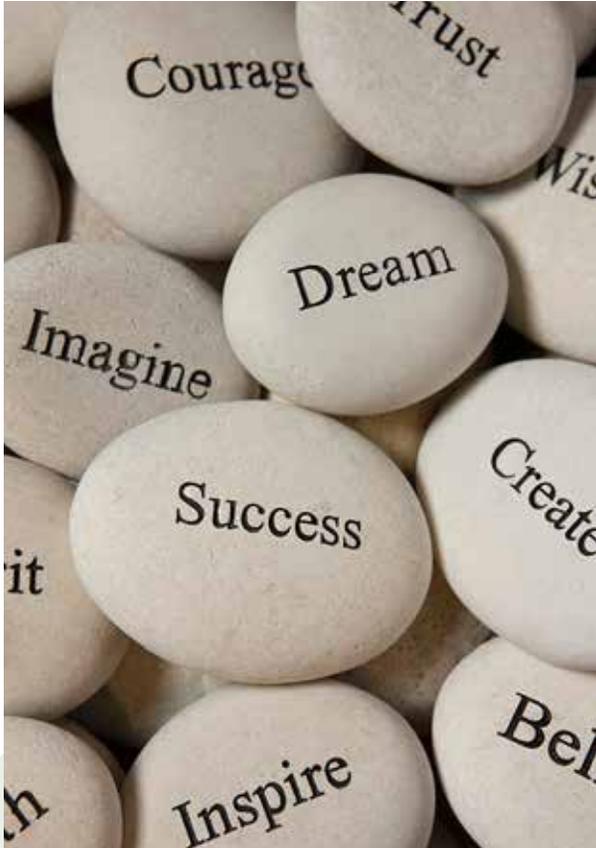


Treatment Team

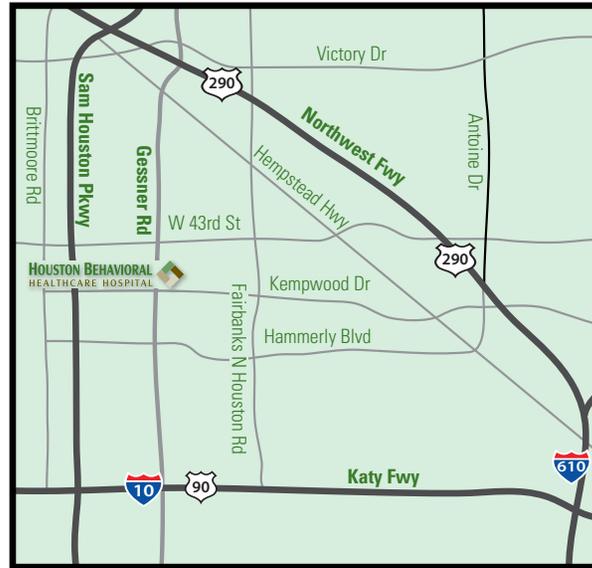
Our integrated treatment team is led by Psychiatrists and includes other physicians, registered nurses, social workers, licensed therapists, dietitians, activity therapists and other mental health workers who work closely with each patient to formulate and achieve treatment goals.



Our Mission

It is the Mission of Houston Behavioral Healthcare Hospital to be the regional leader in behavioral health services by developing and delivering metric driven programs and services molded by outcome measurements delivered to those entrusted to our care.

A Quality Behavioral Health Treatment Option in Houston



2801 Gessner Road • Houston, TX 77080

832-834-7710

houstonbehavioralhealth.com



Houston Behavioral Healthcare does not exclude, deny treatment to, or discriminate against any person on the basis of race, national origin, disability, or age. All admissions to the hospital are determined by a Physician.

HOUSTON BEHAVIORAL
HEALTHCARE HOSPITAL



Passionate Healthcare; Compassionate People



Detox PLUS

Chemical Dependency Program

For more information or
an assessment call

832-834-7710

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Houston, TX 77080**

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Detox PLUS

Our Detox PLUS Program is designed for individuals ages 18 and older who are struggling to achieve and maintain sobriety and recovery. We can provide the entire continuum of care from a medical detoxification to inpatient services to Intensive Outpatient Program. Our goal is to meet the needs of individuals, no matter where they are in the recovery process.



Areas of Focus

The program uses proven evidence based therapies, such as CBT and Living in Balance, throughout the continuum of care. In addition, 12-step work is incorporated as well as an Individualized Wellness Recovery Plan. While focusing on the following areas, we see the greatest overall recovery and reintegration back into the community.

- Medical detox (when needed)
- Cravings
- Stress Management
- Triggers
- Relapse Prevention
- Crisis Management
- 12 step work
- Planning for Sobriety
- Anger Management
- Family Issues

Continuum of Care

Medical Detoxification

Some people become physically addicted to a substance and during the detox period are at risk of severe illness or death if they are not supervised by a physician. We provide a physician lead detox protocol to help the patient's withdrawal from substances in a safe, more comfortable manner.

Inpatient Rehab

Once Detox is complete, the work of getting and staying sober can begin. In our Rehab program, there is intense group therapy where the process of planning for sobriety and recognizing triggers and stressors begins. In addition, a recovery plan is developed so that once discharged from the hospital, every patient has the tools necessary for sobriety and recovery.

Intensive Outpatient Program

Our Intensive Outpatient Program, or IOP, is three nights a week from 6-9 PM. The goal of this program is to help solidify the recovery process by allowing for a safe place to process those daily struggles. From work and family stressors, to the relationship issues that often arise, we are here to help implement practical ideas to navigate the journey.



Types of Sessions

In each level of care, every patient has a treatment team that helps with the development of an individualized treatment plan. We are a strength-based program that focuses on specific needs. We also provide ongoing metrics to assess the level of functioning and symptomology and improvement. The types of sessions you can expect throughout our continuum are below.

- Individual Therapy
- Family Therapy
- Education Groups
- Group Psychotherapy
- Coping Skills Groups
- Recreation and Music Therapy



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