



ADOLESCENT OUTPATIENT SERVICES

Cross Creek Hospital provides comprehensive, personalized care for adolescents ages 12–17 whose lives have been disrupted by mental health concerns, such as mood disorders, anxiety, depression, and managed psychotic disorders.

Partial Hospitalization Program

Program Overview

Cross Creek Hospital's adolescent partial hospitalization program (PHP) offers a more flexible alternative to inpatient hospitalization. In this structured level of care, adolescents can live at home while building the foundation for their healing journey through group and intensive therapy. Adolescents take part in programming Monday-Friday for five hours each day. While group therapy is the primary means of treatment, adolescents can participate in individual and family therapy as needed.

In our adolescent PHP, we incorporate evidence-based treatment modalities, such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), motivational interviewing, and solution-focused therapy.

We also provide a range of experiential therapies, including recreation therapy, relaxation therapy, music therapy, and pet therapy. Additionally, our monthly off-campus outings allow adolescents to implement the skills they developed in group therapy.



Intensive Outpatient Program

Program Overview

Cross Creek Hospital provides an adolescent intensive outpatient program (IOP) for young people who may benefit from more structure than traditional outpatient services offer.

Youths in our adolescent IOP take part in programming three days a week, three hours each day. The average length of stay in this program is three to five weeks, but the actual duration may vary depending on individual need.

Treatment at this level of care may incorporate modalities such as CBT, DBT, psychotherapy, solution-focused therapy, and motivational interviewing. Each adolescent receives a customized treatment plan that may include individual, group, and family counseling sessions led by our master's-level therapists.

During group sessions, young people in our adolescent IOP can discuss topics like emotion regulation, stress tolerance, coping strategies, and how to develop healthy leisure habits.



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