

Treatment for adults

Cross Creek Hospital Together with Ascension

Seton provides best-in-class inpatient and outpatient behavioral and mental health treatment for adults age 18 and older. We can help individuals who are struggling with concerns like anxiety, depression, bipolar disorder, PTSD and substance use disorders. Our goal is to help our patients find lasting healing.

Inpatient services

We offer individualized inpatient treatment for adults in separate units. Patients who are of high acuity receive care in one unit, while those who are of low acuity are treated in a separate unit. This allows our team to tailor treatment based on specific needs.

Treatment options

While in inpatient treatment, patients can receive a variety of services, including:

- Detox services
- Family therapy
- Group therapy
- Individual therapy
- Medical care
- Music therapy
- Recreational therapy
- Yoga

Adults typically stay in our inpatient program for three to seven days.

Cross Creek Hospital

Together with  **Ascension Seton**

t 512-549-8021 | f 512-215-3188

www.crosscreekhospital.com



Outpatient services

Care in our outpatient programs is provided by experienced licensed clinicians.

Partial hospitalization program

In our PHP, patients receive a structured, high level of care, with programming taking place five days a week, four hours each day.

A patient's treatment plan may incorporate a variety of evidence-based modalities and services, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) and recreational therapy.

Group therapy is the main method of treatment, with individual and family therapy available when needed. Patients in our PHP may also participate in off-campus outings.

Intensive outpatient

Our IOP meets three days a week for three hours each day, providing patients with a structured treatment schedule.

Primary treatment modalities used at this level of care include CBT, DBT, motivational interviewing and solution-focused therapy. We offer individual, family and group therapies, and patients can also take part in off-campus outings.

For specified times for outpatient programming, contact us at 512-549-8021.

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