

Hope, Health, and Wellness

Offering safe, comprehensive, and innovative therapies, Cottonwood Creek Behavioral Hospital is here for you.

The Treasure Valley's newest psychiatric hospital, Cottonwood Creek Behavioral Hospital provides services for adolescents ages 12 to 17 and adults who require inpatient admission or desire a higher level of outpatient services. Cottonwood Creek's staff is trained to meet the needs of a variety of symptom presentations that can include mental health and substance use needs.

Cottonwood Creek is available 24/7 and is a direct admit facility—no referral is necessary. It is staffed with highly experienced doctors, nurses, clinicians, behavioral health technicians, and leaders. Treatment includes cognitive behavioral therapy and alternative methods such as art, music, pet, and movement therapy. Medical director Dr. Charles Novak came to work at Cottonwood Creek because of its patient-centered philosophy. "We are a state-of-the-art therapeutic facility with board-certified psychiatrists leading the highly experienced treatment team. Multidisciplinary teams are involved in daily treatment planning that is formulated, tailored, and adjusted to each individual's unique needs for success. We have comprehensive diagnostic assessments, and treatment is patient-oriented and compassionate. Dignity and respect is maintained by all."

Kevan Finley, Cottonwood Creek CEO, truly has a heart for individuals struggling from behavioral disorders who are in acute crisis. "Our mission and values provide community members with the highest level of care and allow us to create change in how treatment is provided," he says. When faced with a mental health crisis, it is natural not to know where to turn for help or how to ask for help. Cottonwood Creek's team of experts and its safe, calming atmosphere ease anxieties and alleviate the stigma associated with seeking treatment. "We understand your fears, concerns,



and needs," Finley says, "and we are prepared to walk with you on the journey of recovery."

Cottonwood Creek makes a difference in people's lives and creates meaningful and lasting partnerships. Director of nursing, Jenny Beaulieu, was made aware of the difference one of her nurses made after receiving a call from one of the hospital's community partners. "The partner said, 'Your nurse provided a thorough and detailed update. She was friendly, and it was obvious she knew my patient well, as she talked in a caring, compassionate manner,'" Beaulieu recalls. These

relationships and the focus on excellent patient care lead families, friends, and those in the behavioral health community to make Cottonwood Creek their hospital of choice.

It is because of Cottonwood Creek's relationships and their willingness to listen and collaborate that they continue to meet the needs of their community. The center launched its new Adolescent Inpatient Treatment program in January 2020, headed by adolescent medical director Dr. Tamara Helfer and followed by an impressive Adolescent Intensive Outpatient program to aid young adults working through mental health challenges. Inpatient and outpatient tracks have evolved as the world has changed. First responders, older adults, LGBTQIA+, individuals affected by the COVID-19 pandemic, or people who feel culturally disengaged are among those who can find services that fit their needs. "Every patient we serve benefits from our hospital staff's specific areas of specialty," says Dr. Helfer. "With help, there is hope for long-term recovery."



Cottonwood Creek
BEHAVIORAL HOSPITAL



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