



ECT Staff



ECT Patient Education Room

ADDITIONAL RESOURCES

Crisis Intervention Houston Hotline:
713.HOTLINE, Spanish Hotline 713.526.8088,
Teen Line 713.529.TEEN

Mental Health America of Greater Houston:
713.522.5161 or www.mhahouston.org

Mental Health America of Fort Bend County:
281.207.2480 or www.mhafbc.org

National Institute of Mental Health: www.nimh.nih.gov

LOCATIONS

INTRACARE NORTH
1120 Cypress Station Drive
Houston, Texas 77090
281.893.7200

INTRACARE MEDICAL CENTER
7601 Fannin
Houston, Texas 77054
713.790.0949

Inpatient Treatment, Day Treatment and Intensive Outpatient Program for children, adolescents and adults at both hospitals.

INTRACARE LAKE JACKSON
120 S. Parking Place
Lake Jackson, Texas 77566
979.292.0113

Intensive Outpatient Programs (IOP) for adults and adolescents.

INTRACARE SUGAR LAND
Health Center I
1111 Highway 6 South, Suite 122
Sugar Land, Texas 77478
832.642.0827

Intensive Outpatient Programs (IOP) for adults and adolescents.

If you or someone you care about suffers with a mental illness, stress, depression, anxiety or has difficulty with alcohol or drug abuse ... we can help.

281.893.7200 (North)

or

713.790.0949 (Medical Center)

~ 24 hours a day, seven days a week ~

www.intracare.org

INTRACARE
NORTH

*Benefits of
Electroconvulsive Therapy
(ECT)*



IntraCare ... caring "within"

BENEFITS OF ECT

To provide high quality, ethical and cost effective services in a safe and responsive environment.

~ Mission Statement

What is Electroconvulsive Therapy (ECT)?

Electro-convulsive therapy (ECT) is a safe and effective treatment for many psychological conditions such as depression, bipolar, schizophrenia Parkinson's Disease and medication-resistant disorders. ECT works by stimulating the brain and can actually work much quicker than medications.

ECT is given as a course of treatments. The number needed to successfully treat severe depression ranges from 4 to 20. Even after symptoms improve, it is likely that ongoing treatment to prevent a recurrence will be needed. Ongoing treatment, known as maintenance therapy, can include ECT, antidepressants or other psychiatric medications and/or psychotherapy.

ECT Physicians



Left to Right

Reeba Chacko M.D., David Kaiser M.D, Penelope Duke M.D.

Who May Benefit from ECT?

ECT may be an appropriate treatment option for patients who:

- Are age 18 and older
- Have severe depression, mania or schizophrenia and have not responded or only partially responded to conventional treatment such as medications and therapy
- Have had multiple medication trials with minimal or no response
- Have had multiple hospitalizations and regress rapidly into crisis
- Are in need of rapid, definitive response because of the severity of a psychiatric or medical condition
- Are seen as treatment resistant due to medication non-compliance

Before ECT

Prior to the first ECT treatment, a patient and his/her family will have a consultation with the ECT nurse as well as a complete physical examination, a psychiatric evaluation and a consultation with an anesthesiologist.

A Pre-ECT evaluation includes:

- An explanation of what ECT is and how it may help the patient
- A medical history
- A physical examination
- Basic blood tests
- An electrocardiogram (ECG) to check for certain types of heart disease

Referrals

To refer a patient for an ECT consultation and evaluation, please call:

281.893.7200, Ext. 3361

ECT Can Help

- At the time of my first ECT treatment, I was 49-years-old and was hospitalized due to severe depression, anxiety, suicidal thoughts and random homicidal thoughts. I was uninterested in social activities or my family. I had been on multiple medication trials in the past. I underwent a series of ECT treatments and now undergo routine maintenance treatment. Currently, I have a part-time job. I have regained my interest in social activities and my depression has greatly improved. My energy level, appetite and sleep have increased.
- When I was 62-years-old I suffered with severe depression unrelieved by medication and therapy. I had passive suicidal thoughts and little interest in my family. I struggled at work with motivation, concentration and completing assignments. I had a series of ECT treatments and I am now undergoing maintenance treatment. I have less depression, increased energy and a better level of functioning. My ability to complete tasks at work and my concentration have greatly improved. I spend more time with my family and have regained my interest in playing golf.



ECT Nurse and Technician