



Services for young people

At **Cross Creek Hospital Together with Ascension Seton**, we offer specialized care for children ages 8–11 and adolescents ages 12–17 who are struggling with mental health concerns, including anxiety, depression, bipolar disorder, schizophrenia and substance use disorders. Our services include inpatient treatment, a partial hospitalization program and intensive outpatient programming. Our goal is to help each patient achieve a brighter, healthier future.

Inpatient treatment

In our inpatient program for children and adolescents, we provide round-the-clock care in a secure environment, including detox for adolescents when appropriate. We offer daily support through group therapy sessions, including process and psychoeducation groups, that are led by licensed therapists, nurses and behavioral health associates. Other therapies and services our care team may recommend include:

- Cognitive behavioral therapy (CBT)
- Family therapy
- Dialectical behavior therapy (DBT)
- Individual therapy
- Recreational therapy
- Yoga

Cross Creek Hospital

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Partial hospitalization program (PHP)

Our PHP offers children and adolescents a more flexible alternative to inpatient treatment. In this structured level of care, young people can live at home while building a foundation for healing through regular group therapy.

Programming is offered five days a week for four hours each day, during which our team of licensed professionals incorporates evidence-based treatment modalities, such as CBT, DBT and person-centered therapy. While group therapy is the primary means of treatment, patients can participate in family therapy as needed.

Intensive outpatient program (IOP)

Our IOP is ideal for adolescents who may benefit from more structure than traditional outpatient services offer. The IOP includes regular group therapy sessions, during which licensed therapists incorporate treatment modalities such as CBT and DBT.

Patients in our IOP take part in programming three days a week for three hours each day. Group therapy sessions in the IOP may include process and psychoeducation groups that are designed to help young people develop or strengthen their coping skills.



Scan to learn more

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