

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

Mental Health America of Greater Houston:

713.522.5161 or www.mhahouston.org

Texana Center: 800.633.5686 (Crisis) or 281.239.1300

(Main #) or www.texanacenter.com

Fort Bend Regional Council on Substance Abuse:

281.207.2400 or www.fortbendcouncil.org

National Institute of Mental Health:

www.nimh.nih.gov



**SUGAR LAND
ADULT IOP**



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

IntraCare ... caring "within"

INTRACARE SUGAR LAND

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

~ Mission Statement

Caring for People with Difficult Problems

Everyone has problems of some kind. But when problems escalate to cause family chaos and interfere with the daily demands of life, professional help is needed.

The Adult Intensive Outpatient Program (IOP) at IntraCare Sugar Land is a highly structured, therapeutic program. The IOP provides services three hours per day, four days a week. The program provides services to clients with mental health and addiction issues and seeks to teach them the skills they need to live a healthier life.

Treatment as Unique as the People We Serve

The IOP is designed to serve adults age 18 and older who need more frequent and comprehensive therapy than traditional outpatient settings can provide. The program is also appropriate for individuals who are ready for discharge from an inpatient setting but who require structured, intensive therapy to ease the transition from the hospital to home.

The program provides help in a caring and comfortable environment each day, while allowing clients to live at home.

Who is eligible for IOP?

The Intensive Outpatient Program (IOP) may be appropriate for an individual who is:

- 18 years or older
- Agreeable to participating in the program
- Ambulatory and physically able to participate
- Able to maintain control of impulses and effectively participate in the program
- Not a danger to self or others and
- Currently resides in a safe, secure and supportive residence
- Has a primary psychiatric diagnosis with acute symptoms

Program Costs

Because clients are at home on weekday evenings and weekends, fees are lower than those associated with 24 hour inpatient services. Most insurance companies and Medicare 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 program 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 program 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. If the client is not currently under the care of a psychiatrist, staff will assist in enlisting a physician's services. Treatment Team members include doctors, nurses, program therapists and psychiatric technicians.

Hours of Operation

- Monday, Tuesday, Wednesday and Thursday
- 9:00 am—12:00 pm or by appointment

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