

About us

Cross Creek Hospital Together with Ascension Seton is a behavioral health hospital located in North Austin. We serve children, adolescents, adults and seniors, delivering care that's grounded in compassion and respect. Our inpatient and outpatient services are tailored for various age ranges and diagnoses.

To promote meaningful outcomes, we provide individualized treatment and use evidence-based practices. Our dedicated team helps patients recognize their strengths, set achievable goals and work toward healing.

Featuring recreational areas, specialized inpatient units and renovated spaces, our hospital offers a safe and welcoming environment. Here, patients can find support, rediscover hope and build sustainable habits.



Cross Creek Hospital

Together with  Ascension Seton



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**Person-centered
behavioral
healthcare
services**

Our programs

Inpatient treatment

Cross Creek Hospital Together with Ascension Seton provides comprehensive inpatient services for the following populations:

- Children ages 8–11 & adolescents ages 12–17
- Adults ages 18–64
- Senior adults age 65 & older

At this level of care, we treat acute mental health concerns, including but not limited to:

- Anxiety
- Bipolar disorder
- Depression
- PTSD
- Schizoaffective disorder
- Schizophrenia
- Suicidal ideation

What to expect

Each patient's treatment plan is personalized and includes the interventions that can help them progress on their healing journey. Features of our inpatient program include:

- Cognitive behavioral therapy (CBT)
- Daily group therapy
- Detailed discharge planning
- Dialectical behavior therapy (DBT)
- Individual & family therapy as needed
- Medical & clinical staff
- Medication management
- Routine medical care

We also offer detoxification services for individuals age 12 and older. Adolescent and adult detox are offered on separate units, ensuring that patients receive age-appropriate care.



Outpatient programs

We offer a partial hospitalization program (PHP) and an intensive outpatient program (IOP) for adolescents and adults age 12 and older who are struggling with mental health conditions and addictions. Our PHP meets five days a week, four hours each day, while patients in our IOP take part in programming three days a week, three hours per day.

Psychoeducational and process groups are core elements of both programs. Therapists lead group sessions, incorporating CBT and DBT techniques to promote skill development. During groups, patients can:

- Enhance self-esteem
- Learn how to cope with stress & emotions
- Practice healthy communication

In addition to groups, family therapy is available on an as-needed basis.

Admissions process

The admissions process begins with a phone call. A member of our team is available 24/7 to answer questions and discuss the individual's needs. We complete thorough assessments to determine the most appropriate level of care for each patient. A physician may also conduct a consultation if medically necessary.

Once all paperwork and evaluations have been completed, the patient will begin inpatient or outpatient treatment. We also work directly with insurance providers to verify coverage and are happy to talk through alternative financing options.



Learn more today

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