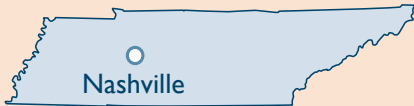


Cumberland Heights

(Residential Treatment Center - Substance Abuse)

CONTACT	PROGRAM OUTLINE
Executive Contact: Dean Porterfield Academic Contact: Kevin Goddard Email: dean_porterfield@cumberlandheights.org Phone: (615) 356-2700 Fax: (615) 432-3186 Address: 8283 River Road Nashville, TN 37209 Website: www.cumberlandheights.org	Gender: Boys Only Ages: 14 - 18 Grades: 7 - 12 (onsite private school) Enrollment: 24 Duration: 30 - 120 days Founded: 1985
NATSAP Member Since: 2009	 Airport: Nashville, TN (BNA)

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 substance abuse or substance dependency issues. 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 adolescent males 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 to 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.

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.

The boys 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. 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; State of Tennessee, Department of Mental Health and Substance Abuse Services; Tennessee Department of Education

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