



Where Healing Comes to Mind



Menninger®





As a nationally ranked psychiatric hospital, The Menninger Clinic is known for improving the lives of those experiencing mental health and behavioral issues.

At the heart of its mission are its patients, doctors, nurses, researchers – its people. Beyond the expertise, science, outcomes and personalized care lives a compassionate community full of hope, ready to accompany you or your client on your journey to mental health.

Together, this community inspires the hope of a new day. The hope when things seem hopeless. The time to recognize that a life full of meaning, choices, joy and triumph lies ahead. Our team meets you where you are and will walk with you every step of the way.

Whether Menninger is your first exposure to treatment or one of many, we offer treatment options and synchronized care across all services.

When you need answers to your questions and a plan forward for your concerns, our comprehensive psychiatric assessment brings together the right expertise. In less than a week, with the insights of your caregivers and family, you receive those much-needed perspectives and answers.

Take the first step to a healthier you.
Call our Care Coordination Center 24/7
at 713-275-5400 or chat online with us
by visiting [MenningerClinic.org](https://www.MenningerClinic.org) today.

How we can help?

Our mental health professionals are especially prepared to treat:

- Depressive disorders, including bipolar disorder
- Anxiety disorders, including OCD
- Suicidal thoughts and self-harm
- Trauma
- Relationships
- Substance use, detox and addictive behavior, such as social media, Internet and gaming overuse, gambling and overspending
- Personality disorders
- Conflict and communication within the family
- Anger, impulsivity and disruptive behaviors
- Grief and loss
- Women's mental health
- LGBTQ issues
- Challenging career issues
- Transitions during stages of life
- Problems sleeping



Evidence-based therapies & interventions

We find that many individuals struggle with multiple issues, and our therapeutic approach reflects a combination of therapies that have been proven by research to reduce symptoms. Your treatment team will design an appropriate combination to fit your needs.

- Cognitive Behavioral Therapy (CBT and CBT-i)
- Dialectical Behavioral Therapy (DBT)
- Radically Open DBT
- Acceptance and Commitment Therapy (ACT)
- Mentalization-based Therapy (MBT)
- Motivational Interviewing
- Program for Assertive Community Treatment (PACT)
- Mindfulness-based Stress Reduction (MBSR)
- Psychodynamic Psychotherapy
- Medications
- Brain Stimulation, including Ketamine Therapy, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS)
- Rehabilitation and Recreation Therapies
- Nutritional Therapy
- Psychoeducation

Treatment that works

When we partner with you to treat the psychiatric ailment, we have a shared goal of ensuring that the treatment plan is meeting your needs and relieving symptoms.

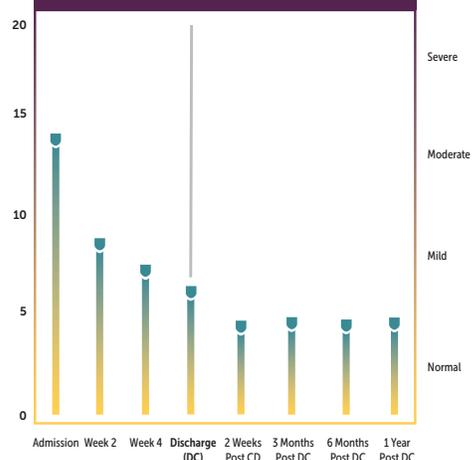
The data in these four charts show that 3,303 consecutive adult patients reported significant improvement in mental health symptoms while they were being treated at Menninger, which continued throughout the first year after discharge.

Our evidence-based treatment outcomes and quality indicators demonstrate the value of our treatment model and the quality of our treatment teams. We rely on objective, research-proven assessment questionnaires that patients complete at admission, during treatment, at discharge and up to 12 months after their hospital stay.

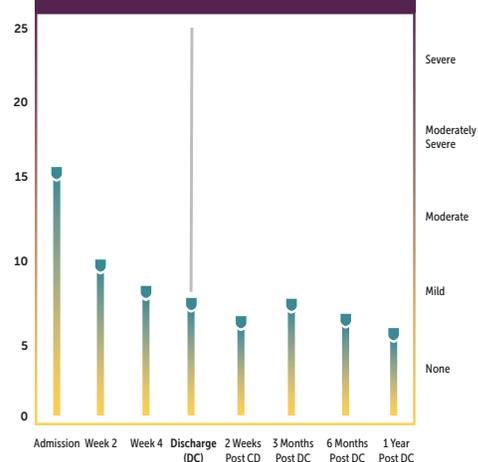
When data from the assessments indicate a change for the better or worse, it provides facts to guide adjustments in the treatment. Often, the data show improvements before a patient notices the positive effect of the treatment.

Follow-up assessment allows our teams to maintain contact with the patient after discharging, which is often a challenging time for maintaining the gains made while at Menninger.

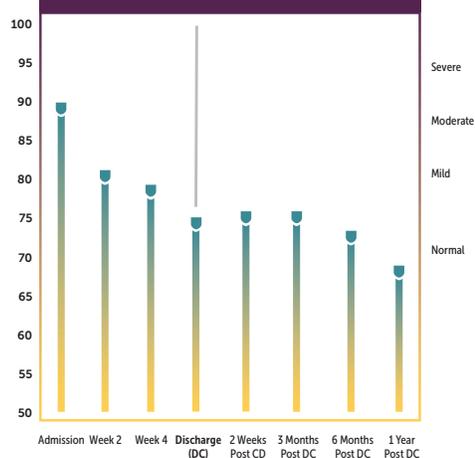
Patient Health Questionnaire: Anxiety Scale



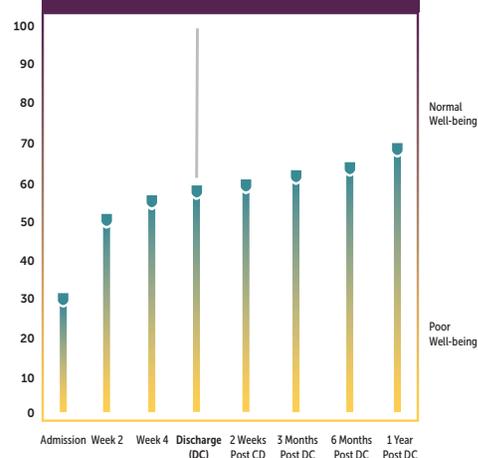
Patient Health Questionnaire: Depression Scale



World Health Organization: Assessment of Disability (WHODAS)



World Health Organization: Well-being Index (WHO-5)



The data in these four charts show that adult patients reported significant improvement

For all charts:
N = 3,303 consecutive adult admissions from 7-1-2012 to 9-30-2018.

Our patients

Individuals who come to a Menninger hospital program are typically quite severely ill; in fact, on average, 80 percent have at least three psychiatric disorders, and nearly 50 percent have both a substance use issue and at least one psychiatric disorder.

Others want to address their goal intensively over several weeks or may choose from one of our day-hospital, outpatient or home-based programs.

Quality indicators

- Menninger is ranked No. 5 on U.S. News & World Report's Best Hospitals list for psychiatry and has been on the list every year since its debut in 1990.
- Menninger was the first psychiatric hospital in Texas to be awarded the Pathway to Excellence™ designation by the American Nurses Credentialing Center.
- Menninger is affiliated with Baylor College of Medicine, one of the nation's top medical schools.
- Menninger is accredited by the Joint Commission.
- All of our nurses are registered nurses, and only individuals who have at least a bachelor's degree are hired as mental health associates.
- All of our addictions professionals have at least earned a master's degree.
- All treatment teams include a psychiatrist, psychologist, social worker, psychiatric nurse, psychiatric rehabilitation specialist and, if warranted, a licensed chemical dependency counselor. The teams have offices on their unit so they are accessible to patients.
- We have been a leader in mental health care since 1925.

Our treatment environment

As we help you find you again, our spacious campus provides patient residences that are comfortable, well appointed and ideal for personal renewal in mind, body and spirit.

The campus and residence units are safe, secure and calming on a 50-acre oasis minutes from the Texas Medical Center, the largest medical complex in the U.S. Adults have private rooms and bathrooms. The Wellness Center is equipped with a full-size court, state-of-the-art fitness center and an outdoor saltwater pool. The courtyard includes a labyrinth for peaceful reflection as well as space to walk, run, do yoga and enjoy recreational activities on the lawn.

Pathfinder's day programming and nearby apartments are in one of Houston's vibrant, walkable neighborhoods. Menninger 360 is based in the heart of Houston with options for real-life treatment experiences in the home and city.

Outpatient services are easily accessible in our Bellaire, Texas clinic and at the Menninger campus, where patients may also access our outpatient pharmacy.

The Gathering Place psycho-social clubhouse is located on four acres just minutes from Menninger. It supports adults recovering from serious mental illness. The free services emphasize healthy lifestyles, vocational training and living independently.



“At Menninger,
I got what I
needed, including
the push to do
the work.”

~ Debi S.
former patient

“My biggest accomplishment, however, has been not having a major depressive episode since leaving Menninger in June 2012. And last summer, I finally thought, “I’m so glad to be alive! I really love where I am, right at this very moment! I’m glad I survived to see this day.”
To read Debi’s full story, visit MenningerClinic.org.

Amenities

While we are serious about treatment, we're equally serious about rest, relaxation and recreation. You may take advantage of our beautiful, spacious campus. Swim in our saltwater pool. Walk the labyrinth or across our courtyard. Work out with your new friends in the fully equipped Wellness Center with full-size court. Enjoy the peaceful meditation garden or visit the café, which serves Starbucks™ coffee, tasty pastries and more. A massage or a haircut can easily be arranged.

Homemade meals are prepared by Chef Russell Knott, a former chef at the renowned Brennan's restaurant in downtown Houston, and his team, which includes registered dietitians. They prepare fresh meals daily, including gluten-free, kosher and vegetarian selections.

Our programs & services

Our teams of specialists provide integrated medical, behavioral and social treatment and assessment services for all ages. Our model broadens a holistic pathway to wellness and a meaningful life.

Your journey can begin at any point in your life and along our treatment pathways, from outpatient therapy sessions and groups to acute stabilization and comprehensive assessment.

Adolescent Treatment Program & Day Hospital

When a 12- to 17-year-old is often sad, irritable or anxious, has hard-to-manage behavior or is in crisis, we offer stabilization and a definitive diagnosis. Through experience, we can resolve the immediate crisis, start treatment with the adolescent and support the family. Having a correct diagnosis ensures your child receives the most effective treatment. Teens may continue with the same treatment team for follow-up care or step up to the day hospital when more support is needed than typical outpatient sessions.

Comprehensive Psychiatric Assessment Service

A two- to three-week stay can help stabilize and assess complex issues and can pave the way for the next part of your journey: effective treatment. Should detox from substances be necessary, your caregivers will make you comfortable throughout the medically monitored process.

Compass Program

You'll find other young adults, ages 18 to 30, who struggle with one or more mental health issues, shining light onto what may cause feelings of isolation and darkness. We'll help you develop a path to a new you. During your six to eight weeks on Compass, you will learn to take ownership of your life, develop new coping skills and build greater confidence in your ability to achieve exciting goals.

Hope Program

The team is experienced in helping rediscover the real "you" by addressing your needs and your relationships. The team works with nearly all types of psychiatric issues and assists each person in understanding their identity. They also focus on helping patients feel more comfortable with their emotions and in strengthening the most important relationships in their life.

Professionals Program

Doctors, lawyers, professors, entrepreneurs, veterinarians, athletes, pharmacists and other hard-charging, type-A adults benefit from this program. Here, the treatment teams work side by side with them to resolve the distress and sometimes, substance use issues, that keep them from enjoying a full, balanced life. Patients also provide valuable feedback and support to one another.

Assessments

If you feel “stuck” in your current therapy, face a crossroads, want a second opinion or need answers, an outpatient assessment may be right for you. Our week-long assessment is one of the most comprehensive available anywhere. Our team, led by a psychiatrist, uncovers your core issues and what’s preventing you from achieving the life you want. Whether your assessment is completed in a convenient one-week outpatient format or during a hospital stay, you can expect to learn the root of obstacles you’ve faced and gain insights for continued growth.

Outpatient therapy

Need help with moderate depression, anxiety, trauma, bipolar disorder, personality disorders, women’s issues, family issues, parenting, substance use or other dilemmas? Our outpatient therapists can help. We also offer psychological testing and outpatient group therapy for adults, young adults and adolescents, as well as coordinated family treatment.

Menninger 360

If you have ongoing mental health issues or want to get help at your workplace, Menninger 360, the only private psychiatric assertive community treatment (PACT) program in Texas, can help you at home, at school and in the community. Side by side, our team assists you in making the most of your journey.

Pathfinder

Pathfinder is the place to be if you’re leaving inpatient treatment but aren’t quite ready to return home. Here, you’ll find support, structure and housing in an apartment complex located in a lovely neighborhood near the Pathfinder office. This program is also a solution for those who need help learning to live independently and go to college or get a job.

The Gathering Place

This supportive community helps adults with mental illness, free of charge, to improve their health and psychosocial development. Members come for the day, Monday through Friday, and attend educational groups, exercise classes, field trips and more.



Continuum of Care Timeline

Range of treatment services from least to most intensive

Outpatient assessments, therapy or groups

Intensive outpatient therapy for families

Day treatment for teens; psycho-social clubhouse

Community integration: 24-hour & home-based programs for adults

Specialty hospital programs for teens & adults

Comprehensive assessment & stabilization, including detox

Additional services

It is common for individuals who have severe symptoms of mental illness to have co-occurring medical conditions, substance dependence or body image issues. We offer an on-site internal medical team, master's-level trained addictions professionals, dietitians and an eating disorders team.

Because individuals respond differently to treatments and need options, the Center for Brain Stimulation offers ketamine therapy, electroconvulsive therapy and transcranial magnetic stimulation for certain mental illnesses.

For optimal medication treatment, patients may elect genetic testing that can aid psychiatrists in pinpointing the best pharmacological methods for reducing troubling symptoms.

For those with a strong faith, our chaplaincy service offers spiritual counseling, groups and faith services. Houston's extensive faith community provides

a vast array of clergy to support patients while they are at Menninger. An Interfaith Chapel is a peaceful setting for spiritual inspiration and reflection, as is the outdoor labyrinth surrounded by tall cypress trees.

Coming in 2020 will be specialty treatment for OCD and anxiety. The day hospital and intensive outpatient programs will offer focused, evidence-based treatment to get children, adolescents and adults back to living well without the distress of overwhelming symptoms. These two programs will broaden access by accepting insurance benefits.

Simone's story

Chapter 1: While battling drug abuse, she attempted suicide. Then "I agreed to attend Menninger for four weeks ... I figured I would smile and wave my way through it. For the first time in my life, I was asked to speak to listening ears. The staff and my peers at Menninger asked me to be honest. 'Why do you want to kill yourself?' they asked. No one had ever asked me that before... My therapist was a strong, brilliant woman. She helped me realize that I am also strong and brilliant."

Chapter 2: Simone graduated from college with a degree in education, taught school and changed her career path to work as an addictions counselor. She married her best friend. "There have been hard days ... My life is a messy, weird, amazing gift. And I am grateful for it every day. I continue to cultivate my curiosity and wonder at this beautiful universe. There is darkness. Within the darkness, we all have a light. I will continue to shine my light as I journey through existence in joy and peace."



"There is
darkness. Within
the darkness, we
all have a light."

~ Simone
former patient

“Today I am happily remarried, socially engaged and alive again.”

“I am in better health mentally and physically than I’ve been in more than two decades. Indeed, and strange as this may sound, I am enjoying a fullness of life that I am convinced is a result, in part, of having endured and successfully beaten a life-threatening illness.” ~ *Bob, former patient*

Addressing shame

Our treatment teams offer therapists certified in The Daring Way® for identifying shame and strategies for resilience. Menninger participated in Brene’ Brown’s research resulting in the formulation of the curricula for the empirically-based approach to change.

Lowering anxiety

Choosing to enter treatment can be stressful. Our staff recognizes this and will do its best to kindly welcome you, help you settle in, meet peers in your program and begin to rejuvenate your mind and body; reignite your hope. In most situations, all our hospital programs include time for family visitation, including children and pets.

Even the acres of space on our hospital’s campus provide respite within the city. Each residential unit offers bright daylight and a garden terrace to enjoy while relaxing under the starlight.

Sustaining progress

From the moment you arrive at Menninger, we partner with you to prepare for joyful living. Wellness planning is uniquely your map for well-being and relapse prevention.

Participation in Menninger’s alumni support activities keeps important connections intact for celebrating successes and addressing challenges of everyday life. Our alumni group, Living Healthier Together, offers that support through:

- Weekly online support group
- Events for alumni
- Discussion forum on our smartphone app for adult alumni
- On-campus recovery meetings, including Refuge Recovery, SMART Recovery, AA and NA or referrals to these support groups in your community
- Peer coaching and mentoring from individuals with lived recovery experience who are also certified peer recovery specialists

Support for family members

Family members and other key supporters of the patient play a central role in the treatment process. They also are vital to sustaining the progress made following treatment at Menninger.

In addition to the family sessions and coaching provided by the treatment teams, we encourage family members to elevate their understanding of treatment.

Equally important is the opportunity to meet other families and share experiences. Family Orientation and Family Education Day are the avenues for making those connections and building awareness of mental health care.

Family Orientation and Family Education Day are provided free of charge. Orientation takes place every Tuesday afternoon while Education Days occur nearly every six weeks. Your social worker will be happy to provide more information. Or learn more on our website.

“The last few months have been the happiest in my life — happy beyond what I ever imagined possible.”

“Thank you for teaching me that life is worth living, that I am worth living the life I want and that nothing is out of reach when you know where to search for it and who to share it with.”

~ *Jenny, former patient*



Insurance and payment

We make available our room and board and related professional fees on MenningerClinic.org for most services. Treatment is private pay with billing statements that are insurance friendly. Reimbursement will vary by insurer as well as for the services and level of care provided.

In network

- MHN
- ComPsych

Out of network

We collaborate with out-of-network insurers and families to explore options for single case agreements whenever possible.

Financial assistance

For residents in the greater Houston metropolitan area, financial assistance is available for outpatient therapy services for all ages, the Adolescent Treatment Program, as well as its day hospital program, and the Comprehensive Psychiatric Assessment Service unit for adults.

We are happy to discuss payment plans and financial assistance for the needed assessment and treatment for your family member.

Hope begins with a call: 713-275-5400
Visit us at: MenningerClinic.org



Accredited for quality care by The Joint Commission and licensed by the State of Texas and affiliated with Baylor College of Medicine, a top-ranked medical school.



Ranked 30 consecutive years by U.S. News & World Report among the nation's leading psychiatric hospitals by psychiatrists.

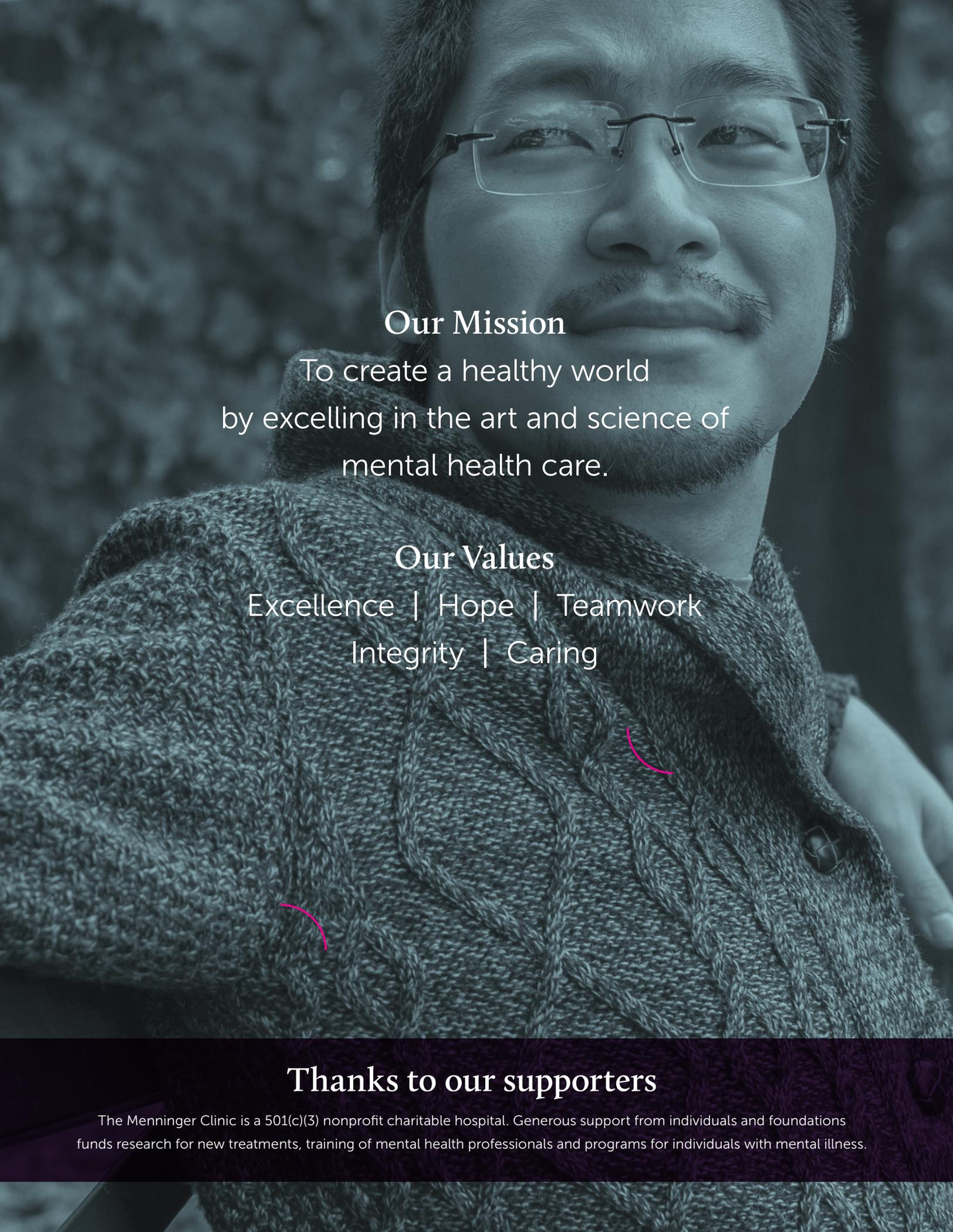


Designated the first independent psychiatric hospital in U.S. for quality nursing practice



Based on the research of Brené Brown, each program focuses on vulnerability, courage, worthiness and shame.





Our Mission

To create a healthy world
by excelling in the art and science of
mental health care.

Our Values

Excellence | Hope | Teamwork
Integrity | Caring

Thanks to our supporters

The Menninger Clinic is a 501(c)(3) nonprofit charitable hospital. Generous support from individuals and foundations funds research for new treatments, training of mental health professionals and programs for individuals with mental illness.



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