

**FROM CEDAR CREST HOSPITAL AND RTC  
AND CEDAR CLINIC**

**AS NATION RECOGNIZES MENTAL HEALTH MONTH DURING MAY,  
CEDAR CREST EXPANDS SERVICES IN CENTRAL TEXAS  
TO MEET GROWING MENTAL HEALTH NEEDS**

**BELTON, TX**, May 2011 – With behavioral health and substance abuse a growing concern nationwide and in Central Texas, one of the region’s most experienced institutions is expanding its reach to meet mental health needs in the local area and statewide.

Cedar Crest Hospital and Residential Treatment Center in Belton and Cedar Clinic, a companion psychiatric outpatient clinic in Killeen, are broadening the range of services they provide for area residents, including both civilian and military populations.

The expansion plans coincide with a national focus on mental health issues, reflected in the designation of May as Mental Health Month in the U.S.

“Within the last several years, 13 percent of the U.S. adult population was reporting mental health and addiction-related expenses – a 60 percent increase over 10 years,” says Cedar Crest CEO Ingrid Whipple. “Meanwhile, industry publications reported that children’s psychiatric hospitalizations doubled from 1996 to 2007.”

Considering these statistics, together with the growing concern for the well-being of service personnel returning from middle-eastern battlefronts with post-traumatic stress disorder and other issues, Whipple decided to extend her organization’s reach. To that end, she has rebranded the company’s clinic in Killeen to emphasize that it serves not just children and adolescents but adults too.

Located not far from the main entrance to Fort Hood, in offices at 3106 South W. S. Young Drive, Cedar Clinic is staffed with psychiatrists, psychologists and Master’s-level therapists who provide psychiatric care and counseling for patients of all ages, including children and adolescents, adults and families. The practice, one of the largest group psychiatric practices in Central Texas, is an approved TRICARE provider.

Twenty miles away near the intersection of IH35 and US190, Belton’s fourth largest private sector employer, Cedar Crest Hospital, also is expanding its range of services to include adults, in addition to the treatment of youth for which it has been known for 23 years.

Late this fall, Cedar Crest will add acute care services for adults and, as additions to hospital facilities permit, CEO Whipple hopes to add partial hospital care and intensive out-patient services for adults, with the possibility of a geriatric acute care program to come in the future.

Meanwhile, 24-hour-a-day reception services were added last year, providing the capacity to respond to inquiries and provide assessments and admission if indicated around-the-clock, seven days a week for patients of all ages. If admission is not indicated, Cedar Crest refers to appropriate resources at any time.

Currently, Cedar Crest Hospital offers 30 acute beds for children and adolescents – most filled by admissions referred from Central Texas sources including emergency rooms, physicians in private practice, mental health agencies, law enforcement, and families who are dealing with a child or adolescent in crisis.

In addition, the Residential Treatment Center, or RTC as it is more commonly known, provides longer term care and educational services for an average of 48 male and female children and adolescents who require a structured environment to meet their needs for mental health healing. Patients come from all around Texas, especially cities such as Dallas, Houston, San Antonio and Austin, and occasionally from bordering states or beyond.

In 2010, Cedar Crest also initiated another new service, partial hospitalization. Intended to be short-term and sometimes referred to as “day treatment,” this program serves adolescents 12 to 17 years old who are able to function safely in a supportive home environment at night and on weekends and in the hospital during daytime hours, Monday through Friday.

Then this year, the “dual diagnosis inpatient treatment program” at Cedar Crest was enhanced with new leadership and additional components. Also focused on adolescents 12 to 17 years old, the program treats co-occurring mental illness and substance abuse. Studies show that the incidence of addictive disorders in psychiatric patients is high, and that combining the treatment of both chemical dependency and a psychiatric illness can result in more positive outcomes.

“We intend for Cedar Crest to be part of the growing interface of general medicine and mental health care,” says Karen Brooks, M.D., the hospital’s medical director. “This occurs when the mental health specialty and general medical care providers work together to address both the physical and mental health needs of their patients.”

Dr. Brooks joined Cedar Crest last year following practice with Austin Diagnostic Clinic and Seton Shoal Creek Hospital in Austin. She is certified in both psychiatry and child and adolescent psychiatry by the American Board of Psychiatry and Neurology.

At Cedar Crest, Brooks leads a team of four physicians working full time and several others serving on contract. They are among a total of 160 employees, 53 of whom have professional licenses. In addition, 13 more professionals and support personnel are employed by the Killeen clinic, with two additional therapists on contract at that location. The clinic is responsible for a \$1 million annual payroll in Killeen, while the hospital and RTC provide a \$5 million annual payroll at the 30-acre Cedar Crest campus in Belton.

The facilities are licensed by the Texas Department of State Health Services and the Texas Department of Family & Protective Services and are accredited by The Joint Commission, formerly the Joint Commission on Accreditation of Healthcare Organizations.

Cedar Crest and Cedar Clinic are among several free-standing psychiatric hospitals, psychiatric units within medical-surgical hospitals, and other facilities operated in several states by Tennessee-based Behavioral Centers of America (BCA). The privately held company acquired Cedar Crest and Cedar Clinic in 2005 from the Cedar Crest Foundation. The hospital in Belton originally was built in 1988 by Hospital Corporation of America.

### **In Summary**

Cedar Crest Hospital and RTC in Belton and Cedar Clinic in Killeen provide mental health services to patients of all ages from Central Texas and beyond through individually tailored inpatient programs and outpatient services. Assessment specialists can be reached at 1-866-543-7779 or in the local area at 254-939-2100. Additional information is available at [www.cedarcresthospital.com](http://www.cedarcresthospital.com) and at [www.cedarcrestmd.com](http://www.cedarcrestmd.com).

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