

# Activities Of the Program



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## Skill Building to include:

**Task Orientation**

**Problem Solving**

**Independent Life Skills**

**Community Rehearsal  
Outings**

**Applied Behavior Analysis**

**Behavior Modification**

**Nursing Services**

**Medication Monitoring**

## *Rights Protection Office*

If you feel you have been unfairly treated, have been denied needed services or accommodation by the Mental Health Retardation Authority of Harris County (MHMRA), or if you are unable to resolve a complaint regarding services with your MHMRA staff person, or their supervisor, you may contact the following Rights Protection Offices:

### **Mental Health Mental Retardation**

Authority of Harris County

Robert Stakem, Jr.

Rights Protection Officer

P. O. Box 2381

Houston, TX 77265-5381

713-970-7000 (24 hours)

### **Texas Department of Aging and Disability Services, Office of Consumer Services and Rights Protection**

P. O. Box 12668e

Austin, TX 78711-2668

1-800-252-1854

### **Public Responsibility Committee For MHMRA**

P. O. Box 6617

Houston, TX 77265

\*Committee members are not employees  
of MHMRA



## Behavior Day Program



For More Information about the  
services provided or questions please  
call:

713-970-8354

713-970-8340

[www.mhmraharriscounty.org](http://www.mhmraharriscounty.org)

## What is the Behavior Day Program?

The Behavior Day Program is a day habilitation treatment for adults with diagnoses of Intellectual and Developmental Disability with or without mental illness. It is designed to assist consumers in developing self-management skills to decrease mal-adaptive behavior in order to access community resources needed to learn, work, and live as contributing members of the community.

Day habilitation is a structured schedule of therapeutic activities designed to help each consumer to develop the skills necessary to maintain stable behavior in various community settings. The schedule includes group and individual training, while continually reassessing the person's progress toward his/her individual goals. Applied Behavior Analysis techniques are used to shape behaviors and provided a therapeutic means of behavior therapy.

Our treatment interventions are uniquely designed to meet the needs of adults 18 years of age and older experiencing behavioral and emotional problems which impede their daily life, work, relationships or physical wellness. The therapeutic plan of care allows options for continuous treatment and transitional planning based upon each individual's goals and personal



## Who we Serve:

Appropriateness for the Behavior Day Program is determined on an individual basis through clinical assessment conducted by the team. The Behavior Day Program serves adults, ages 18 and older, with severe problem behaviors. Individual's must have a diagnosis of IDD with or without mental illness.



## How long does the program last?

Length of enrollment in the Behavior Day Program is based upon the individual's progress and behavior support needs as identified by the interdisciplinary treatment team. The goal of the program is to have each individual's skills developed within six months and help them transition into their next setting. The next setting may include work, social activities, or other options agreed upon by the consumer, legal representative, and recommendations from the treatment team members.

## How to access the services provided at The Behavior Day Program:

The first step in the application process is to contact the consumer's Service Coordinator and request a referral. If the consumer does not have a Service Coordinator from the IDD Division, the consumer needs to call the Eligibility center for an intake assessment and evaluation. Once this is done the Service Coordinator will meet with you to determine if The Behavior Day Program is what you and your loved need at this time. Once this is done the Service Coordinator will send The Behavior Day Program your packet of information and an interview with the The Behavior Day Program team will be scheduled.

## The Behavior Day Program!

Teaching,  
Guiding, &  
Mentoring  
towards  
Success!!!