



IMPACT – OUTPATIENT PROGRAMS THAT CHANGE LIVES

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. 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.

IMPACT: 5 Day Programming (PHP) for Adults

- Monday through Friday 9:00 am – 1:00 pm (lunch provided)
- Weekly Medication Evaluation
- Nursing Evaluation and Support
- CBT/DBT Styled Group Therapy Support
- Education and Relapse Prevention Skills Training
- Family and Individual Therapy Sessions
- Pick up/drop off points in Copperas Cove, Killeen, Temple, and Waco

IMPACT: 5 Day Programming (PHP) for Adolescents

- Students attending UT Charter School at Cedar Crest
 - Monday through Friday 7:45 am – 12:30 pm (school and breakfast/lunch)
 - 12:30 pm – 4:30 pm groups
- Students attending their home school campus
 - Monday through Friday – 12:00 pm (arrival and lunch)
 - 12:30 pm to 4:30 pm groups
- Weekly Medication Evaluation
- Nursing Evaluation and Support
- CBT/DBT Styled Group Therapy Support
- Education and Relapse Prevention Skills Training
- Family and Individual Therapy Sessions
- Pick up/drop off points in Copperas Cove, Fort Hood, Killeen, Temple, and Waco for all day programming

IMPACT: 3 Day Programming (IOP) for Adults

- Tuesday/Wednesday/Thursday evenings 5:00 pm – 8:00 pm
 - In-person or Telehealth (Zoom) option
- CBT/DBT Styled Group Therapy Support
 - Education and Relapse Prevention Skills Training

Most Insurances
Accepted

Specialized Clinical
Program Options

Get help today.
Same day assessments
available.

CEDAR CREST HOSPITAL AND
RTC

3500 IH 35 South
Belton, Texas 76513
254-939-2100

www.cedarcresthospital.com

IMPACT programs are led
by licensed therapists.

For admissions questions:
Shellie Hassell
Director of Admissions
254-939-2100 ext 700

CEDAR CREST
A BEHAVIORAL HEALTHCARE SYSTEM