



Detox program

At **Cross Creek Hospital Together with Ascension Seton**, we offer an on-site medical detoxification program for adolescents ages 12–17, adults age 18 and older, and senior adults age 65 and older who need a safe place to detox from drugs or alcohol. Our medical team monitors patients round-the-clock to ensure their safety and minimize discomfort. Our program includes a variety of exclusive services:

- 24/7 monitoring
- Customized treatment plans
- Daily assessments
- Discharge planning
- Therapeutic support



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Cross Creek Hospital

Together with  **Ascension Seton**

Medication options

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

- Subutex
- Librium
- Clonidine
- Ativan

Therapeutic support

We offer daily support through group therapy sessions, including process and psychoeducation groups, that are led by licensed therapists, nurses and behavioral health associates. Individual and family therapies are also available on a case-by-case basis. Other therapies and services our care team may recommend include:

- Cognitive behavioral therapy
- Dialectical behavior therapy
- Recreational therapy
- Yoga

Healing environment

Cross Creek Hospital Together with Ascension Seton has created a healing environment where individuals can feel safe and comfortable while going through detox. Our care team works closely with each person throughout their time in detox and makes any necessary changes to the type or dosage of medication. We are here for our patients 24/7 to help them achieve a better tomorrow.

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