

# Alta Loma: Advancing Care for Treatment-Resistant Schizophrenia & Bipolar Disorder

*Alta Loma offers long-term, psychiatry-driven care near Austin for adults with treatment-resistant schizophrenia, schizoaffective disorder, and bipolar I.*

AUSTIN, TX, UNITED STATES, June 30, 2026 /EINPresswire.com/ -- Austin, TX — Alta Loma reaffirms its longstanding commitment to providing long-term, psychiatry-driven care for adults with treatment-resistant schizophrenia, schizoaffective disorder, and bipolar I

disorder with psychotic features. The program is structured to provide sustained clinical oversight and coordinated services for individuals who have not achieved stable functioning through short-term interventions.

The model emphasizes extended timelines and multidisciplinary coordination to address the complex needs frequently associated with treatment-resistant conditions. Clinical leadership is maintained continuously by psychiatrists who develop and oversee individualized treatment plans, allowing care decisions to be driven by clinical need rather than predetermined time limits or insurance constraints. This approach enables clinicians to adjust medication protocols, therapeutic interventions, and modify plans as clients demonstrate progress.

Core clinical services include comprehensive psychiatric evaluation, ongoing medication management, individual therapy, cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and life-skills training. Programs also integrate primary care coordination, peer-supported services, and family education to support holistic recovery and community reintegration. Treatment pathways are designed to move beyond brief inpatient stabilization and standard time-limited outpatient services, targeting challenges such as limited illness insight, medication adherence difficulties, and recurrent hospitalizations.

Integrated dual-diagnosis treatment addresses co-occurring substance use by including addiction care as part of psychiatric stabilization plans. Alta Loma operates a Comprehensive Assessment Program, a multidisciplinary two-week evaluation that incorporates



neuropsychological testing and a biopsychosocial assessment. The assessment is intended to clarify complex clinical presentations and to inform evidence-based long-term recommendations.

Programs are organized by gender to create tailored therapeutic milieus. [Men's services](#) provide a continuum of settings, from primary programs to extended care and supportive living arrangements, supporting transitions from structured partial-hospitalization-style engagement to greater independence. [Women's services](#) combine clinically intensive programming with supportive housing across primary and extended care settings. Movement between levels of care is determined by clinical progress and readiness, supporting graduated reintegration into community life.

Family engagement is an essential component of care. Services include regular family support groups, clinical updates, periodic family intensives, and educational programming designed to strengthen caregiver skills, support medication and treatment adherence, and reduce relapse risk. These measures are incorporated into discharge planning to promote continuity of care after transition from Alta Loma's programs.

Alta Loma's initiative responds to documented gaps in care for severe mental illness. Epidemiological data indicate that approximately three percent of people experience psychosis in their lifetime and that a substantial proportion of individuals with schizophrenia receive limited or no ongoing treatment. By providing sustained, psychiatry-driven services, Alta Loma aims to address clinical needs that are not met by brief, episodic models of care.

Discharge planning begins at intake and focuses on housing placement, outpatient coordination, case management, and relapse prevention. Alta Loma is preparing to expand the Comprehensive Assessment Program as a standalone service to provide diagnostic clarity for individuals and families evaluating long-term care options.

Located near Austin in Georgetown, Texas, Alta Loma provides long-term psychiatric services for adults with severe mental health disorders, including schizophrenia spectrum disorders, bipolar I disorder with psychotic features, personality disorders, anxiety, and depression. For additional information about programs and admissions, visit the website or contact the [admissions team](#).

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