



About Carrus Behavioral Hospital

Carrus Behavioral Hospital is a new, state-of-the-art, 28-bed child and adolescent behavioral facility. We provide 24-hour inpatient behavioral care for ages 5 through 17 to those who require a safe and therapeutic environment. Our multidisciplinary team, led by a board-certified psychiatrist, provides evidence-based therapies tailored to the needs of each child, adolescent and family. Our experienced specialist will provide a personalized and effective treatment plan.

Programs utilize current evidence-based therapeutic care practices including the Recovery Model of Care and Trauma-Informed Model of Care. Carrus clinicians will engage patients and families in cognitive behavioral psychotherapeutic interventions. Psycho-education interventions along with the importance of health leisure and wellness activities. Those with addiction issues will be introduced to the 12-step model of recovery. Each patient and family will be met where they are. It may be the beginning of healing or along their road of recovery.

Carrus' clinical team understands and recognizes the unique needs of children and adolescents. We are here to help deal with their emotional, behavioral and psychological disorders. Our goal is crisis stabilization as well as giving them tools to continue and sustain their recovery upon discharge so they can return home to a happy and healthy life.



WHEN IS INPATIENT BEHAVIORAL HOSPITAL NEEDED?

Disruptive thoughts or behaviors may indicate a behavioral or mental health disorder. If your child or adolescent requires treatment for a psychiatric or emotional disorder, choose Carrus. Our referral team is here to help you 24 hours a day. **#CarrusCares**

FIND US

MAIN PHONE: 903.870.1200
REFERRALS: 903.870.1222
FAX: 903.870.1223

ADDRESS:
1724 U.S. Hwy 82 West, Ste 200
Sherman, Texas 75092

www.carrushealth.com

[HTTPS://WWW.FACEBOOK.COM/CARRUSHEALTH/](https://www.facebook.com/carrushealth/)



Transforming healthcare through hope and healing.

Choose Carrus. #CarrusCares



Behavioral Hospital



Meeting Patient Needs & Exceeding Expectations



Carrus is here to help. Our therapy is designed to engage children and adolescents in an environment that is developmentally appropriate and nurturing. Our goal is to provide you and your loved one with the highest quality of care. We not only address your loved one's physical need, but are here to help address their psychological, social and emotional concerns. At Carrus Behavioral Hospital, we treat the whole person – mind, body, and spirit

Transforming healthcare through hope and healing.

CONDITIONS WE TREAT

- ADHD/ADD
- Anxiety disorders
- Assaultive or aggressive behavior
- Behavioral problems
- Bipolar disorder
- Mental health crisis care
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Psychotic behaviors that impact daily activities
- Schizophrenia
- School-related stress
- Self-endangering behaviors
- Severe depression
- Substance use disorders
- Suicidal ideation or suicide attempts
- Trauma related to physical, sexual, or emotional abuse

OUR TREATMENTS & SERVICES

- Anger management
- Cognitive behavioral therapy
- Coping skills development
- Diagnostic testing
- Discharge planning
- Family therapy
- Medication management
- Nutritional therapy
- Parent education
- Play therapy
- Positive behavior reinforcement
- Psychiatric evaluation
- Psychological evaluation and testing
- Recreational therapy
- Spirituality and faith groups
- Trauma-informed care

The Carrus Difference

You will notice the difference immediately upon entering Carrus Behavioral Hospital and meeting our specialized team of experts. Our clinical therapy programs are designed to help children, adolescents, and their families cope with specific challenges. Therapeutic support, crisis intervention, and counseling services give every child and family member the tools, confidence, and support they need to get better. At Carrus, our goal is to maximize your loved one's healing and recovery.

A Team Approach

Each child and adolescent at Carrus Behavioral Hospital gets a treatment plan customized for them by Carrus specialists. Our team works together to ensure each child and adolescent progresses and meets their individual behavioral and emotional goals. The Carrus Behavioral Hospital team includes:

- Board-certified child and adolescent psychiatrist
- Board-certified pediatrician
- Case manager
- Chaplain
- Clinical psychologist
- Licensed family therapist
- Licensed, certified social workers
- Licensed professional counselors
- Medical physicians
- Nurse practitioners
- (in pediatrics and psychiatry)
- Registered nurses
- Recreational / activity therapists



REFERRAL PROCESS



Get the help you need now. Children and adolescents who are in crisis and require 24-hour treatment can be admitted to our inpatient behavioral hospital. Some may be admitted directly into the program, while others may require an evaluation prior to admission. The first step is a call to the Carrus referral line at **(903) 870-1222** to begin the process. Our expert staff are available to help you every step of the way.

Referrals can be made by:

- Children's hospital services
- Court-assistance professionals
- ER physicians
- Law enforcement
- Licensed counselors
- Parent or guardian
- Pediatrician or family doctor
- Psychiatrist or psychologist
- School counselor
- Self-referred for ages 16 and 17

To prepare for admission to **Carrus Behavioral Hospital**, please have your driver's license available as well as the following concerning your child or adolescent:

- Healthcare provider names, contact information
- Insurance card
- Medical records and prior psychological assessments (if available)
- Medications list (current)
- Photo (current)
- Prior psychological assessments
- Proof of your guardianship (child's birth certificate or your custody documents)

Upon receiving a referral or inquiry, the Carrus admission and clinical staff will complete the referral process for you and provide a response as quickly as possible. We perform assessments and admissions on a daily basis. Our goal is always to get you and your child or adolescent the help needed as soon as possible.