



Outpatient Programming

Treatment Options

Cross Creek Hospital offers premier outpatient programs for adolescents ages 12–17 and adults age 18 and older who are living with a wide range of mental health concerns, including depression, anxiety, bipolar disorder, schizoaffective disorder, schizophrenia, posttraumatic stress disorder, conduct disorders, and attention-deficit/hyperactivity disorder.

Our comprehensive outpatient services include:

- **A partial hospitalization program (PHP):** Patients take part in the PHP five days a week for an average of four to six weeks.
- **An intensive outpatient program (IOP):** Patients take part in the IOP three days a week for an average of three to five weeks.

We have openings in both the PHP and IOP and are accepting new patients. In each program, we provide developmentally appropriate, individualized care that can help our patients learn valuable coping skills and improve their overall quality of life.

Call To Refer a Patient
(855) 663-8256

Program Details

At Cross Creek Hospital, we utilize a variety of evidence-based practices in our outpatient programs to promote optimal treatment outcomes. The primary modalities we offer include cognitive behavioral therapy, dialectical behavior therapy, motivational interviewing, solution-focused therapy, mindfulness, narrative therapy, psychotherapy, strengths-based therapy, and recreational therapy.

Customized care in our outpatient programs may also include:

- Medical care
- Medication management services
- Individual, family, & group therapies
- Monthly outings
- Unique volunteer/community service opportunities

Our staff is committed to delivering an exceptional treatment experience for each person we serve and increasing access to care. We are pleased to provide select meals and transportation to and from our facility for patients who live within a 20-mile radius.

To learn more about our programming or to refer a patient, please contact us today.



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www.crosscreekhospital.com