavioral programming. Additional therapies may also be provided as indicated by each child's Individual Education Plan (IEP):

- Speech/Language Therapy
- Occupational Therapy
- Physical Therapy
- Specialized Education Services
- Other services as needed

Individual levels of functioning and progress determine patient admission and treatment duration. Initial treatment to assess and stabilize problematic behaviors often lasts 60 to 120 days. Subsequent services, including long-term residence and community adaptation can last six months or longer, according to individual need.

disabilities. This includes optimizing the physical environment, developing realistic daily schedules, establishing clear and explicit expectations, using perceptually relevant cues and prompts, and assuring that programming is relevant to the needs and interests of each child.

Consistent treatment is critical to each patient's success. Staff members remain in constant communication regarding each patient's status. Detailed data sheets, treatment team meetings and core scheduling are just a few of the ways that our professional staff keep abreast of each patient's ongoing needs and required care throughout treatment.

The goal of Cumberland Hospital's Neurobehavioral Program is to help each child develop the skills and supports required to live in the least restrictive, most community-inclusive and culturally relevant environment of choice possible.

SOLUTIONS FOR CHALLENGING BEHAVIORS

"We see a wide range of diagnoses," explained Cumberland's Neurobehavioral Program Director. "For some children behavioral problems began when they were younger; now when the child is older and stronger, he or she may be more difficult to manage at home, in school or in another medical setting. Other children face behavioral challenges following major life changes

such as the loss of a family member, or moving to a new school or community. Still other children face new challenges following recent injury or illness."

Through structured programming that fills their day with individual and group therapies and activities, children, families and their caretakers learn new ways to manage daily challenges and get the most out of life.

TREATMENT INTEGRATED WITH ACADEMICS

Cumberland Academy, an on-site school certified to operate by the Virginia Board of Education, is an important part of daily treatment. In the classroom, therapeutic educators continue the positive supports and other cognitive-behavioral program techniques developed by the child's treatment team. Each patient's academic program, like his or her treatment plan, is individualized. At Cumberland, we encourage success through individualized attention, small class sizes and integrated programming.

Many children learn best through hands-on experiences. Our teachers use a wide range of visual, tactile, manipulative and communicative aids to help improve children's attention and comprehension. Classes at Cumberland Academy also involve community outings and activities on the campus using nature as a teacher for science, math and problem solving. Treating mind and body is Cumberland's specialty.



ACCREDITATION & LICENSURE

Cumberland Hospital for Children & Adolescents is a 94-bed, specialty rehabilitation hospital located between Richmond and Williamsburg, Virginia. Committed to working with children who face complex challenges, we have 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)
- licensed by the Virginia Department of Health
- Cumberland Academy has a Certificate to Operate from the Virginia Board of Education

CALL FOR MORE INFORMATION

For more information about Cumberland Hospital's Neurobehavioral 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 Neurobehavioral Program provides a structured environment for evaluation of medication regimens and consistent behavioral programming for children with neurobehavioral disorders. All program services focus on helping children return to the least restrictive, most community-inclusive and culturally relevant setting possible.

Admission criteria include:

- Limited intellectual function (IQ 75 or lower)
- Pervasive impairment of adaptive functions in at least two of the following areas: communication, self-care, home living, social skills, leisure, health and safety, self-direction, functional academics, community use and work
- Diagnosis of neurological or developmental disability
- Therapy needs in the areas of speech, occupational therapy, physical therapy or behavior management
- One or more of the following situations exist:
 - a) acute change in child's medical or behavioral status representing a danger to self or others, or to the child's further developmental progress
 - b) service cannot be provided in a less structured or less intensive setting due to severity of illness and/or intensity of services required
 - c) multi-disciplinary evaluation required
 - d) medication adjustments required that may produce negative changes in health, neurological (seizures) or behavioral status