

CEDAR CREST

A BEHAVIORAL HEALTHCARE SYSTEM

PARTIAL HOSPITALIZATION PROGRAM FOR YOUTH

DAY TREATMENT

A short-term program for children & adolescents who are able to safely live in a supportive home environment while participating in a partial hospitalization day program during the week, Monday through Friday, from 8:30 a.m. to 3:30 p.m.

The program teaches living and coping skills and addresses personal responsibility and positive interactions with family, school and community.

PHP is appropriate for youth experiencing the following symptoms:

- Depression
- Anxiety
- Anger issues
- Mood swings
- Trauma
- Social skills deficits
- Behavioral problems
- Non-compliance with medications
- Substance abuse
- Other emotional problems



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OUR APPROACH

Our therapeutic approach teaches youth that social growth must include developing a healthy expression of emotions, community involvement, teamwork, openness to alternative viewpoints and accountability for one's actions.

Treatment begins with a complete psychiatric evaluation. Psychological testing may also be utilized. A clinician meets with the parent/guardian and the child to complete a comprehensive assessment. Assessment outcomes are used to develop an individualized treatment plan, providing opportunities for achievement and self-exploration.

TREATMENT MODALITIES

- Therapeutic Environment
- Group Therapy
- Family Therapy
- Individual Therapy
- Therapeutic Activities/
Recreational Therapy
- Educational Activities
- Social Skill/
Relational Group
- Issues Groups
- Medication Management
- Continuity of Care

ADDITIONAL SERVICES

Transportation—Cedar Crest may provide transportation within our 30-mile service area.

A nutritional lunch and healthy snacks are provided.

CEDAR CREST HOSPITAL

3500 SOUTH IH-35, BELTON, TEXAS 76513

(254) 939-4021 ADMISSIONS | (866) 543-7779

WWW.CEDARCRESTHOSPITAL.COM

Cedar Crest Hospital does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy, contact: Director of Quality / Risk Management at (254-939-2100) or TDD/State relay number 711.