



## LOCATIONS

### INTRACARE SUGAR LAND

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

Intensive Outpatient Program (IOP) for adolescents and adults.

### INTRACARE MEDICAL CENTER HOSPITAL

7601 Fannin  
Houston, Texas 77054  
713.790.0949

### INTRACARE NORTH HOSPITAL

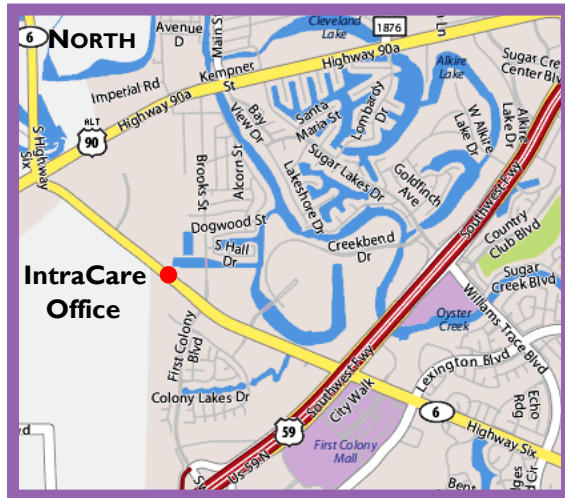
1120 Cypress Station Drive  
Houston, Texas 77090  
281.893.7200

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 Program (IOP) for adolescents and adults.



## ADDITIONAL RESOURCES

**Mental Health America of Fort Bend County:**

281.207.2480 or [www.mhafbc.org](http://www.mhafbc.org)

**Mental Health America of Greater Houston:**

713.522.5161 or [www.mhahouston.org](http://www.mhahouston.org)

**Texana Center:** 800.633.5686 (Crisis) or 281.239.1300

(Main #) or [www.texanacenter.com](http://www.texanacenter.com)

**Fort Bend Regional Council on Substance Abuse:**

281.207.2400 or [www.fortbendcouncil.org](http://www.fortbendcouncil.org)

**National Institute of Mental Health:** [www.nimh.nih.gov](http://www.nimh.nih.gov)

*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.*

**832.642.0827** (Sugar Land)

~ Monday through Friday ~

or

**713.790.0949** (Medical Center)  
(Ask for the Intake Department)

**[www.intracare.org](http://www.intracare.org)**

 **INTRACARE**  
**SUGAR LAND**  
**ADOLESCENT IOP**



*IntraCare ... caring "within"*

# INTRACARE SUGAR LAND

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

*~ Mission Statement*

The Adolescent Intensive Outpatient Program (IOP) is a highly structured, therapeutic program for adolescents ages 12 - 17. Applying findings from assessments, the treatment team designs a course of treatment with a focus and length of stay specific to each client's needs. The plan allows teens to capitalize on their strengths and to grow in targeted areas of life among peers and a caring, experienced staff. Family support and commitment are crucial to treatment progress.

This program serves adolescents who are experiencing family, school and social difficulties due to moderate to severe:

- Behavior Issues (school difficulties, poor impulse control, self-harm, oppositional/defiant behavior)
- Psychiatric Disorders (psychotic problems, major mood disorders, anxiety disorders, developing personality disorders)
- Substance abuse or more than one diagnosis such as chemical dependency accompanied by depression

Adolescents in the program may have been hospitalized before, although prior hospitalization is not required for program participation. Additionally, adolescents that are not making the desired progress in other less intensive treatment settings may benefit from the program. For this program, teens must be capable of actively participating in their treatment.

## *A Complete Treatment Program*

Under the direction of a psychiatrist, an individualized treatment plan is prepared for each client. Process groups are the core therapeutic interventions and are complimented by multi-family groups, didactic groups, individual and family therapy. Master's level therapists and psychological assistants provide the daily programming for the IOP. The treatment team works closely with Nilesh Patel, MD, a board-certified psychiatrist, who assists with the treatment planning process and is available to meet any medication needs of our clients.

The IOP is designed to help clients learn new skills, develop more positive attitudes, improve their relationships and function in a healthier manner with their families, in school and in the community.

## *Program Costs*

Fees for IOP are lower than those associated with 24 hour inpatient services. Most insurance companies provide coverage for IOP services. Individuals may want to contact their insurance provider to determine coverage. However, IntraCare Sugar Land's experienced staff are available to help facilitate this process.

Our entire treatment team works closely with each client to develop an aftercare plan for continuing care following participation in the IOP. This often requires coordinating a variety of therapeutic and community resources. We will work with the client's family, outpatient therapist and family physician, to make sure the needed support services are in place.

Planning for this continuation of support begins at admission and continues after discharge.

## *Referrals and Admissions*

The IntraCare Sugar Land IOP is supported by the resources of IntraCare Hospital. Clients participating in the program whose needs require additional services can easily access other levels of treatment.

Referrals to the IntraCare Sugar Land IOP can be made by a physician, health professional, social service agency, family member or by the individual requesting care. Referrals may be made Monday through Friday by calling **832.642.0827**.

Prior to admission, staff members will conduct an assessment and develop a personalized plan of care for each client. The client's care is guided by a psychiatrist.

## *Hours of Operation*

- Monday, Tuesday, Wednesday and Thursday
- 4:30—7:30 pm

Consultations are available at no charge for potential program participants and their families with one of our behavioral health professionals. To schedule an appointment for a consultation, please call:

**832.642.0827**

~ Monday through Friday ~

*[www.intracare.org](http://www.intracare.org)*