HOUSTON METHODIST BEHAVIORAL HEALTH
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MORE INFORMATION
houstonmethodist.org/spg/behavioral-health
Houston Methodist Behavioral Health now offers world-class, personalized and holistic mental health diagnostic and treatment services for adults experiencing complex psychiatric conditions — in person and/or virtually.

Arriving at a psychiatric diagnosis takes time and a team of outstanding professionals. Unfortunately, diagnoses are often rushed, due to time pressures of acute inpatient hospitalizations and inadequate time and/or expertise in outpatient settings. In some cases, a medical illness may complicate the situation, creating confusion and a lack of clarity about how to proceed — leading patients and their families to feel “stuck.”

The Behavioral Health team at Houston Methodist offers the time and expertise to integrate psychiatric, medical and psychosocial conditions into a comprehensive formulation of key barriers that require treatment and care. Our Therapeutic Outpatient Assessment Program is effective because we take time to get to know each patient, not just his or her symptoms. The feedback process empowers individuals and their family members to move from being stuck into a more sustainable and functional lifestyle.

We offer access to the highest quality mental health care available through the Functional Rehabilitation Program. Our team of specialists is committed to providing quality outpatient treatments that align with each patient's unique struggles, strengths and needs.

Our goal is to forge strong relationships with our patients through customized, comprehensive intervention. Through these relationships, a deep understanding of each patient can emerge, providing our clinicians with informed, fresh and compassionate perspectives required to achieve meaningful and lasting change.

This combination of time and team allows us to partner with our patients, their families and their referring providers on a level that simply is not possible in many other settings. Additionally, because we are based within a nationally recognized hospital system, our patients have facilitated access to medical care for underlying health conditions that might be contributing to their challenges in functioning in everyday life.

In keeping with this vision of excellence, we have created programs and services to flexibly address the diverse mental and physical health needs of the patients we serve. Specific areas of both clinical and research focus include:

- Treatment-resistant mood disorders
- Personality disorders
- Psychosis
- Emotional dysregulation
- Suicidality and other self-injurious behaviors
- Burnout and wellness among professionals
- The intersection of physical illness and mental health (e.g., chronic pain, somatic symptom disorder)
THERAPEUTIC OUTPATIENT ASSESSMENT

Duration: five to 10 days (dependent on patient needs)
Cost: $15,000+

Our Therapeutic Outpatient Assessment services (in person and/or virtual) are tailored to individuals who are seeking an accurate understanding, diagnosis and treatment plan for complex and/or persistent psychiatric conditions — and in some cases, with a comorbid medical condition. We provide services to patients struggling with a broad range of conditions, including depression, anxiety-related disorders, trauma, psychosis, interpersonal dysfunction, chronic pain, sleep disorders, emotional regulation problems and suicidality.

Our team-based, multidisciplinary assessment is designed to optimize insight, produce maximal diagnostic clarity and create a roadmap for future treatment. In-depth dialogue with our patients is at the heart of our assessment process, tailored to the individual needs of each patient. Our assessment process includes:

- Psychiatric evaluation
- Addictions evaluation
- Suicide risk assessment
- Genetic testing
- Neuropsychological testing
- MRI and other imaging tests
- Psychological testing
- Psychosocial evaluation
- Family system evaluation
- Pain assessment, as indicated
- Sleep studies, as indicated
- Additional tests, as indicated
- Routine laboratory tests and specialized tests, as indicated
- Urine toxicology screens
- Specialty consultation, as indicated
- Coordination of all testing and consultation
- Discharge planning and referral for ongoing care in home community or at other treatment centers around the country

To compile a comprehensive summary and recommendations for treatment, our team conducts a thorough review of:

- Records of referring and previous clinicians
- Medical and treatment history
- Input from past providers, family and loved ones

After a thorough review of the assessments and test results, as well as reports from family and referring clinicians, our team meets with the patient and family to share our findings and recommendations. This process results in:

- Better understanding of diagnoses and the factors that contribute to complex or recurring problems
- Establishing common goals for ongoing and future treatment
- Personalized referrals for ongoing care or treatment, helping to select the best options for the patient across the full continuum of care — either in his or her home community or elsewhere in the country

The core interdisciplinary team conducting these assessments consists of senior-level psychologists and psychiatrists. Consultants with specific areas of expertise are added as needed. Therapeutic Outpatient Assessments vary in duration depending on need, but typically last five to 10 days, at the conclusion of which the patient, family, and the team of providers meet as a group to review findings and to discuss next steps. Patients are provided with a comprehensive report. Next level of care providers will also receive a written summary and/or verbal handoff (with the patient’s permission).
FUNCTIONAL REHABILITATION

Duration: five to eight weeks, Monday through Friday, two to six hours per day tailored to patient needs
Cost: $20,000+

Our five- to eight-week Functional Rehabilitation Program is designed to help individuals who struggle to engage in a meaningful and productive life and are increasingly constrained due to psychiatric or emotional problems. For some of our patients, these psychiatric problems arise in response to or in conjunction with significant health or medical problems. Our approach to treating patients incorporates an understanding of the broader context in which difficulties arise, rather than seeing the individual or his or her illness or symptoms in isolation.

We aim to reduce symptoms where possible, while striving to maximize each patient’s ability to live with purpose and vitality. The program is available on an outpatient and virtual basis, allowing patients the opportunity to complete treatment while remaining engaged with their lives.

Group psychotherapy takes place Monday through Friday for one to three hours per day. Treatment modalities include:
- Acceptance and commitment therapy (ACT)
- Art therapy
- Cognitive behavioral therapy (CBT)
- Compassion-focused therapy (CFT)
- Dialectical behavioral therapy (DBT)
- Emotion-focused therapy (EFT)
- Family systems therapy (FST)
- Mentalization-based therapy (MBT)
- Mindfulness-based yoga (MBY)
- Mindfulness-based cognitive therapy (MBCT)
- Process group-based therapy (PGT)

As part of the Functional Rehabilitation Program, our expert psychiatrists also offer interventional neuropsychiatric services to complement group and individual sessions.

We can provide the following interventional neuropsychiatric services:
- Electroconvulsive Therapy (ECT) – an effective option that can reverse symptoms of severe depression relatively quickly, but has temporary side effects, including confusion and memory loss
- Transcranial Magnetic Stimulation (TMS) – a noninvasive intervention that uses magnetic fields to ease symptoms of depression and improve mood

Patients receive a written summary of treatment course and follow-up recommendations after completing the Functional Rehabilitation Program. When appropriate, we also will consult additional referral sources and resources. Next level of care providers will also receive a written summary and/or verbal hand-off (with the patient’s permission).

CONTINUITY OF CARE

After completion of the Therapeutic Outpatient Assessment or Functional Rehabilitation Program, many patients return to their referring providers. However, we do offer step-down tapering to individual treatment services when warranted. This can be elected to promote maintenance of treatment gains and ongoing stability. Additionally, this allows us to utilize and build on the strength of relationship bonds forged during more intensive treatment.

We offer a wide range of continuity of care services to meet the varied and dynamic needs of our patients, including:
- Intensive Outpatient Program (IOP)
- Modified Functional Rehabilitation Program
- Individual psychotherapy
- Medication management
- Art and music therapy
- Follow-up neuropsychological or psychological testing

Individual sessions take place Monday through Friday, are tailored to each patient’s specific needs and may include:
- Acceptance and commitment therapy (ACT)
- Art therapy
- Behavioral activation (BA)
- Behavioral therapy
- Biofeedback
- Cognitive-based therapy (CBT)
- Compassion-focused therapy (CFT)
- Coordination of follow-up consultation with medical specialists
- Couples counseling
- Dialectical behavioral therapy (DBT)
- Family therapy
- Medical assessment and medication management
- Mentalization-based therapy (MBT)
- Mindfulness-based cognitive therapy (MBCT)
- Music therapy
- Prolonged exposure (PE)
- Psychodynamic therapy

To learn more about Houston Methodist Behavioral Health’s services, visit houstonmethodist.org/spg/behavioral-health or call 346.238.2040.