



## A BETTER TOMORROW

### *Detox Program*

At Cross Creek Hospital, our on-site medical detoxification program, A Better Tomorrow, offers adults age 18 and older a safe place to detox from drugs or alcohol. Our medical team will monitor you round-the-clock to ensure your safety and minimize discomfort. While everyone completes detox at their own pace, the average length of program participation is about seven to 10 days. Our program includes:

- Daily assessments
- 24/7 monitoring
- Therapeutic support
- Individualized plan of care at the patient's pace
- Discharge planning
- Meditation room
- Other exclusive services

### *Medication Options*

Everyone responds to medication differently, so we will determine which medication best meets your needs after a careful assessment of your situation. Certain medications can alleviate cravings and ease distressing withdrawal symptoms without causing any euphoric effects. Depending on your specific circumstances, you may be prescribed a medication such as:

- Suboxone
- Buprenorphine
- Clonidine



## ***Therapeutic Support***

Cross Creek Hospital offers daily support through process and psychoeducation groups, along with group therapy sessions led by licensed chemical dependency counselors. Individual and family therapies are also available on a case-by-case basis. Other therapies and services your care team may recommend include:

- SMART Recovery
- CBT (Cognitive Behavioral Therapy)
- DBT (Dialectical Behavior Therapy)
- Motivational Interviewing
- Music Therapy
- Recreational Therapy
- Acupuncture (Provided by AOMA Students)
- Chemical Dependency Groups
- Aromatherapy
- Yoga
- Sound Healing Therapy

## ***Healing Environment***

At Cross Creek Hospital, we have created a healing environment where you can feel safe and comfortable while going through detox. Your care team will work closely with you throughout your time in detox and make any necessary changes to the type or dosage of medication. We are here for you 24/7 to help you achieve a better tomorrow.



**Scan for a  
Virtual Tour!**

**Learn More!**

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