Children’s Specialized Hospital

Pediatric Inpatient and Outpatient Medical Care and Therapy Services
Welcome

Children’s Specialized Hospital is the nation’s leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges — from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health. At many different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective... so children can achieve more of their goals.
Mission
The mission of Children’s Specialized Hospital is to be the preeminent provider of specialized healthcare services for infants, children, and young adults.

Guiding Philosophy
At Children’s Specialized Hospital our holistic approach ensures each patient regardless of diagnosis, receives care that treats the entire child. As leaders in patient-and-family-centered-care, we employ parents of current and former patients. Our Family Faculty members understand that a partnership with our families is essential. As employees of the hospital, they are available to provide support and guidance during your stay.

In brief, Children’s Specialized Hospital has five primary services:
- Inpatient Rehabilitation (page 1)
- Outpatient Therapy & Physician Services (page 3)
- Long Term Care Centers (page 5)
- Medical Day Care (page 6)
- Community Programs (page 7)
The acute inpatient rehabilitation program serves patients at PSE&G Children’s Specialized Hospital in New Brunswick, NJ. The 68 bed hospital is part of the state’s only pediatric academic health campus. Through a blend of innovative and individualized therapies, personalized attention, and compassionate support, our award winning doctors, nurses, and skilled pediatric therapists guide patients to their ultimate goal of reaching their full potential. Children stay in the hospital for an average of four to six weeks depending on diagnosis. The following inpatient programs are renowned for excellent medical and rehabilitative care.

**Brain Injury Program**
The program provides young patients a broad range of complex medical care and rehabilitation therapy to recover from brain dysfunction. We treat children who have acquired a brain injury through physical trauma (traumatic brain injury, concussion) or a medical condition that affects brain function.

**Burn and Wound Care**
Complex burns and wounds such as bacterial infections, pressure sores, and skin disruptions are treated with comprehensive therapies and expert care. This includes wound surveillance, assessment of skin grafts and pressure mapping of wounds for effective scar management. Scar control is a top priority while encouraging the most autonomy and functionality possible.

**Chronic Illness Management**
For patients struggling to manage their complex or life-altering conditions, such as diabetes, post-organ transplant, renal failure, or chronic respiratory disease, the program follows a multidisciplinary model and behavioral approach to care, addressing medical, physical, emotional, and psycho-social needs of each patient.

“Seeing her strength improve day by day, was just incredible. Everyone we came in contact with at Children’s Specialized Hospital was phenomenal.”

Kathy Garriques
Mother of patient, Taryn
Chronic Pain Management
The program promotes the wellness of adolescents and young adults living with chronic pain such as reflex sympathetic dystrophy (RSD), reflex neuropathic dystrophy (RND), fibromyalgia, or amplified musculoskeletal pain syndrome (AMPS). The program teaches strategies to manage pain and encourage functional activity.

Infant and Toddler Rehabilitation
Medically fragile and technology dependent children age birth to two-years-old with complex medical needs are cared for in a nurturing and calming setting. Infants and toddlers learn sensory adaption and integration to their environment.

Multi-Complicated Trauma
The program cares for children and adolescents who have experienced major or multi-complicated trauma to multiple organ systems; this includes bone fractures; lung, brain, and spine injuries; and trauma to the bowel, bladder, and skin.

Neonatal Abstinence Syndrome
The program is specially designed to help newborns overcome serious health effects of prenatal exposure to drugs. This program aims to medically treat infants to prevent acute withdrawal and supports the infant in an environment specifically designed for achieving full developmental potential.

Neuromuscular and Genetic Disorders
The program serves children who are ventilator dependent or walk with assistive devices due to conditions such as Guillain-Barre Syndrome, neuropathies, myopathies, muscular dystrophy, genetic disorders, spinal muscular atrophy and diseases of the neuromuscular junction.

Post-Surgical Orthopedics
Upon discharge from surgery, patients receive intensive coordinated care. Comprehensive therapy is provided for children with conditions such as cerebral palsy, spina bifida, muscular dystrophy, limb deficiencies and deformities, scoliosis, spasticity, bone tumors, and hip dysplasia.

Spinal Cord Injury
The program serves children with acquired, traumatic, and congenital spinal cord dysfunction such as spinal tumors or stroke, nerve damage, cervical and lower level spinal cord injuries, Guillain-Barre Syndrome, transverse myelitis, spinal tumors, and other spinal cord conditions.
Outpatient Therapy & Physician Services

Our various outpatient programs offer therapy services and subspecialty medical care at each of our sites, so that children may receive treatment close to home. Our sites are equipped with therapy gyms, individual treatment rooms, and expert staff. We treat children and adolescents from birth to age 21 with a wide variety of medical, developmental, educational, and rehabilitative needs. Our approach incorporates cutting-edge technology with sensory and play experiences to deliver superior results. Services include:

**Audiology**
Provides comprehensive, diagnostic hearing testing and related services and treatment for auditory processing.

**Applied Behavior Analysis**
Applied behavior analysis (ABA) is considered one of the most effective treatments for children with autism spectrum disorders and other developmental disabilities. ABA uses behavior strategies to help increase desired behavior and decrease undesired behavior.

**Autism Spectrum Disorder**
Provides diagnosis, early intervention, treatment, and applied behavior analysis (ABA), and all therapies including primary care and medical subspecialties.

**Comprehensive Feeding**
Provides behavioral treatment for safe, pleasurable, and nurturing mealtime experiences for children and their families while fostering the progression of developmental feeding milestones.

**Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorder**
Provides evaluation and treatment for physical and/or behavioral conditions resulting from maternal alcohol or drug use during pregnancy.

**Nutrition**
Provides treatment for weight management, failure to thrive, tube feeding adjustments, food allergies and special therapeutic diets, high cholesterol, and hypertension.

**Neuropsychology / Neurorehabilitation**
Provides assessment, diagnosis, and treatment for mild to severe brain injuries acquired through physical trauma, chronic illness, or a medical condition that affects brain function.

**Occupational Therapy**
Provides treatment for fine motor development and determines what is necessary to function in different environments. Focus is on the development of daily activities with respect to self-care, play/leisure skills, academic abilities and sensory motor capabilities.

**Pain Management**
Provides treatment for children and teens with chronic pain, including patients with forms of amplified pain syndrome.
Physical Therapy
Provides treatment for gross motor development, walking, orthopedic issues, burns, muscular skeletal issues and torticollis by enhancing development.

Psychology
Provides treatment for behavioral difficulties, panic disorders, social skill deficits, peer/social, family, trauma, adjustment problems, anxiety, depression, autism spectrum disorders, attention deficit, and supports coping with illness/disability at each stage of life.

Rehabilitation Technology
Specialists work with patients currently using or in need of specialized equipment to enhance their functional abilities and quality of life.

Speech and Language Therapy
Provides treatment for speech, communication, feeding, articulation, apraxia, aphasia, stuttering, voice, cognition, memory, and augmentative communication.

Subspecialty Medical Care
The comprehensive range of medical subspecialties available at Children’s Specialized Hospital includes those in the following disciplines:

- **Developmental & Behavioral Pediatrics** - focuses on physical, emotional, and psychological development, learning, and behavior from infancy through young adulthood.
- **Neurology** - focuses on evaluating children with a wide range of developmental/neurologic conditions including: developmental delays and disabilities, intellectual disabilities, and learning disabilities.
- **Orthopedics** - cares for children with multiple disabilities, in particular, those with spinal deformities and hip dysplasia. Our inter-disciplinary approach for caring for children requires bracing, medication, therapy, and surgical management.
- **Physiatry (Physical Medicine & Rehabilitation)** - specializes in the rehabilitation care and medical management of children with cerebral palsy, brain injuries, spinal cord injuries, neuromuscular disorders, and musculoskeletal conditions.
- **Psychiatry** - The Psychiatry Section treats a wide range of child and adolescent behavioral, emotional and psychiatric disorders with a special expertise in working with children and adolescents living with special healthcare needs.

Pediatric Primary Care for Children with Special Healthcare Needs

Pediatric Primary Care is a family-centered medical home, providing children with special healthcare needs, and their siblings, outstanding pediatric healthcare services. Pediatric Primary Care is the central resource for all of a child’s healthcare needs, providing comprehensive and specialized coordination of a child’s care from start to finish; including coordination between Children’s Specialized Hospital medical providers as well as those outside of the organization.

The Early Intervention Program
The Early Intervention Program (EIP) promotes social, cognitive, language, and physical development through a variety of fun but educational and therapeutic activities. These activities are delivered in the child’s natural environment, such as their home, child care, or community settings. It provides parent/caregiver training and participation in EIP sessions. For additional information, parents should contact the “Special Child Health Services Unit” at 888-653-4463.
Long Term Care

The Pediatric Long Term Care centers at Children’s Specialized Hospital provide exceptional care for children with complex medical conditions. Our two Pediatric Long Term Care centers in Mountainside, NJ and Toms River, NJ are home to many medically fragile children who are unable to be cared for in the home or community setting. Our commitment to patient-and-family centered-care sets us apart from other Pediatric Long Term Care centers. A family’s goals for their child are heard and incorporated into their individualized care plan by providing dignified and tender loving care for children and adolescents with long-term medical needs. Our team of medical, nursing, respiratory, and therapeutic healthcare professionals develop each child’s unique care plan by partnering with your family to best meet the medical and emotional needs of your child.

We provide care 24 hours a day, 365 days a year, at our Pediatric Long Term Care centers for children with:

- Critical airways (Tracheostomy)
- Mechanical ventilator dependency
- Complex seizure disorders
- Neuromuscular diseases
- Chromosomal disorders
- Complications of prematurity
- Neurological impairments
- Craniofacial anomalies
- Terminal illnesses
- Degenerative disease processes
- Traumatic brain injury
- Failure to thrive and short gut syndrome
- Orthopedic anomalies and conditions
- Other long-term care needs

“Having to put your child in Long Term Care is one of the most difficult things to do, it just got to a point where caring for Jimmy was too overwhelming. Finding Children’s Specialized Hospital is a godsend. This is Jimmy’s home and they involve us like it’s his home. It’s really just an amazing place, the care he receives is fantastic.”

Jim Rappolt
Father of Long Term Care resident, Jimmy
Medical Day Care

The Medical Day Care Center in Roselle Park, NJ provides pediatric day care services for children living with special healthcare needs. Children ages three months through five-years-old are eligible for Medical Day Care if they are Medicaid or managed Medicaid eligible and require continuous nursing services in a pediatric medical day care setting serving medically complex and/or technology dependent children. Examples include:

- Ventilator dependent
- Tracheostomy
- Pulmonary insufficiency requiring position, suctioning, and/or chest physical therapy
- Tube feedings (NG, GT, JT)
- Hyperalimentation
- Diabetes
- Seizure Disorder requiring emergency medication administration
- Moderate or severe persistent asthma requiring nebulizer treatments more than twice a day
- Intermittent bladder catheterization
- Ostomies

“It’s really been truly a miracle that we found Medical Day Care. From the first moment that we came, we have been really amazed at not only how nice it is, but the great progress our son has made.”
Father of Medical Day Care patient
Community Programs

Community Programs at Children’s Specialized Hospital are extracurricular activities that cater to children with special healthcare needs. Recreation and therapeutic programs, an adaptive sports club, and camps offer patients and non-patients alike opportunities to engage in experiences that focus on specific interests and needs.

- **Camp Chatterbox** is an overnight camp for families of children that use augmentative and alternative communication (AAC) devices.
- The **BECOME Program** is a three-week intensive therapy camp run by the Occupational Therapy Department. The camp provides Constraint Induced Movement Therapy (CIT). CIT is an approach that can be used to improve the strength and function of an upper extremity impacted by hemiparesis, resulting at birth or from a traumatic brain injury.
- **Lightning Wheels** is a Paralympic Sports Club for athletes ages 5–22 that have a primary diagnosis of a physical disability.
- **Martial Arts** is for children with special healthcare needs ages 5-15 years. The classes provide instruction on basic martial arts techniques, body awareness, coordination, and listening skills.
- **Adaptive Aquatics** classes are especially designed for children living with disabilities ages 3-10 years old. The program is designed to promote positive experiences with water, and teach swimming and water safety providing an opportunity for physical activity and social interaction.
- **Friday Night Fever** is a monthly social and recreational program for teens living with disabilities. The program provides opportunities for teens to make friends, socialize, participate in activities, access a variety of community facilities, and just be a teenager!
- **Pal’s Paradise** is a day camp for children with special healthcare needs between 8-13 years old. Activities include sports, cooperative games, crafts, social events, and music. This camp is unique in that a sibling or friend may register to attend creating an inclusionary environment.
- The **Camp Kresge Partnership** provides support for children with special healthcare needs ages 8-13 to attend a one-week mainstream overnight camp at YMCA Camp Kresge in White Haven, PA near the Pocono Mountains.
Ways to Give

Our Foundation

Children’s Specialized Hospital Foundation secures new and continued levels of philanthropic support through a variety of gift and investment opportunities. The Foundation utilizes donations to support the thousands of patients the hospital serves each year by funding capital needs, operations, expansion, and growth of new and existing programs and services. Individuals interested in supporting Children’s Specialized Hospital Foundation, may:

- Donate
- Volunteer
- Attend an Event
- Organize an Event

Visit www.childrens-specialized.org/giving to learn more

Why Choose Children’s Specialized Hospital?

- Named “Top Children’s Hospital” by The Leapfrog Group
- Microsoft Health Innovation Award recipient – Patient Engagement category
- Named Hospital of the Year, NJ Biz
- Named among Top Children’s Hospitals, New York Magazine
- Named among the Best Places to Work in NJ, NJ Biz
- Affiliate member of the Robert Wood Johnson Health System
- Children’s Miracle Network Member Hospital
- 99% of patients’ parents would recommend us to others, Press Ganey survey
Our Locations

- Bayonne
- Clifton
- Egg Harbor
- Fanwood
- Hamilton
- Mountainside
- Newark
- New Brunswick (2)
- Roselle Park
- Toms River (2)
- Warren
- Children’s Specialized Hospital outpatient centers
- PSE&G Children’s Specialized Hospital inpatient hospital
- Long Term Care centers
- Medical Day Care center

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An affiliate member of the Robert Wood Johnson Health System, and a member of Children’s Miracle Network Hospitals