

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 adults and adolescents.

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

Intensive Outpatient Programs (IOP) for adults and adolescents.



ECT SUITE

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

Mental Health America of Fort Bend County:
281.207.2480 or www.mhafbc.org

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.

281.893.7200 (North)

or

713.790.0949 (Medical Center)

~ 24 hours a day, seven days a week ~

www.intracare.org

 **INTRACARE**
NORTH

*Benefits of
Electroconvulsive Therapy
(ECT)*



IntraCare ... caring "within"

BENEFITS OF ECT

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

~ Mission Statement

What is Electroconvulsive Therapy (ECT)?

Electroconvulsive therapy (ECT) is a procedure in which a small amount of electrical current is sent to the brain. This current induces a seizure that affects the entire brain, including the parts that control mood, appetite and sleep.

ECT is given as a course of treatments. The number needed to successfully treat severe depression ranges from 4 to 20. Even after symptoms improve, it is likely that ongoing treatment to prevent a recurrence will be needed. Ongoing treatment, known as maintenance therapy, can include ECT, antidepressants or other psychiatric medications and/or psychotherapy.



Who May Benefit from ECT?

ECT may be an appropriate treatment option for patients who:

- Are age 18 and older
- Have severe depression, mania or schizophrenia and have not responded or only partially responded to conventional treatment such as medications and therapy
- Have had multiple medication trials with minimal or no response
- Have had multiple hospitalizations and regress rapidly into crisis
- Are in need of rapid, definitive response because of the severity of a psychiatric or medical condition
- Are seen as treatment resistant due to medication non-compliance

Before ECT

Prior to the first ECT treatment, a patient and his/her family will have a consultation with the ECT nurse as well as a complete physical examination, a psychiatric evaluation and a consultation with an anesthesiologist.

A Pre-ECT evaluation includes:

- An explanation of what ECT is and how it may help the patient
- A medical history
- A physical examination
- Basic blood tests
- An electrocardiogram (ECG) to check for certain types of heart disease

Referrals

To refer a patient for an ECT consultation and evaluation, please call:

281.893.7200, Ext. 3361

ECT Can Help

- At the time of her first ECT treatment, a 49-year-old female was hospitalized due to severe depression, anxiety, suicidal thoughts and random homicidal thoughts. She was uninterested in social activities or her family. She had been on multiple medication trials in the past. She underwent a series of ECT treatments and now undergoes routine maintenance treatment. Currently, she has a part-time job. She has regained her interest in social activities and her depression has greatly improved. Her energy level, appetite and sleep have increased.
- A 52-year-old male suffered with severe depression unrelieved by medication and therapy. He had passive suicidal thoughts and little interest in his family. He struggled at work with motivation, concentration and completing assignments. He had a series of ECT treatments and is now undergoing maintenance treatment. He reports less depression, increased energy and a better level of functioning. His ability to complete tasks at work and his concentration have greatly improved. He spends more time with his family and has regained his interest in playing golf.

