

A Balanced Approach

Some children and adolescents with developmental impairments need extra help overcoming behaviors that interfere with typical daily living. Where can they go if they need a structured setting without residential treatment?

Cumberland Hospital's Community Based Services.

HOME ENVIRONMENTS

Cumberland Hospital for Children and Adolescents operates community based programs in attractive neighborhood homes. With 24-hour supervision provided by nurturing staff, programs at the group homes enable residents to participate in self-care and family-type activities while learning skills needed for increased independence.

Cumberland's group homes provide a specialized environment for residents who do not need hospitalization or residential treatment but require daily structure and interventions to address behavioral and emotional issues that prevent successful self-care. In a variety of ways, including family support services, recreational activities and group excursions, residents learn how to live with their families and neighbors.

Our group homes are designed for children and adolescents whose behavioral and emotional problems interfere with their ability to function well at school or at home. They need supervision and a structured environment to address their behavioral, emotional and control issues. Residents are treated with respect, are given choices and their inappropriate behaviors are redirected. With consistent

interventions, residents begin to internalize positive behaviors, which then become habitual.

Having earned the distinction of being accredited by the Joint Commission on Accreditation of Healthcare Organizations, Cumberland's group homes are recognized as providing consistent and quality care for young people. Many of our residents are able to transition to a supervised apartment or into foster care settings.

EDUCATION/VOCATION IN THE COMMUNITY

Education is a major portion of each resident's day. Each resident's educational/vocational services, like his or her treatment plan, is individualized. Residents participate in educational or vocational programming as determined by their Individual Education Plan. They attend school and/or participate in vocational programming in the community, and staff actively participate in the educational process by attending parent/teacher conferences and special presentations, assisting with homework and other activities. For those residents who have completed their educational requirements, staff assists with associated job training skills.

Cumberland's Successful Formula

- 24-hour "awake" supervision
- Home-like environments
- Ability to manage inappropriate behaviors
- Realistic and practical life-skills training
- Community activities for inclusion
- Nurturing staff trained in pediatrics and childhood development

SERVICES

Intensive case management is central to Cumberland's Community Based Services. The House Manager functions as case manager, counselor, advocate, spokesperson and manager.

In general, each resident participates in the following:

- Positive behavior management customized to the resident's needs
- Family education and supportive services
- Training or support in activities of daily living
- Community living skills, including shopping and transportation
- Education in local public schools or private day schools if IEP mandated
- Optional vocational services through community resources
- Recreational activities, including games and simple tasks to develop sensory motor skills as well as community outings to the park, library, beach and museums
- Community based therapies and medical services as needed, including speech, occupational, physical and/or vocational

ACCREDITATION & LICENSURE

Cumberland Hospital for Children and Adolescents is an 84-bed specialty hospital offering a variety of programs for youth with medical and behavioral issues. Each of the group homes can accommodate six to eight residents.

Cumberland's Community Based Services are regulated under Standards of Interdepartmental Licensure of Residential Facilities for Children (CORE), licensed by the Department of Mental Health, Mental Retardation and Substance Abuse Services (DMHMRSAS) and accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

ADMISSION INFORMATION

All of Cumberland's Community Based Group Homes require that residents be capable of participating in 5.5 hours of educational/vocational programming daily and be capable of participating in group activities.

CUMBERLAND MAGNOLIA HOUSE

- Located in Richmond, Virginia
- Adolescent females, ages 12 thru 21
- Borderline to mild mental retardation

CUMBERLAND PENINSULA COTTAGE

- Located in Richmond, Virginia
- Adolescent males, ages 12 thru 21
- Mild to moderate mental retardation

CUMBERLAND BARTON HOUSE

- Located in Richmond, Virginia
- Adolescent males, ages 12 thru 21
- Mild to moderate mental retardation

CUMBERLAND SEGER HOUSE

- Located in Mechanicsville, Virginia
- Males, ages 8 thru 21
- Neurobehavioral/pervasive developmental delays
- Moderate to severe mental retardation

CUMBERLAND CAPITAL COTTAGE

- Located in Richmond, Virginia
- Male or female, ages 8 thru 21
- Neurobehavioral/pervasive developmental delays
- Moderate to severe mental retardation

CALL FOR MORE INFORMATION

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

