

The Coffeehouse Team



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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

Advocacy, Incorporated

7557 Harwin, Suite 100

Houston, Tx

713-974-7691 or 1-800-880-0821



MHMRA
Clinical services

The Coffeehouse



Hours
8:00am—3:30pm
Telephone
713-970-8344
Fax:
713-970-8395

Services at the Coffeehouse

- Skills Assessment
- Individualized Treatment Plan
- Small Group Skills Training
- Nursing Services
- Transitional Support
- Peer Mentoring
- Psychological and Behavioral Support

Program Description

The Coffeehouse is a drop in program divided into two groups. Each group rotates between days of the week so each group attends the same amount of days each month. During attendance participants will work with their peers to discuss issues relevant to having Asperger's Disorder, how it affects their daily lives, ways in which they can improve coping and functioning skills and most of all make friends. Each group is led by a trained facilitator who provides guidance for the group discussions. Also participants have the opportunity to work with a licensed Psychologist during group and individual sessions.

Coffeehouse Mission

To provide an opportunity and atmosphere for people with Asperger's Disorder to work on social and related issues that affect their independence and community living.



Coffeehouse Vision

The vision of the coffeehouse is to assist individuals to understand the characteristics of Asperger's Disorder, develop skills to help with social interaction with their peers, build self esteem, teach appropriate expression of feelings and provide an outlet for working on and showing emotions in the community.

The Program Outline

Each day at Coffeehouse the individuals guide the topics of discussion based on the issues facing them in their daily lives. Topics and sessions include the following:

- Health Literacy
- Independent Living Skills
- Health Maintenance
- Human Sexuality
- Anger Management
- Friend Development
- Time Management
- Coping with Stress
- Characteristic of Asperger's
- Self Awareness skills
- Workplace readiness
- Peer counseling
- Social relationships
- Current events
- Family relationships

