

# ARCH ACADEMY

ADOLESCENT RECOVERY OF CUMBERLAND HEIGHTS

Nestled in the woods near hiking trails and the Harpeth River just outside of Nashville, Tennessee, 67-acre ARCH Academy provides the ideal setting for recovery. The program designed for teen boys ages 14-18, is a continuation of Cumberland Heights' male adolescent program which has been around since 1985. Over the years Cumberland Heights has transformed the lives of thousands of families. This new program allows us to help even more.



**ADOLESCENT  
RECOVERY**  
OF CUMBERLAND HEIGHTS

[www.arch.org](http://www.arch.org)

**1-844-ARCH-ORG**



## Key Staff

**Executive Director:**  
Dean Porterfield, MA, LPC-MHSP, NCC

**Clinical Coordinator:**  
William Branson, M.Ed, LPC-MHSP, NCC

**Admissions & Outreach:**  
Cole Szabo, BS, LADAC II 615-390-9824  
Laura Ezell 615-906-6804

**Academic Coordinator:**  
Dr. Tenisha Odom, Ed. D

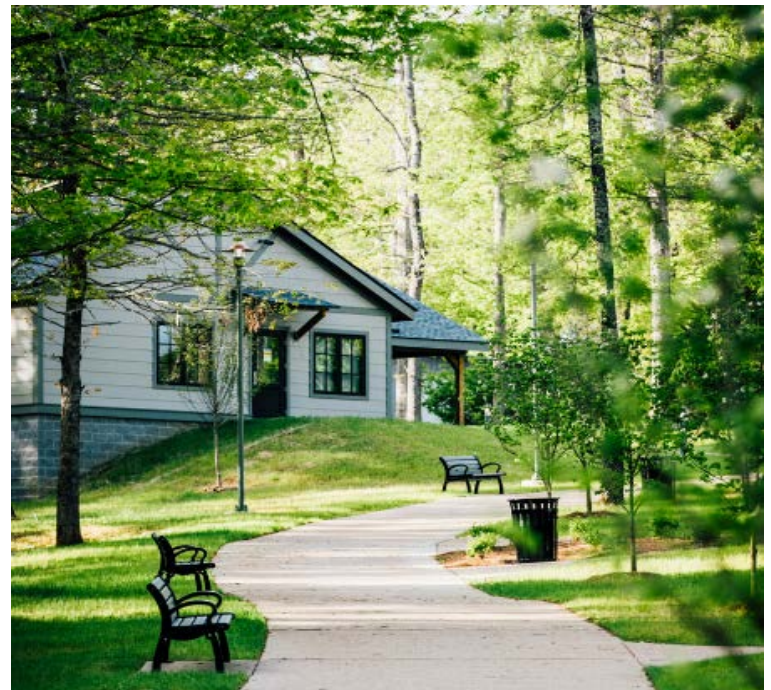
**Medical Director:**  
Chapman Sledge, MD, DFASAM

**Family Services:**  
Sherry Vautier, MA, LADAC II

## Therapy and Clinical Interventions

Primary interventions include:

- 12-Step group and education
- Medical detoxification (if needed)
- Cognitive behavioral therapy (REBT, DBT)
- Family systems
- Experiential therapy: art therapy, music assisted therapy, ropes course, spirituality group, mindfulness meditation
- Medication management for co-occurring disorders
- Psychiatric care
- Daily group therapy
- Individual therapy
- Trauma informed care and treatment (EMDR)
- Treatment progress incentive program
- Community service projects
- Equine Therapy





## Family Involvement

A cornerstone of ARCH Academy is parent involvement. Parents will join us for a 3-day intensive on-site program. Families are also encouraged to participate in weekly sessions and spiritual services. Prior to discharge, there are opportunities for off campus and home visits with family to practice newly acquired skills.

## Education

ARCH Academy operates a fully accredited private high school with grades 8-12 and includes credit recovery options and follow up academic placement. Statistics show most teens in the ARCH Academy core curriculum advance an entire grade level while in treatment. We also work in collaboration with Collegiate Recovery Programs for our seniors.



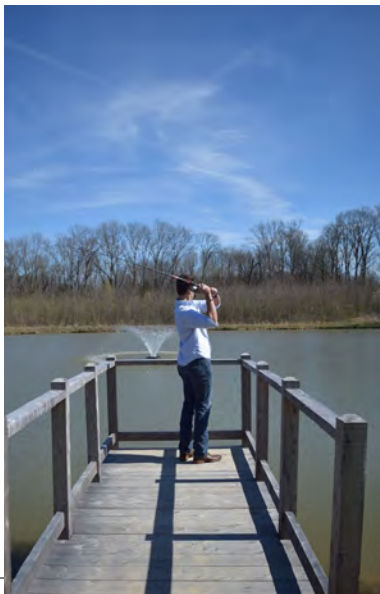
### Resident Profile

Our residents have a primary substance abuse diagnosis and it's not uncommon for them to have a co-occurring diagnosis such as depression, anxiety, ADHD, trauma or grief. ARCH Academy programming is designed to meet the needs of all patients.



### Alumni

ARCH Academy views our alumni as the core foundation of our mission. We pride ourselves on staying connected with alumni, inviting them back to campus regularly for on-site events.



### Length of Stay (we are in network with over 40 private insurance providers)

The program is an average of six months long and divided into three phases.

Phase 1: Primary care and assessment

Phase 2: Identify issues in greater depth such as anxiety, depression and family dynamics

Phase 3: Focus on transition and living skills



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