



# Fact Sheet

## About MHMRA of Harris County

MHMRA of Harris County, based in Houston, TX, is the largest behavioral and developmental disability care center in Texas. It delivers and coordinates services that are customized to the individual, so they may achieve optimal personal levels of mental wellness. MHMRA partners with hundreds of community advocacy organizations, hospitals, foundations, governmental entities, non-profit groups, and others to connect its consumers with the best available care. Through high-quality, cost-effective, patient-centered services, MHMRA helps deliver improved outcomes for Harris County residents.

## Community-based behavioral health care

Mental illness does not affect everyone the same way. Therefore, MHMRA service plans are uniquely designed to meet the needs of each person. Skilled clinicians carefully evaluate individuals by gathering information about diagnoses, symptoms and functioning levels before connecting them with the service or program that will best meet their needs.

### *Adult mental health services*

- Medication-related services
- Counseling and psychotherapy
- Medication training and support
- Employment-related skills services
- Housing-related skills services
- Service coordination and case management
- Other independent living skills services

### *Child & adolescent mental health services*

- Case management
- Skills training
- Individual or family therapy
- Medication training
- Parental/caretaker support services
- School-based programs
- Coordination of services

## Intellectual & Developmental Disability Care

From respite care to Home and Community-based Services, to day habilitation and drop-in programs, MHMRA assists thousands each year by coordinating caring, compassionate support for individuals with intellectual & developmental disabilities. In addition, clinicians and case managers have developed extensive community partnerships that benefit individuals with Autism, Asperger's Syndrome, and other conditions. MHMRA also coordinates care for those with a dual diagnosis of a mental illness and an intellectual or developmental disability.



## **Crisis Care**

Physicians, nurses, case managers and other staff of the Comprehensive Psychiatric Emergency Program are there to help a person experiencing a mental health crisis. Teams of highly-trained mental health professionals work with individuals in a variety of clinical and community settings. In some cases, we partner with law enforcement to de-escalate and resolve mental health crises in the field, reducing pressure on local emergency departments and jails.

## **MHMRA in the community**

### *Advocacy, education, community relations*

The need for behavioral health and developmental disability services is huge – and no one organization can provide for the entire Harris County community on its own. It takes a collaboration of many individuals, providers and advocacy groups to ensure the provision of services and supports for those with a mental illness or an intellectual & developmental disability.

MHMRA employees are working hard to reduce the stigmas that surround mental illness and intellectual & developmental disabilities through community outreach and education. By participating in health & wellness fairs, speaking to groups about mental disorders and offering continuing education opportunities to the community, MHMRA is making a positive difference in how people view these conditions.

### *Internship & residency programs*

MHMRA is proud to help train the health care providers of tomorrow through its nursing internship program, its psychologist and counseling residency program, and its psychiatrist intern program. These training programs allow for exposure to MHMRA's leading edge treatment methodologies, and increase the community's capacity to provide adequate mental health care. Students and residents work first-hand with children, adolescents and adults in the Agency's 40+ programs, under the supervision of MHMRA's experienced clinical and support staff.

### *Meeting the challenges of a diverse population*

Harris County's population of more than four million is represented by at least 90 different languages and cultures. Our team is comprised of skilled physicians, clinicians and support staff fluent in several languages to meet the needs of Harris County residents. In fact, MHMRA serves as a model for other large mental disorder healthcare providers, particularly those in large, urban areas.