



## 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 adolescents and adults.

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

Intensive Outpatient Programs (IOP) for adolescents and adults.

## 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](http://www.mhahouston.org)

**Mental Health America of Fort Bend County:**  
281.207.2480 or [www.mhafbc.org](http://www.mhafbc.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.*

**281.893.7200** (North)

or

**713.790.0949** (Medical Center)

~ 24 hours a day, seven days a week ~

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

 **INTRACARE**  
NORTH

*Alice Hiniker Unit*



*IntraCare ... caring "within"*

# *ALICE HINIKER UNIT*

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

*~ Mission Statement*

## *Alice Hiniker, PhD*

The Alice Hiniker Unit is named after, and dedicated to the memory of, Alice Hiniker, PhD.

Dr. Hiniker, with her husband Timothy Sharma, MD, founded IntraCare North Hospital in 1988.

Those who knew Dr. Hiniker describe her as compassionate, ethical, supportive and pure of heart.

Her presence continues to be felt at IntraCare by those who knew her and who pass on to others her commitment to, and passion for, those we serve.

IntraCare North Hospital is not-for-profit and has provided behavioral health services to the greater Houston community for 20 years.



*Alice Hiniker, PhD*  
*December 14, 1945 - July 9, 2001*

## *Treatment Program*

The treatment team, led by a psychiatrist, focuses on assisting patients to obtain, as quickly as possible, an optimal level of functioning through the use of intensive therapy and medication management. At a minimum, patients have weekly individual and family therapy. Additionally, each patient participates in at least three clinical groups each day that focus on increasing coping skills to such an extent that the need for re-hospitalization will be greatly reduced. Additional daily activities include recreational therapy, addictions recovery group and a community meeting.

Continuity of care is a high priority. Patients are assisted to ensure that they have appointments for step down services specific to their continued needs. Step down services may include participation in a Day Treatment or Intensive Outpatient Program, securing an appointment with an individual therapist or psychiatrist in their community or identifying appropriate support groups. Upon discharge, clinical information will be forwarded to providers to whom the patient will return for continued treatment.

IntraCare North Hospital accepts most insurance plans, Medicare and Medicaid. Please call for information about a specific health plan.

More detailed information about IntraCare North Hospital is available at [www.intracare.org](http://www.intracare.org).

## *ACCREDITATION AND LICENSURE*

- The Joint Commission
- Texas Department of State Health Services

## *Admission Criteria*

The Hiniker Unit may be appropriate for an individual who is:

- Age 18 or older
- Able to appropriately participate both cognitively and behaviorally in each group
- Not assaultive or aggressive toward others
- Newly diagnosed or has had periods of long-term sustained recovery and
- Currently resides in a safe, secure and supportive residence
- Is seeking a return back to a level of functioning that allows a return to home, work or school and the community

## *Referrals and Admissions*

Appointments for an initial assessment to determine whether a prospective patient is appropriate for admission to the Hiniker Unit are scheduled between 9:00 am and 9:00 pm, seven days a week. During the appointment, the prospective patient is assessed to determine his/her ability to participate both cognitively and behaviorally in the treatment program. Prospective patients who do not have an appointment, i.e., walk-ins, who are admitted after hours or via an emergency transfer from another facility, will be admitted to the General Adult Unit until an assessment for appropriateness for the Hiniker Unit is completed. Patients who meet criteria will be transferred to the Hiniker Unit during routine admission hours (9:00 am - 9:00 pm).

To schedule an appointment call:

**281.893.7200**

~ 24 hours a day, seven days a week ~