

CUMBERLAND HEIGHTS THERAPEUTIC ENVIRONMENT

Cumberland Heights strives to bring together its resources and functions to create an optimal environment of care in which recovery from chemical dependency and related issues may occur. The facilities themselves are chosen and/or designed, constructed equipped and maintained with this purpose in mind.

The original site facility and main organizational headquarters is located on 178 acres of farmland along the Cumberland River just moments outside of the city of Nashville, TN. This location allows for a multitude of patient and alumni activities on the grounds. There is also a covered shelter available in addition to the main campus, as well as a gazebo and a high and low elements rope course for adventure based counseling, a horse corral for equine assisted psychotherapy and a meditation trail near the chapel area.

Outpatient facilities are in existing multiple and single occupancy buildings. All sites provide for ways and means of complying with ADA regulations, codes, Fire Marshall Standards, and licensure standards of the State of Tennessee Department of Mental Health and Substance Abuse Services.

Visitors and patients coming to Cumberland Heights are greeted by trained staff that may assist them as needed. A specially trained admissions staff is available at the residential site and is conducted by Outreach Coordinators & Mobile Assessors at Outpatient locations for chemical dependency assessment of potential patients. A 24-hour nursing service is also provided at the residential site. This service is capable of managing sub acute detoxification needs, non-acute health care such as administration of routine medications and emergency triage.

Office, group rooms, and gathering rooms are available at each site to meet the needs of the counseling portion of the program. In addition, the Frist Family Life Center at the residential campus offers a recreation room with pool and pin-pong tables, a fitness room, and a gymnasium. Outpatient sites offer 12 Step Meeting and Aftercare.

Residential patients share bedrooms with one to three peers depending on room size. Each patient has a closet and a chest to store personal belongings. Valuables are to be sent home or stored in the Fiscal Services safe on the premises. Restrooms are shared with no more than six peers and are fully modernized.

In addition, lounge areas are present on each unit. These areas are decorated to provide a homelike atmosphere. Calendars, clocks, and ample windows to observe the natural beauty of the site are available. Patients may also display personal belongings in their rooms in accordance with unit specific guidelines.

Residents are asked to keep their personal living space neat and clean on a daily basis. Housekeeping staff are responsible for major cleaning such as vacuuming, dusting, cleaning bathrooms, etc. Residents may also be assigned duties such as straightening up the lounge or getting coffee supplies from Food Services. These are assigned as part of the therapeutic milieu in weekly community meetings.

Food Services are available to patients, families, and visitors at the residential site. The dining area is large and has a cathedral ceiling. The west wall of the dining room is glass and adjoins the veranda overlooking the area of the property leading down to the Cumberland River. Meals are served buffet style.

All buildings at Cumberland Heights are equipped with modern air conditioning, heating, electrical appliances, and telecommunication devices. These are promptly repaired and regularly inspected by Cumberland Heights' staff or landlords of rented buildings.

Areas at Cumberland Heights' facilities are generally unlocked with the following exceptions: medication areas, medical records, supply closets, hazardous material storage areas, and unoccupied staff areas at night. All staff are to wear nametags for identification purposes. Patients and visitors wear nametags with first name and last initial to preserve confidentiality.

Patients in all areas of the Cumberland Heights systems are encouraged to take personal responsibility for their grooming and dress as away of increasing self-esteem. Program guidelines prohibit certain dress styles, such as those promoting alcohol or drugs. Patients are informed of these on admission.

Patients in the residential programs are not allowed to have or operate personal radios/CD players. Televisions are available at scheduled times as specified in program guidelines. There are recovery related books and magazines available in lounge and lobby areas of the facilities. This is to allow patients to more intensively focus on treatment.

Cumberland Heights recognizes addiction and chemical abuse issues as impacting family. The recovery process is greatly enhanced by the participation of the family. Participation in a variety of family services, as well as weekly visitation at resident programs is encouraged. Lounges for adult patients and families are available in the upstairs of Craig Hall and the Frist Family Life Center and numerous benches are available in the courtyard for this purpose. The youth program offers lounges to families on both the male and female units as well as patio seating. Family programs are available at all Outpatient Sites.

Reviewed/Revised

11/08 LH, PC, CM, 02/09 DF, 05/09 BLA, 07/10 RT/Committee, 04/12 Committee, 03/12 RET, 03/13 RET, 11/14 RT