



General Information – Cedar Crest Hospital and RTC is a **158 bed inpatient psychiatric facility**. We offer acute inpatient services to children, adolescents and adults that are designed to stabilize the patient’s immediate crisis while providing the patient and family with skills to prevent or minimize future events that would require readmission. We also provide residential treatment for adolescents who have completed acute care inpatient programs and require additional treatment in a 24-hour therapeutic environment, or those who have not responded effectively to previous placements.

Cedar Crest is located on 33 acres, and services are offered in cottage settings. Each cottage houses a specific treatment program.

Cottage 1 (Live Oak) is one of our adolescent girls RTC units. It has **24 beds** and serves girls 11 through 17.

Cottage 2 (Pecan) is our adolescent boys RTC unit. It has **30 beds**, and serves boys ages 11 through 17.

Cottage 5 (Maple) is one of our adolescent girls RTC units. It has **36 beds** and serves girls ages 11 through 17.

Our RTC program specializes in longer-term treatment for teens who are stepping down from inpatient care but still require the structure and safety our treatment program provides. We also offer our RTC program to teens who have not responded well to other types of programs and therapies.

Our RTC program treats adolescents with severe emotional disturbance, suicidal behaviors, self-destructive behaviors, victims of sexual abuse, ADHD, PTSD, personality disorders, chemical dependency, oppositional defiant disorder, major depression, mood disorders, bipolar disorder, and more.

Our treatment approach includes Cognitive Behavioral (CBT), Dialectical (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Recreational Therapy, Art Therapy, Therapeutic Animal interaction, and more. Our private campus includes walking trails, picnic areas, a low elements ropes course, outdoor swimming pool, full size gym, and state-of the art exercise equipment; providing opportunities for leisure, therapeutic recreation, and team building skills.

Adolescents in our RTC attend the University of Texas Charter School on campus.

Cottage 3 (Sycamore) is our inpatient child and adolescent unit, which are housed in one cottage. Sycamore has **28 beds**. The adolescent inpatient treatment program helps teens ages 12 through 17 who are struggling with emotional problems and substance abuse. Our inpatient children’s treatment program has been specifically designed to meet the needs of children ages 5 to 11.

Our child and adolescent programs treat those facing suicidal or homicidal thoughts or attempts, self-injury or self-mutilation, anxiety disorders, adjustment disorders, major depression, hallucinations, sexual acting out, anger, severe ADHD, erratic, severe mood swings, substance use and abuse, survivors of trauma, and other types of mental health disorder.

Cottage 4 (Mesquite) and 4A (Redbud) are our inpatient adult treatment program for ages 18 and older. Mesquite has **30 beds**, while Redbud, which functions as our PICU, has **10 beds**. Our program provides intensive psychiatric treatment to stabilize each client’s immediate crisis while providing the client and their family with the skills necessary to help prevent or reduce recurring crises leading to readmission. Many of our referrals for this unit come from ERs and local MHAs (mental health authorities.)



A BEHAVIORAL HEALTHCARE SYSTEM

What Does a Typical Stay Look Like - Upon admission, patients meet with the psychiatrist who completes a psychiatric evaluation and treatment plan. From that moment on they will meet with their treatment team **every day** to address medication adjustments, side effects, symptom improvement, etc.

Our average acute length of stay is approximately **8 days**. Each day patients engage in therapeutic, psychoeducation, recreational, and process groups. They will meet with their therapist 1-2 times, depending on the need of the individual. Adults are offered recreational therapy once a day, while the adolescents participate twice a day. Family sessions are **required** for our adolescents, and encouraged for our adult patients.

Who Are Our Providers – We have a team of psychiatrists, nurses, therapists, behavioral health techs, and other providers who work with our patients. Our staff psychiatrists are Dr. Mehta (RTC,) Dr. Pierson (acute adults,) and Dr. Shrestha (acute children and adolescents.) We also have two psychiatric nurse practitioners who work with our acute patients. Our treatment teams include nurses, therapists, and mental health associates.

What Is Criteria for Inpatient Hospitalization- Criteria for inpatient hospitalization is determined by the individual being a *danger to self or others*. Additional criteria may fall under what is considered *decompensation*, where an individual's mental health has impaired their ability to complete their ADLS (Activities of Daily Living). For example, the individual may feel too depressed to bathe, may experience difficulty sleeping, loss of appetite, etc.

All that being said, this criteria can appear several different ways. For example, an individual can be experiencing a psychotic break, but denying any thoughts of wanting to harm themselves or others. Based on the severity of their symptoms, one could justify that they are a potential harm to themselves. This could be considered criteria for an inpatient admission.

IMPACT Outpatient Programs

Our outpatient programs offer an intensive level of care for people who are experiencing mental health or severe addiction challenges but who do not need the round-the-clock care of a residential or inpatient program.

We offer five day (PHP) and three day (IOP) programming, and serve adolescents ages 12 to 17, and adults. Starting in summer 2020, we will offer a three-evening a week program for adults. The topic for the evening program will change each month.

Admissions – Our admissions department is open *24 hours a day, 7 days a week*. While we do allow and assess walk-ins, our suggestion to referral sources is to *always contact the admissions department first*. This allows for our team to gather the patient's information, check bed availability, and run insurance. At this time the admissions department can attempt to gauge when the best time would be for a patient to present for an assessment. Our goal in this is to not only allow for the least amount of wait time, but also ensure the potential patient's safety. We are also able to offer teleassessments via Zoom. Please contact our intake team to learn more and to schedule a Zoom assessment.

Admissions call line (24/7) – 254-939-2100 ext. 700

Acute admissions fax (24/7) – 877-552-1354

RTC admissions fax (24/7) – 254-875-0456



Discharge Planning – Our discharge planning process begins *immediately* after the patient admits. We work with various resources in the area to connect the individual to follow up care. This will be based on the patient’s need, insurance coverage, and ability to engage in services. Our therapists provide discharge planning on our RTC units and our adult acute unit, while our child and adolescents units have a dedicated discharge planner.

What Are Some Benefits of Inpatient Hospitalization at Cedar Crest – Inpatient hospitalization is considered an intense level of care. As a crisis stabilization facility, we offer patients mental health treatment consisting of learning new coping skills, via groups and individual sessions.

Another major benefit to inpatient hospitalization is *medication management*. Our patient’s meet with a provider (*psychiatrist or nurse practitioner*) each day to address recent changes to medications, side effects, signs of improvement, etc. This is a service that would otherwise be unavailable on an outpatient basis. Accessing outpatient psychiatric care has recently become increasingly difficult. This is due mainly to many providers no longer accepting insurance, allowing only for self-pay. Many patients also experience very long wait times for an appointment to see a psychiatrist, which can be detrimental to the individual’s care.

What Are Some Benefits of RTC at Cedar Crest – Adolescents admitted to the RTC program are evaluated by our multidisciplinary team to determine the best plan of care and to create an individualized plan of care. Progress within this treatment program is monitored through regular treatment team meetings and ongoing evaluations. We encourage family and loved ones to regularly visit and participate in the treatment program. Our staff partner with the on-site UT Charter School to provide an educational program that meets the specialized academic needs of each client.

What Are Some Benefits of IMPACT programs at Cedar Crest – Patients who participate in an outpatient program receive regular care from mental health and medical professionals but have the flexibility to spend evenings and weekends at home or another non-residential or non-inpatient environment. These programs provide an important bridge from inpatient care to more traditional outpatient therapy programs.

Contact Us - For more information about Cedar Crest Hospital and RTC, or to schedule a tour, please contact our business development team and one of our community liaisons will be happy to schedule that with you. We are also available to come to you and provide in-service trainings. You can reach us by contacting Layce Cantwell, RTC Business Development Manager, at layce.cantwell@acadiahealthcare.com or 512-470-0409.