

Accessing Texas Department of State Health Services

Do you or someone you know need help with mental health or substance use disorders?

The Mental Health and Substance Abuse Division within the Texas Department of State Health Services works to improve and promote the health and well-being of Texans.

Community Mental Health Centers located across the state of Texas provide the following:

- Emergency care, 24-hours a day
- Day treatment or partial hospitalization, plus mental health rehabilitation services
- Outpatient services specialized for children, aging adults, persons with chronic mental illness, and for area residents discharged from inpatient mental health treatment centers,

plus screening to consider the need for an admission to a State Mental Health Facility.

Assertive Community Treatment teams provide treatment, rehabilitation and support services to individuals with severe and persistent mental illness.

The team provides psychiatric, employment, housing, and prevention and treatment of substance use disorders within one mobile service delivery system.

[Picture: Men in class working at computer stations]

Supported Employment creates individualized plans and assists in finding and keeping employment.

[Picture: Single Room Occupancy apartment complex in Houston, TX]

Supported Housing helps a person find and keep a home. This may include help with accessing transportation, meal preparation, and budgeting depending on individual need and choice.

[Onscreen text: Craig, tenant, Service-Enriched Housing]

[Video: Craig walking with the assistance of a walker]

CRAIG: I'm still settling in but it's been a very pleasant experience and the parts I was afraid of have kind of gone away. And the aide comes and the therapist comes and the counselor comes and physical therapy comes, and fill in all these things for me.

And I've got a full house to live in. I can make oatmeal in the kitchen for breakfast. I've got a TV. I've got my books.

And I go shopping once a week. I'll have what I call a bipolar day where things are all jumbled and disjointed and this structure I'm in helps keep that in containment as well.

Community Mental Health Centers also provide homeless services, where mental health professionals reach out and assist persons with mental illness experiencing homelessness- on the streets, shelters, or wherever the need may exist.

[Pictures: Man with flag, tent in the snow]

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Mental health services are available for children and youth ages 3-17.

The first step is a screening by Community Mental Health Center staff. If needed, the screening is followed by an assessment to determine the individual's eligibility for services.

In order to be eligible, a child or adolescent must:

1. Have a diagnosis of mental illness (excluding a single diagnosis of substance use disorder, Autism, Intellectual Disability, or Pervasive Developmental Disorder);
2. Exhibit a serious emotional, behavioral or mental disorder; and
3. Also have one of the following:
 - A serious functional impairment;
 - Be at risk of disruption of a preferred living or child care environment due to psychiatric symptoms; or
 - Be enrolled in a school system's special education program because of serious emotional disturbance

Crisis intervention services are available to reduce symptoms of mental illness or emotional disturbance and may prevent admission of a child or adolescent to a more restrictive environment.

[Onscreen text: Paula Margeson, member, Housing and Health Services Coordination Council]

PAULA: You know in the independent living movement we really feel like almost nobody should be institutionalized. We feel like community-based services are the best kinds of services – where people get to stay in their communities and get the support and the care and the help that they need.

It's always our preference in our movement to see people live out in society.

[Pictures: Disaster with cabinet, disaster survivor in front of manufactured home, and house with tarp on the roof]

People affected by natural or man-made disasters may benefit from crisis counseling and stress management.

Community Mental Health Centers are there to help.

Trained staff provide services and education. This may lessen the impact of the traumatic event on the behavioral health of both survivors and emergency responders.

To find help with mental health concerns for both youth and adults, go to The Texas Department of State Health Services "Find Services" website:
www.dshs.state.tx.us/mhsa-mh-help/.

Crisis services may be necessary when an individual:

- Immediately endangers themselves or others due to a mental health condition
- Risks serious deterioration in mental or physical health
- Or fears causing or receiving immediate harm.

To find your local crisis hotline, go to the mental health crisis hotlines website:
<http://www.dshs.state.tx.us/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=8589951107>
or call 2-1-1.

The hotline is available 24-hours a day, seven days a week.

To find substance use disorder treatment services in your area, call toll free 1-877-9-NO DRUG. Immediate and confidential help is available 24-hours a day, seven days a week.

To find information about the Fund for Veterans' Assistance that may help veterans with counseling needs and mental health services visit the Texas Veterans Commission website: www.tvc.texas.gov or call 1-512-463-1157.

If anyone is in danger of hurting themselves or others, call 9-1-1 for immediate assistance.

If you or someone you know is contemplating suicide, call the Veterans Suicide Prevention Hotline:

- 1-800-273-TALK (8255)
- Red Nacional de Prevención del Suicidio 1-1-888-628-9454
- Veterans Suicide Prevention Hotline: 1-800-273-TALK and press 1