



Compassionate Care
and Rehabilitation Services
that Restore Lives



CROTCHED
MOUNTAIN

Specialty Hospital

A speech-language pathologist helps a ten year old who sustained a brain injury improve her swallowing skills so that she can eat safely and have her feeding tube removed.

An occupational therapist reintroduces once-familiar sounds and smells to a man in his twenties who is emerging from a coma—stimulation therapy that may help to restore him to consciousness.

A team in the Brain Injury Center provides daily cognitive therapy in a group setting to help patients improve attention, memory and self-awareness skills.

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Medical care, rehabilitation and renewed hope.

Every day,
Crotched Mountain Specialty Hospital
provides unsurpassed medical care and comprehensive
rehabilitation services to children and adults
throughout the Northeast who have experienced
brain injuries, spinal cord injuries and
other serious medical conditions.
Through compassionate care and transformative
rehabilitation, Crotched Mountain
renews hope and restores lives.

Our emphasis is on comprehensive rehabilitation and family-centered care.



A Focus on Recovery

Brain injuries, spinal cord injuries and serious medical conditions create numerous challenges for both patient and family. Following a brain injury, for example, language skills, physical movement and thought processes that were once natural need to be relearned.

The journey can be arduous and prolonged. At Crotched Mountain, we know that each person's recovery process is unique. Our philosophy of rehabilitation and recovery focuses on helping each patient reach the highest level of independence possible over the time it takes.

Going beyond traditional therapy goals, we work with the patient and family to address the activities and qualities that make life fulfilling—returning to home and community, maintaining healthy relationships, participating in favorite work and recreational activities, and having motivation and joy in life.

A Place Where Family Matters

At Crotched Mountain, you will find a genuinely family-centered environment. Here, your voice and participation count. Families are closely involved in the development of care plans, and we encourage you to be as involved as you can in the rehabilitation process. You are welcome to participate in therapy sessions, offering inspiration and assistance at many levels. Social and recreational activities are open to patients and families. And we offer overnight accommodations right on our campus.



Our Approach to Therapy

At Crotched Mountain, therapy is woven into the fabric of daily life. The skills gained through formal therapy sessions are reinforced through every activity your family member experiences during the day. Dressing, eating meals, socializing and recreation are all opportunities for our therapists, nurses and staff to incorporate therapeutic activities that help reinforce new skills in a meaningful manner.

We also encourage our patients to challenge themselves in a fully-supported environment. This could mean reaching just a little farther during a physical therapy session, taking steps to walk to dinner, participating in therapeutic recreational activities like skiing and swimming or gaining occupational training.

Rehabilitation therapies and services at Crotched Mountain

We take a holistic approach to medical care and rehabilitation that utilizes both traditional and alternative methodologies to achieve desired outcomes. These include:

- Acupuncture for Pain Treatment
- Augmentative/Alternative Communication
- Cognitive Rehabilitation
- Coma Stimulation Therapy
- Craniosacral Therapy
- Medical Botox® to Relieve Spasticity
- Neuropsychology
- Occupational Therapy
- Pain Management
- Physical Therapy
- Psychological Counseling
- Speech Therapy
- Substance Abuse Counseling
- Support Groups for Families and Brain Injury Survivors
- Therapeutic Recreation





Meet Us On the Mountain

When you come to Crotoned Mountain, you will find a unique environment, both inside and outside. The atmosphere is vibrant and upbeat. Patient rooms are comfortable and can be decorated and personalized to feel like home. Hallways are filled with positive energy from patients, staff and families alike.

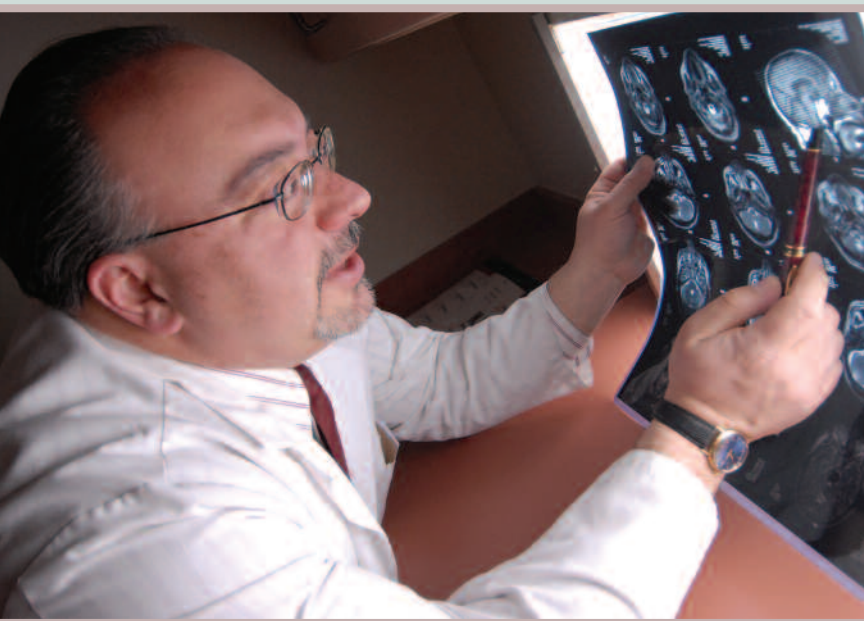
The hospital is divided into two distinct units. One is dedicated to children, teens and young adults with brain injuries and other diagnoses. The other unit is dedicated to adults with brain injuries and spinal cord injuries. In both settings, patients can rehabilitate and interact in a comfortable, attractive and highly supportive environment with exceptional nurse-to-patient ratios, twenty-four hours a day.

Our facilities are state-of-the-art. Hospital rooms are spacious, each with its own bath and foyer, and equipped with dual oxygen/suction stations. Hospital floors have living rooms, kitchens, recreation areas and dining rooms. The campus includes fully-accessible recreation and therapy pools, a fitness center, fully equipped therapy rooms and an assistive technology center. Patients and families also have access to a gymnasium, media center, theater and art studios.

Charting New Ground in Accessible Recreation

Outside, you are surrounded by breathtaking views in a peaceful campus environment. There are parks and gardens for restful sitting and enjoyment. Whenever appropriate, we incorporate the outdoors into therapy, making use of our accessible tree house, accessible playground, lakeside beach, the nearby ski mountain and accessible hiking trails.

Crotoned Mountain is a warm, beautiful and welcoming place where recreational opportunities abound.



Your Medical and Therapy Team

You and your family member have access to highly skilled and experienced staff at Crotoned Mountain. Our medical staff includes physicians specializing in developmental pediatrics, physiatry and psychiatry. Our nursing and therapy staff boast credentials that are second-to-none, including Certified Rehabilitation Registered Nurses, Certified Neuroscience Registered Nurses, Certified Brain Injury Specialists and Wound Care Specialists. Therapists use state-of-the-art technology in all disciplines. And we are open and have experience with many new and alternative therapies. Crotoned Mountain has established partnerships with acute care and tertiary care hospitals throughout New England. We work regularly with them to produce the best medical care and outcomes for patients.





We define rehabilitation in terms of our clients' hopes and goals, not a standardized regimen.



Brain Injury and Spinal Cord Injury Rehabilitation

Crotched Mountain specializes in rehabilitation for children and adults who have sustained traumatic and acquired brain injuries and spinal cord injuries. Here, patients receive intensive therapies from our expert staff with state-of-the-art equipment and facilities. Medical care is provided at acute and sub-acute hospital levels.

Patients receive a standard regimen of physical, occupational and speech-language therapies provided by experienced therapists. In addition, clinical services can include physiatry, neuropsychology, spasticity management, Baclofen pump management, medical acupuncture, medical Botox® for spasticity, pain management and wound care.

Our doctors, nurses and therapists help identify and address medical issues such as skin quality and avoidance of pressure ulcers, independence issues such as driving evaluations and home modifications, and personal issues such as substance abuse and sexuality.

Our assistive technology program supports people's lives across a broad array of communication, mobility and environmental control issues. The Wheelchair Seating and Mobility Assessment Clinic ensures the best solutions for this critical support. We partner with our brain injury and spinal cord injury patients for the long-term, to help them achieve the highest level of independence possible and reintegration into their communities.

Pediatric and Adolescent Rehabilitation

We address the medical and rehabilitation needs of children who are medically fragile or who have complex medical conditions that require hospital-level care or an in-patient rehabilitation program. Typical diagnoses include brain injury, cerebral palsy, neuromuscular disorders, developmental disorders, seizure disorders, late stage degenerative disorders and spina bifida. Many children also come here to recover and receive rehabilitation therapies following orthopedic and other major surgeries.

The Hayden Building for children is a lively, warm and caring place. Parents frequently comment on their feelings of safety and security while their children are here. Optimism for the potential of rehabilitation to help your child recover is pervasive. Our staff work as a team with the family to ensure the best outcomes. Children are typically grouped by age and care needs. They receive round-the-clock nursing care and physician



access. Rehabilitation occurs right in the building, as well as in specialized treatment facilities on our campus. Staff have access to state-of-the-art equipment and facilities and have many years of specialized experience.

Arrangements can be made with your child's school for individual tutoring. Group activities in our day program and access to other facilities on campus—swimming, bowling, the gymnasium, media center and library—fill the day between therapy sessions. At Crotched Mountain, you and your child will find a supportive and warm environment for recovery and rehabilitation.



Meet Matt Pratt

would walk or talk again due to his injuries. After several weeks of intensive rehabilitation therapy at Crotched Mountain, Matt's recovery was remarkable. He regained his cognitive, walking and speaking skills. He returned to his high school after missing only one semester. He plans to get his driver's license.

Crotched Mountain physical therapist Judy Ilacqua sensed Matt's potential for progress early on. She and the rehabilitation team integrated their therapies to bring about the fastest recovery. "There were times when both of his thighs were shaking, and we had to tell him to stop and rest. Matt always wanted to keep working." The smiles on the faces of Matt and his mom say the work paid off.

MATTHEW PRATT came to Crotched Mountain at age fifteen after a car accident fractured more than twenty bones, dislocated both clavicles, broke his pelvis and fractured his neck at a crucial point near the spine. He had been in a coma for twenty-seven days, and it was unclear whether he

Crotched Mountain and you. A lifelong alliance.



Returning Home With Skills and Support

Returning home means more than just leaving this campus. It means participating fully in life with dignity, respect and the right to make choices that determine one's future. We form a lifelong alliance with our patients and with you, offering resources and supports throughout all facets of life, including:

- Assistive technology access and training
- Community care home-based services
- Day programs
- Driver evaluation and education
- Home evaluations
- Outpatient services, such as physical, occupational, speech and aquatic therapies
- Residential services on- and off-campus
- Vocational programs
- Wheelchair clinic

We also provide you with the skills and support you need to help your family member embark on a new life, including training, monthly support groups and case management for accessing services and funding.

Contacting Crotched Mountain

For more information about **children and young adults** under the age of 30, please contact us at:

Phone: 603.547.3311, ext. 2010

Fax: 603.547.2431

Email: specialtyhospital@crotchedmountain.org

For more information about **adults with brain injury or spinal cord injury**, please contact us at:

Phone: 603.547.3311, ext. 1570

Fax: 603.547.2848

Email: admissions@crotchedmountain.org

To learn about all of our services, visit us on the web:

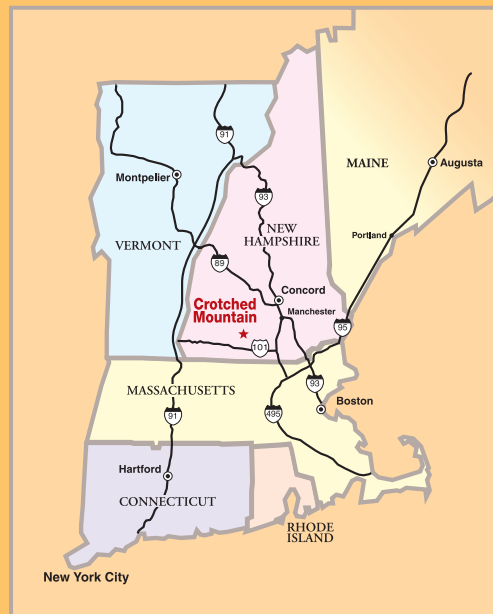
www.crotchedmountain.org

“When I describe Crotched Mountain, I say it is a slice of heaven on earth! There is an aura of blessing upon the mountain. I can't tell you how much this means to me.”

DEBBIE NICHOLS, PARENT



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