

Cumberland Heights

(Substance Abuse Residential Treatment Center)

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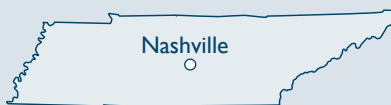
PROGRAM OUTLINE

Gender: Coeducational, Single
Gender Groups
Ages: 14 to 18
Grades: 7 to 12
Enrollment: 24
Duration: 30 - 120 days
Founded: 1985



NATSAP

Member Since: 2009



Airport: Nashville International

Cumberland Heights Adolescent Treatment Program is committed to the tradition of providing the highest quality of care possible in a cost effective manner, for adolescents – and their families who are at risk for, or suffering from the disease of chemical dependency. Treatment encompasses the physical, mental, emotional and spiritual dimensions of recovery by offering professional excellence, the principles of the Twelve Steps, proven clinical intervention and a safe, loving environment.

We specialize in those adolescents ages 14-18 who have a primary addiction diagnosis and will benefit from the structure and therapy provided in this description. Our average length of stay is 30 to 120 days. Treatment is designed provide physical and emotional safety and education in order to begin abstinence and long term recovery from addiction. We offer our patients an opportunity of connecting or reconnecting with their own spiritual life and how this has relevance in their day to day recovery. Additionally our patients are introduced to new and effective coping skills that involve their physical, spiritual emotional and overall sober support system.

Adolescent treatment at Cumberland Heights provides for a combination of recovery / education and therapy delivered through individual, group, didactic and experiential modalities. These therapies are experienced through a combination of indoor traditional therapies along with our outdoor adventure based techniques. We utilize both high and low ropes course elements, an indoor climbing wall, a full size gymnasium as well as our natural setting on 177 acres to engage teenagers. These adventure based therapies often connect and make sense to our teens where traditional techniques may not.

School services are provided through River Road Academy, a TN State licensed school on campus. For those who will retain enrollment in their own home school our teachers collaborate with that school and provide tutoring to keep the adolescent caught up with their work.

Our residents are housed in a gender separate new living space built in 2007 that allows for a comfortable, spacious and therapeutic environment. The boys and girls sleep two to a room and have a lodge style day room for morning and evening meditation and just relaxing. Meals, recreation and all activities are supervised and accompanied by staff. Our patients attend a minimum of three off site 12-step meetings per week and attend a minimum of one in-house 12-step meeting brought out by the local 12-step community weekly. Cumberland Heights understands that teenagers cannot be treated individually and in isolation of their family. Our treatment utilizes Family Systems Theory methods to support change in the entire family. Weekly family sessions along with a 4-day family program are at the heart of the overall treatment experience.

Individual Counseling Available: Yes

Accreditation, Licensure: The Joint Commission, Tennessee Department of Education

Professional Affiliations: NATSAP-Full Member; N.A.A.T.P - National Association of Addiction Treatment Providers; Association of Recovery School