



LOCATIONS

INTRACARE LAKE JACKSON

120 S. Parking Place
Lake Jackson, Texas 77566
979.292.0113

Intensive Outpatient Programs (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

All services and programs are available at each hospital for all ages.

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.

 **INTRACARE**
LAKE JACKSON
ADOLESCENT IOP



ADDITIONAL RESOURCES

Gulf Coast Center: 866.729.3848 (Crisis Phone),
409.763.2373, 281.488.2839 or www.gcmhmr.com

NAMI Gulf Coast: 888.554.2264 or
www.namigulfcoast.org

The Jesse Tree: 409.762.2233 or www.jessetree.net

**Bay Area Council on Drugs and Alcohol
(BACODA):** 800.510.3111 or www.bacoda.com

National Institute of Mental Health: 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.*

979.292.0113 (Lake Jackson)

~ Monday through Thursday ~
or

713.790.0949 (Medical Center)

(ask for the Intake Department)

www.intracare.org

IntraCare ...caring "within"

INTRACARE LAKE JACKSON

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 and develop more positive attitudes to improve their relationships and function in a more healthy 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 Lake Jackson has experienced staff who are more than happy 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 are happy to 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 Lake Jackson 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 Lake Jackson 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 Thursday by calling **979.292.0113**.

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
- 4:00 - 7:00 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:

979.292.0113 (Lake Jackson)

~ Monday through Thursday ~

www.intracare.org