Complete Program Listing

Mental Health (MH) Services Division

**Adult Mental Health Outpatient Clinics** - Provide outpatient mental health services to individuals 18 years and older who live with severe and persistent mental illness and who meet eligibility requirements. Service array may include psychiatric evaluations, medication related services, crisis intervention, counseling, independent living skills training, medication training and support, coordination and linkage activities.

**Assertive Community Treatment (ACT) and Forensic ACT (FACT)** - Provide outpatient mental health services to individuals who have had multiple psychiatric hospitalizations and/or involvement with the judicial system and have been non-responsive to traditional treatment approaches. To increase the individual's tenure in the community, psychiatric assessments, medication-related services, counseling, crisis intervention, skills training, family education and coordination and linkage services are provided.

**Assertive Community Treatment (ACT) for Children** - Provides intensive outpatient mental health services, primarily in the community, to children between the ages of 3 and 17 meeting eligibility requirements. Services include crisis intervention, case management, medication-related services, parent and child skills training, counseling and parent-to-parent peer support.

**Children's Mental Health Outpatient Clinics** - Provide outpatient mental health services to children between the ages of 3 and 17 who meet eligibility requirements; services may consist of psychiatric evaluations, counseling, crisis intervention, coordination and linkage, medication-related services and parent/family skills training and support. Services may be offered in the home or outpatient clinic setting.

**Collaboration for Action** - Promotes career development for adults with both mental and physical disabilities in the Harris County area through building partnerships with area businesses for mentoring and employment opportunities.

**Co-location Children’s Mental Health Services** - Provides children’s outpatient mental health services in community settings such as schools and multi-service centers to children who meet the eligibility requirements for children's outpatient mental health services.
**Consumer Advisory Council (CAC)** - Works to create a consumer-driven culture within MHMRA through peer advocacy and peer-to-peer support. Council members are current patients of MHMRA who work alongside clinical team members to ensure that consumers have a voice in care decisions.

**Eligibility Center** - Provides initial screening, triage and assessment services for both children and adults seeking mental health services in Harris County. Information and referral information may be provided for individuals seeking resource assistance. Screening for appropriate financial benefits and assistance with application for financial benefits are provided by the Consumer Benefits Office.

**Jail-Based Services** - Provides assessments and services to inmates in the Harris County Jail. Services include medication management and crisis intervention, intensive inpatient services such as individual and group counseling in a hospital setting, and coordination and linkage into appropriate community services upon discharge.

**Juvenile Justice Programs** - Provides assessments and/or treatment in collaboration with the juvenile justice system to assist with stabilization and to prevent recurrence of offenses. Services may be provided in an institutional environment, in the school, home or outpatient setting and include psychiatric assessments, skills training, medication management and resource referral and linkage.

**NEWSTART** - Available to patients whom the courts may require to participate in conjunction with their court-ordered court supervision. It is a community-based outpatient mental health program with services inclusive of referral and screening, crisis intervention, counseling, medication related services, intense skills training, court advocacy and continuity of care activities.

**Safe Havens** - Provides supportive housing and independent living skills training services in a transitional independent living environment for individuals with a history of chronic homelessness.

**Shelter Plus Care** - Provides housing assistance for homeless patients in the form of rental subsidy and services identified as needed supports to maintain independent living in a housing unit of the individual’s choice.
Intellectual & Developmental Disabilities (IDD) Services Division

**Accessing services**

**Access Center** - Provides initial screening and assessment services for both children and adults seeking IDD services in the Harris County area. Call 713-970-7070 for information.

**Babies & Children (birth - 10 years of age)**

**Early Childhood Intervention (ECI)** - Provides services designed to assist parents in addressing the needs of children under the age of 3 with delayed development and/or certain medical diagnoses which will result in delayed development. Services offered include evaluation and assessment, occupational and physical therapy, speech-language therapy, service coordination, family counseling and education, and developmental services. Services are provided in child’s home or community settings (daycare, foster parent, grandparent, etc.).

**ABA-SkIP Skills Intervention Program** – Designed for children ages 3 - 10 years old with autism or developmental disabilities and delays in language, motor skills, academic skills, play skills, as well as, inappropriate classroom behaviors. Skip utilizes Applied Behavior Analysis (ABA) techniques such as discrete trial teaching, positive reinforcement, and extensive data collection to increase the students' skills set. Goals of SkIP are to recreate a preschool and elementary school environment to better teach the children how to appropriately integrate into a typical classroom setting.

**Children (school-age)**

**Transition Services** - A coordinated set of activities for students aimed at promoting a successful transition from school to post-school activities, programs and independent involvement within the community.

**Children & Adults**

**University of Texas Harris County Psychiatric Center Consultation and Liaison Team** – Provides consultative services to physicians who treat consumers while they are admitted to the University of Texas Harris County Psychiatric Center (UTHCPC) or the NeuroPsychiatric Center (NPC). Services include assisting patients admitted to UTHCPC to apply for MHMRA IDD services; providing IDD consultation services to UTHCPC and NPC staff; providing liaison services between UTHCPC staff and MHMRA of Harris County; and providing liaison services between Harris County Probate Courts housed at UTHCPC and MHMRA of Harris County.
Home and Community Based Services (HCS) - Provides a comprehensive, community based service system for persons with IDD. An Individual Service Plan and Individual Plan of Care are developed for each consumer enrolled in the HCS program based upon the individual's needs and abilities. Individuals enrolled in the program may choose where and with whom they live, including the option of living with their natural family or in a companion foster care residence.

Intermediate Care Facility-Intellectual Disabilities (ICF-ID) - A Medicaid-certified program usually housing up to six individuals with IDD in a residential group home setting. The Individual Program Plans are structured to allow consumers to acquire and master the skills necessary to participate in the mainstream of community living. The basic training areas include daily living skills, behavioral intervention, vocational training, and functional academic skills.

Respite Care - Provides short-term temporary or intermittent direct care of a child or adult, either in-home or out-of-home.
- In-Home Respite - Families choose their own respite provider (friend, relative, etc.) who provides this service within the individual's home.
- Out-of-Home Respite - The individual/family is given a choice of respite services, from a list of contracted providers. The program can be used for overnight or daytime stays.

Specialized Therapies and Rehabilitative Services (STARS) – Provides psychiatric, nursing, behavior analytic, psychological and social work counseling services to children and adults with IDD including autism, and co-occurring psychiatric conditions or severe behaviors. Also provides consultative service to providers. Services offered include evaluation, diagnosis, medication stabilization and medication management, parent education about disabilities, psychotherapy and counseling, and applied behavior analysis.

Texas Home Living Waiver (TXHML) - Provides a wide variety of services and supports to individuals with IDD or a related condition so that they can continue to live with their families or in their own homes.

Training & Community Outreach Services - Provides appropriate training to external contracted providers (i.e. general revenue, waiver providers). Outreach services are inclusive of attendance at fairs, community presentations, and working collaboratively with Independent School Districts within Houston and surrounding areas.
Adults (18 years of age+)

**Adult Skills Day Habilitation (ASK)** - A structured day habilitation program for adults to assist in developing the skills necessary to enhance their independence and their quality of life in their communities. The ASk Program offers skills assessment, individualized treatment planning, and a structured day habilitation program.

**Coffeehouse** – Provides social skills and communication training for adults with Asperger’s Disorder or autism and limited cognitive delays. Services include a "drop-in" model for people to attend discussions of relevant and interesting topics as their daily schedule allows, individualized treatment planning, nursing services, peer mentoring, and psychological support.

**Employment Connections** - Offers job placement and job coaching for adults with IDD and other disabilities. Individuals learn job-readiness skills and then put those skills to use in finding the community job that is best suited to their needs.

**IDD Dual Diagnosis Service** - An intense, time-limited clinical day program for adults with a co-occurring developmental disability and mental illness. The program helps consumers manage symptoms of mental illness so that they can make better use of available community resources and live and work in the community with greater independence. The IDD Dual Diagnosis Program offers clinical assessments, individualized treatment planning, a structured day treatment program, individual and group therapies, and medication monitoring.

**Comprehensive Psychiatric Emergency Programs (CPEP) Division**

**Support Programs**

**HelpLine** – Provides over-the-phone counseling for crisis situations as well as referrals for mental health treatment and IDD assistance. Operates 24 hours a day, seven days a week.

**Crisis Counseling Unit (CCU)** – Provides between four and eight weeks of outpatient crisis counseling for individuals and families who are indigent or uninsured.
Field-Based Programs

**Mobile Crisis Outreach Team (MCOT)** – Field-based crisis intervention services provided to consumers in the community experiencing a mental health crisis. Services provided by an interdisciplinary team of mental health professionals.

**Crisis Intervention Response Team (CIRT)** – Experienced law enforcement officers, certified in crisis intervention training, partner with MHMRA licensed master-level clinicians to respond to law enforcement calls involving individuals experiencing a mental illness crisis. Operates in partnership with Houston Police Department and the Harris County Sheriff's Office.

**Chronic Consumer Stabilization Initiative (CCSI)** – Intensive field-based case management services for individuals experiencing mental illness who have had multiple encounters with law enforcement.

Emergency & Residential Programs

**Psychiatric Emergency Services (PES)** – Emergency unit that provides assessment, medication, stabilization, and linkages for individuals experiencing psychiatric crises. Operates 24 hours a day, seven days a week out of the Neuropsychiatric Center in Houston’s Medical District.

**Crisis Stabilization Unit (CSU)** – Voluntary inpatient stabilization unit for adults experiencing a mental health crisis. Average length of stay is three to five days.

**Crisis Residential Unit (CRU)** – Short-term residential alternative to hospitalization, mental health program providing medication, psychotherapy and intensive psychosocial rehabilitation to promote re-entry into the community. Stays last an average of seven to 14 days at this 18-bed facility.

**Branard Street Crisis Respite Living** – Provides respite care for individuals who may need a more structured environment until stabilized. Stays last up to 30 days at this 16-bed facility.
Co-Occurring Disorders (COD) – Provides up to three months of residential treatment for 40 consumers with co-occurring mental illness and substance abuse at various treatment centers in the community.

Homeless & Case Management Programs

Projects for Assistance in Transition from Homelessness (PATH) – Provides clinical and non-clinical services to individuals who are both homeless and have a mental illness.

Critical Time Intervention (CTI) – Intensive field-based case management services for homeless individuals who are experiencing a mental illness, as they transition from the streets, shelters, psychiatric hospitals or criminal justice system into the community. Provides nine months of intensive case management with up to three months of housing.

Harris County Psychiatric Intervention - Perform assessments for individuals seeking voluntary admission to the University of Texas Harris County Psychiatric Center (UTHCPC) and to those seeking involuntary admission to UTHCPC for another individual.