



# News Release

FOR IMMEDIATE RELEASE

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## Cypress Creek Hospital's Honor Strong Program Expands Behavioral Health Programs to Serve Frontline Healthcare Workers

**Houston, TX (July 01, 2020)** – In response to the overwhelming mental and physical toll the COVID-19 crisis is having on healthcare workers, Cypress Creek Hospital's Honor Strong Program announced it will expand its services to serve frontline healthcare workers who are in crisis.

Psychological trauma and emotional response to deeply disturbing experiences is a known part of being a Healthcare Worker/First Responder. If we add in the psychological aftermath of a pandemic, which specifically affects the First Responder, we see an impact on one's psyche.

First Responders may fear the stigma associated with seeking help as well as what their future will hold if they do reach out. It is critical that we ensure health care workers feel free to access mental health resources.

The Honor Strong Program at Cypress Creek Hospital is a resiliency focused, dedicated, acute inpatient program created to address the unique symptoms experienced by law enforcement, fire fighters, emergency medical personnel, active duty military members, veterans, and front line healthcare workers.

Treating those who treat others requires a unique set of skills and compassion. Treatment focuses on connecting each professional with others experiencing similar challenges. We begin addressing the lower levels of trauma and building resiliency skills to confront traumatic events. Our trauma-informed, resiliency focused treatment model blends Dialectal Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Prolonged Exposure (PE).

**Unique features of the Honor Strong Program include**

- Clinicians are certified First Responder Counselors.
- Dedicated first responders unit and staff.
- Unit staff receive continuous training to better understand the First Responder culture.
- Expedited assessment and admissions process conducted on the unit for increased confidentiality.
- Dedicated first responder liaison available 24/7.
- Daily meals (breakfast, lunch and dinner), which can be ordered from our daily menu created specifically for Honor Strong Program patients.
- Separate, private and direct entrance to the unit.
- Computer/internet access.
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Electroconvulsive Therapy (ECT)
- Telehealth Services are available for:
  - Psychiatric Evaluations
  - Mobile Assessment
  - Partial Hospitalization Program (PHP)
  - Intensive Outpatient Program (IOP)

### **About Cypress Creek Hospital**

For more than twenty-five years, Cypress Creek Hospital has been faithfully serving Houston and our surrounding communities. Our physician-directed staff of registered nurses, social workers, therapists, mental health technicians, and certified alcohol and drug abuse counselors brings skill and compassion to individualized treatment programs for both patient and family.

Cypress Creek Hospital is a fully accredited, 128-bed psychiatric facility that is designed to treat adolescents, ages 12-17, adults, ages 18 and older, First Responders, including front line healthcare workers, active duty military members, and veterans.

We offer a broad range of inpatient, partial hospitalization and intensive outpatient services for those who require acute or outpatient psychiatric care, for those in crisis who may be experiencing depression, having suicidal thoughts, or engaging in self-harm or high-risk behavior and who may require monitoring by a physician and medication management.

Cypress Creek Hospital's Honor Strong Program offers patients a direct, private and dedicated referral line that is separate from our main hospital referral lines. First Responders may call our direct referral line at (281) 995-1475; staff are available 24 hours a day, seven days a week.

We are committed to our mission to assist First Responders in their recovery. We serve those who serve and honor their strength in their path to recovery.

Cypress Creek Hospital accepts most major insurance plans, including Medicare, Medicaid, and TRICARE®.

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*Physicians are on the medical staff of Cypress Creek Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Cypress Creek Hospital. The facility shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website.*

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Sincerely,

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