List of Resources

1. Community First Choice:

**Who can get Community First Choice services?**

To be eligible for Community First Choice services an individual must:

•Be eligible for Medicaid. *(They can help individuals who qualify get on Medicaid)*

•Need help with activities of daily living, such as dressing, bathing and eating.

•Need an institutional level of care.

**What is Community First Choice?**

Community First Choice (CFC) provides certain services and supports to individuals living in the community who are enrolled in the Medicaid program and meet CFC eligibility requirements. Services and supports may include:

•activities of daily living (eating, toileting, and grooming), activities related to living independently in the community, and health-related tasks (personal assistance services);

•acquisition, maintenance, and enhancement of skills necessary for the individuals to care for themselves and to live independently in the community (habilitation);

•providing a backup system or ways to ensure continuity of services and supports (emergency response services); and

•training people how to select, manage and dismiss their own attendants (support management).

In Texas, CFC may be available to people enrolled in Medicaid, including those served by:

•1915 (c) waiver programs;

•Medicaid managed care; and

•personal care services for children.

Individuals may use the Consumer Directed Services (CDS) option for certain CFC services.

CFC as a state plan Medicaid service is available to individuals with a need for habilitation, personal assistance or emergency response services who receive services in the following HHS waiver programs:

•Community Living Assistance and Support Services (CLASS);

•Deaf Blind with Multiple Disabilities (DBMD);

•Home and Community-based Services (HCS); and

•Texas Home Living (TxHmL).

CFC is also available through managed care organizations for individuals who meet eligibility criteria.

1. Youth Empowerment Services:

**Who Is Eligible for the YES Waiver?**

To participate in the YES Waiver, a child must:

Have a serious emotional disturbance (SED);

Meet the criteria to be in a psychiatric hospital;

Be eligible for Medicaid (parent's income does not apply)

Be between the ages of 3–18 years; and

Live in a home setting with a legal guardian, or on their own if legally emancipated.

**How do I get my child YES Waiver Services?**

If you are caring for a child with a serious emotional disturbance and need help, please Find Your Local Mental Health Authority and call the YES Waiver Inquiry line to add your child to the YES Waiver Inquiry List.

**YES Waiver Overview**

The Youth Empowerment Services (YES) Waiver, provides comprehensive home and community-based mental health services to youth between the ages of 3 and 18, up to a month before a youth's 19th birthday, who have a serious emotional disturbance. The YES Waiver not only provides flexible supports and specialized services to children and youth at risk of institutionalization and/or out-of-home placement due to their serious emotional disturbance, but also strives to provide hope to families by offering services aimed at keeping children and youth in their homes and communities.

The YES waiver uses a planning process known as Wraparound to create a plan specifically for your child. The Wraparound process creates a "Child and Family Team" made up of the child and the child's support group that meets at least once a month. This team may include family, friends, teachers, and professionals who want to help your child be successful. Together, the team develops a plan of care that includes YES services to meet the specific needs and goals of the child and the process builds on support that the family and community provide.

YES services are designed to identify and support the strengths of the child or youth, and the team determines what YES services are needed to help address the child's SED. YES services include (please see "YES Waiver Service Definition" document below for additional information):

**Respite**

Community Living Supports

Specialized Therapies

Family Supports

Employee Assistance and Supported Employment

Adaptive Aids and Supports

Minor Home Modifications

Non-Medical Transportation

Paraprofessional Services

Supportive Family-Based Alternatives

Transition Services

**Goals of the YES Waiver**

Reduce the amount of time the child is out of their home and community because of a mental health need

Extend the range of mental health services and supports available for children with this level of need

Prevent entry into the foster care system and relinquishment of parental custody, and

Improve the lives of children and youth served

1. STAR Kids:

STAR Kids is a new Texas Medicaid managed care program that will provide Medicaid benefits, beginning November 1, 2016, to children and adults 20 and younger who have disabilities. Participation in the STAR Kids program is required for those who are 20 or younger, covered by Medicaid, and meet at least one of the following:

•Get Supplemental Security Income (SSI).

•Get SSI and Medicare.

•Get services through the Medically Dependent Children Program (MDCP) waiver.

•Get services through the Youth Empowerment Services (YES) waiver.

•Live in a community-based intermediate care facility for individuals with an intellectual disability or related condition (ICF/IID) or nursing facility.

•Get services through a Medicaid Buy-In program.

•Get services through any of the following Department of Aging and Disability Services (DADS) intellectual and developmental disability (IDD) waiver programs. ◦Community Living Assistance and Support Services (CLASS)

◦Deaf Blind with Multiple Disabilities (DBMD)

◦Home and Community-based Services (HCS)

◦Texas Home Living (TxHmL)

Managed care means that you will pick health plan that will provide the health services you need through a network of doctors, specialists, and other providers. Those enrolling in the STAR Kids program will choose a health plan, as well as a primary care physician or clinic who will provide basic medical services, like check-ups, and provide referrals to a specialist when needed.

Basic medical benefits, coordination of care

STAR Kids is designed to meet the unique needs of youth and children with disabilities. The program will provide benefits such as prescription drugs, hospital care, primary and specialty care, preventive care, personal care services, private duty nursing, and durable medical equipment and supplies. Children and youth who get additional services through MDCP will receive their MDCP services through STAR Kids.

If you or your child lives in a community-based intermediate care facility for individuals with an intellectual disability or related condition (ICF/IID) or nursing facility, your long term services will be provided the same way they are now.

If you or your child receives services from any of the following programs, they will be provided the same way they are now:

•Community Living Assistance and Support Services (CLASS)

•Deaf Blind with Multiple Disabilities (DBMD)

•Home and Community-based Services (HCS)

•Texas Home Living (TxHmL)

•Youth Empowerment Services (YES)

If you or your child receives Medicare, your Medicare benefits won’t change. You will keep using Medicare for basic health services and medicine ordered by your doctor.

Through STAR Kids, families will also receive help with coordinating care. Each health plan will provide service coordination, which will help identify needs and connect members to services and qualified providers. STAR Kids MCOs will assess each member's service needs, which will be used to help the family and the MCO create an individual service plan.

A core component of the STAR Kids program will be a standard screening and assessment process health plans will use to determine each child's needs as they relate to health and independent living. You can see a copy of this assessment, which is called the STAR Kids Screening and Assessment Instrument, here: STAR Kids Screening and Assessment Instrument (SK-SAI) (PDF)

1. The Health Information Counseling & Advocacy Program:

Assists individuals and families with eligibility questions and problems related to Medicare, including prescription drug coverage under Medicare Part D, managed care, long-term care planning, health insurance and other health care issues. *They address some issues with Medicaid but have a limited knowledge.*

Website:

http://www.tdi.texas.gov/consumer/hicap/

Phone:

(800) 252-3439

Caregiver Eligibility:

Anyone

Care Recipient Eligibility:

Medicare beneficiary

[http://www.tdi.texas.gov/consumer/hicap/ (link is external)](http://www.tdi.texas.gov/consumer/hicap/)

1. Medicaid Buy-In:

**What?**

The program offers low-cost Medicaid health care services — including community-based services and supports - to individuals with disabilities who work. Some people in the program might have to pay a monthly fee.

**Who?**

A person who:

•Has a disability;

•Is working;

•Lives in Texas; and

•Does not live in a state institution or nursing home all the time.

Note: If you get home and community-based services through a Medicaid waiver program, you also might be able to be in the Medicaid Buy-In program. Some examples of Medicaid waiver programs are Community Based Alternatives (CBA), Community Living and Support Services (CLASS), and Home and Community-based Services (HCS).

**Benefits?**

Medicaid Buy-In benefits are the same as regular Medicaid benefits. Some examples of benefits are:

•Doctor / clinic visits

•Mental health care

•Hospital stays

•Vision care

•Emergency care

•Hearing care

•Medicine

•Speech therapy (help learning to speak better)

•Glasses

•Occupational therapy (help learning how to do everyday tasks)

•X-rays

•Physical therapy (help learning how to move around better or become stronger)

You also might be able to get help in your home or at another place during the day. These services also are known as Day Activity and Health Services (DAHS) or Primary Home Care (PHC).

**Income Maximum?**

•The amount of money you earn each month must be less than $2,453.

•The amount of money you have such as cash, banks, and retirement accounts (countable assets) must no more than $2,000. Only the money you get counts. Money other family members get isn't counted.

•Money that doesn’t count includes:

Plan to Achieve Self-Support (PASS) funds and independence accounts.

Earned income tax credit and child tax credit payments.

Work expenses due to a disability.

**Your cost is based on:**

•The money you earn from work. We will take out amounts we don’t have to count. After that, if you still have more than $1,471, you will have to pay a monthly fee.

•Any other money you get above $733. Examples of other money are Social Security benefits, retirement checks, and money from rental property.

**How to apply?**

Fill out an application form. You can get it one of three ways:

•Download the form: [English] [Spanish]

•Call 2-1-1 and ask to have an H1200 form mailed to you.

•Pick up a form at an HHSC benefits office. Call 2-1-1 or 1-877-541-7905 (toll-free) to find one near you.

**When do you find out whether you are approved?**

We will try to let you know within 45 days, but it might take up to 90 days if HHSC needs to find out more about your disability. In either case, we will send a letter to tell you if you can be in the Medicaid Buy-In program. If you can be in the program, the letter will tell you:

•How much your cost will be (your premium).

•When your payment is due (usually the end of the month).

•When your Medicaid benefits will begin.

1. Work Incentives Planning and Assistance

Background:

The Ticket to Work and Work Incentives Improvement Act of 1999 authorized Social Security to award grants, contracts or cooperative agreements to provide community-based Work Incentives expertise to beneficiaries of Social Security or Supplemental Security Income (SSI) benefits based on disability. We currently have 83 cooperative agreements throughout every state, the District of Columbia, and the U.S. territories of American Samoa, Guam, Northern Mariana Islands, Puerto Rico, and the Virgin Islands. You may find contact information for these projects on https://choosework.ssa.gov.

Services:

The goal of the Work Incentives Planning and Assistance (WIPA) program is to enable beneficiaries with disabilities to receive accurate information, and use that information to make a successful transition to work. Each WIPA project has Community Work Incentives Coordinators (CWIC) who will:

•provide in-depth counseling about benefits and the effect of work on those benefits;

•conduct outreach efforts to beneficiaries of SSI and SSDI (and their families) who are potentially eligible to participate in federal or state Work Incentives programs; and

•work in cooperation with federal, state and private agencies and nonprofit organizations that serve SSI and SSDI beneficiaries with disabilities.

1. Texas Community Center Consumer Benefits Officers:

**Consumer Benefits Office:**

Integral Care staff help people complete applications for Social Security programs and services, such as Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). *(Either Gulf Coast Center or The Harris Center for Mental Health and IDD)*

**Gulf Coast Center Consumer Benefits:**

Provides assistance to appropriate Center consumers in accessing federal and state benefits and referrals to any applicable community-based resources.

Call: 800 499-1154 or 281 585-4099

Admission Criteria

•Resident of Galveston or Brazoria County

•Mentally disabled individuals who appear to meet the SSA’s Listing of Impairments

A Brief Description

Mentally disabled consumers are provided with staff trained in Social Security Administration (SSA) rules and regulations to assist them in developing their case and processing their claim through to a favorable decision with the SSA.

A couple works with their counselor at a table.

**Consumer Account Management**

Payeeship services are offered to enhance the lives and maintain the financial stability of Center consumers receiving Social Security benefits who are unable to independently manage their financial affairs.

Call: 800 499-1154

Admission Criteria

•Gulf Coast Center consumers who are unable to manage their financial affairs any other individual or organization is willing and/or able to assume responsibility

A Brief Description

Center consumers who are receiving Supplementary Security Income and/or retirement, survivors, or disability benefits are accepted for services when they are identified by the Social Security Administration as needing a representative payee.

1. St. Joseph House:

**Mission Statement**

St. Joseph House actively contributes to the recovery of persons living with mental health diagnoses. We provide a stable environment, meaningful work in our clubhouse, transitional employment, and many styles of support. St. Joseph House operates on the hope and the belief that, regardless of circumstance, people with mental diagnoses have the ability to live and work well, with purpose. We strive to end the stigma of mental illness by empowering our members to be prepared and confident as they navigate challenges in their lives.

The concept of membership is vital to the clubhouse model. Being a member means that an individual has both shared ownership and responsibility for the success and future of the organization. Individuality and unique talents are celebrated, and members are encouraged to use their skills to volunteer for work that builds on their strengths. Members support other members and staff in a variety of important ways; we work together in hope and look forward to progress.

**Benefits of Membership**

•A place to come – Members are free to come and go. Membership is free, without time limits, and open to anyone with a history of chronic mental illness.

•Meaningful relationships – Members and staff work side-by-side to run the organization. Through the work of the organization we build honest and real relationships. Our relationships are mutually beneficial and significant to the growth of the community.

•Meaningful work – The work of the clubhouse is completed by all; everyone’s participation is valued and needed.

•A place to return – Membership is for life; we are always eager to welcome members back.

**Becoming a Member**

Membership is open to persons eighteen years of age and older who have a documented history of mental illness. The steps to becoming a member are listed below:

1.Prepare for your visit: Bring documents pertaining to your diagnosis from your doctor and government-issued identification. (If you are without identification, we can point you in the right direction to obtain it.)

2.Visit our facility and take a tour.

3.Complete our brief intake process so that we may get to know you and tell you more about what we offer.

4.You will be notified of your eligibility on the same day.

5.Upon joining us, we will provide you with an ID and walk you through your first few days as a part of our community.

We believe that persons affected by mental illness have the ability to contribute to the world in ways that truly matter. Our clubhouse operates through units, areas of work made up of both members and staff. The units and the individuals working in them are the collective heartbeat of the clubhouse. The skill sets that members build in these units are highly transferable to work outside of the clubhouse. Learn more about our units below.

**Admissions**

The Admissions Unit provides a welcoming environment for visitors and new members. Our hospitality team welcomes guests, give tours and shares helpful information. Outreach activities are also performed in this unit. Outreach is informed by our member-generated metrics and phone calls are made to promote engagement.

**Development**

The Development Unit is comprised of our communications, employment, and education areas. The primary goal of this unit is to advance the clubhouse in as many ways as possible through work in these areas.

We believe that persons affected by mental illness have the ability to contribute to the world in ways that truly matter. Our clubhouse operates through units, areas of work made up of both members and staff. The units and the individuals working in them are the collective heartbeat of the clubhouse. The skill sets that members build in these units are highly transferable to work outside of the clubhouse. Learn more about our units below.

**Admissions**

The Admissions Unit provides a welcoming environment for visitors and new members. Our hospitality team welcomes guests, give tours and shares helpful information. Outreach activities are also performed in this unit. Outreach is informed by our member-generated metrics and phone calls are made to promote engagement.

**Development**

The Development Unit is comprised of our communications, employment, and education areas. The primary goal of this unit is to advance the clubhouse in as many ways as possible through work in these areas.

**Communications**

Members can participate by working on the newsletter, social media outlets, document creation and tasks that promote creativity.

**Education**

We love working with members in need of tutoring while seeking a GED, higher education or general learning. Staff, members, and volunteers are often available to share their knowledge.

**Employment**

Our Transitional Employment program operates out of this unit. We assist members with their career goals and securing employment during their recovery.

**Culinary**

Coffee, tea, and a wide variety of snacks are available for purchase at very reasonable prices in our café. Members are able to serve each other while building time management, cashiering and social skills. The café is also a popular gathering place in the clubhouse.

**Kitchen**

Our kitchen serves between 30 to 50 full plates daily. Members contribute by preparing, serving and shopping for food. Work in the kitchen is very popular, because members help cook the food which feeds the very people with whom they are building relationships.

**Horticulture**

Our gardens are maintained by the Horticulture team. These gardens have been tended to over the years by members and staff. We have several beds that grow produce that we harvest for lunch, year round.

Members are provided with a host of supportive services, tailored to each unique situation. We understand that challenges are almost always multifaceted, and in response we assist members with tasks that advance their wellness. Recovery is an ongoing process; we offer ongoing support.

**Assistance We Offer**

•Navigating social services and government assistance networks

•Advocacy support

•Securing transportation to appointments

•Employment assistance

•Acquiring clothing for changing seasons

•Finding fair and affordable housing

•Computer education

•GED preparation

•Skill set and career building activities

•Budget management assistance

**Employment Support**

We assist members with actively participating in the workforce through transitional, supported and individual employment.

**Transitional**

The Transitional Employment Program is an important function of all accredited clubhouses around the world. St. Joseph House has relationships with employers, and through those relationships, the employers hire our members. The work program lasts six months for each participant; the positions are part-time (up to twenty hours) and entry-level. The member does not have to apply or interview for the position; they are guaranteed employment once approved to participate in the program. Throughout the whole process, a staff liaison is available to help both employer and employee.

**Supported & Individual**

In supported employment, the clubhouse maintains a relationship with the working member and the employer. The member, while supported, has more involvement in the hiring and overall success in his or her job. Members and staff form partnerships to determine the type, frequency and location of desired supports. Over time, it is common for members to find fulfilling careers in which they work full or part-time with no direct staff liaison involvement. However, while members work in their careers, they are still able to enjoy the clubhouse and all of the benefits that come with membership.

**Advocacy**

Advocacy is also an important function of the clubhouse. Navigating social services, healthcare, and employment, while dealing with several hardships, can take a toll on our members. Staff and even other members advocate for those who contribute so much to our organization. Members are truly our greatest inspiration, in that they identify where fellow members need advocacy and follow through by using their time to advocate for those that need it. Staff members engage in advocacy training and attend community meetings in support of their advocacy duties. Overall, members directly address their personal challenges, but certainly not alone.

1. The Sean Ashley House:

The Sean Ashley House Day Habilitation Program provides an array of individualized training based on each person's needs. We serve any one with a diagnosis of mental retardation; however, our main focus is on autism and disorders under the autism spectrum. Our staff is trained to deal with behaviors of all sorts.

The Sean Ashley House Day Habilitation Program is different than any other. Because we are a small organization, we able to provide more hands on training. There is a room designed for sensory integration and relaxation; another room is filled with exercise equipment. A kitchen, a music room, and an activity room round out our facility's provision for skill building.

Life Skills are an important component of our Day Habilitation Program. We also work on each individual's strengths. Through fine motor skills training, art, and music therapy, they are given an opportunity to develop their special talents.

Socialization into the community is another important facet of our program. Community outings are schedule at least once a week.

At our pool everyone is encouraged to participate in swimming parties, enjoy grilling outside, and socialize with others.

Therapeutic horseback riding is one of our regular activities. All participants of the Day Habilitation Program are included in riding sessions at the Sam Houston Equestrian Center. The trained staff there allow them to not only learn, but also have fun. Therapeutic horse back riding exercises every muscle in the body. It promotes self-confidence, increases balance, and strengthens muscles. In addition, it provides a sense of control to master the horse. This activity also offers the experience of "sheer pleasure" which gives us much pride to see big smiles. We see progress every week in each individual. They look forward to the next week when they can go back

Anyone who needs our services is welcome to tour our facility. Please call and make an appointment.

The Sean Ashley House accepts individuals of any age who meet the criteria of the HCS program guidelines. Funding may also be made privately or through a variety of other agencies.

**Available Services:**

|  |  |
| --- | --- |
| Case Management  Residential Support Services  Supervised Living  Supported  Home Living  HCS Foster Care  Day Habilitation  Respite (Hourly)  Respite (Daily)  Psychological Services  Nursing  Services | Dietary  Services  Speech Language Pathology  Occupational Therapy  Physical Therapy  Audiology Services  Supported Employment  Dental Services  Social Work  Adaptive Aids  Minor  Home  Modifications |

The Sean Ashley House Group Homes are all located in the southwest part of Houston, primarily in the Westbury Subdivision. Our homes are typical homes in the community. Our homes have three to four people living in each home and are staffed 24 hours day.

**Office:**

5606 Parkersburg Drive

Houston, TX 77036

Phone: 713-667-6460

Fax: 713-667-6470

1. The Center:

For more than six decades, The Center has empowered individuals with intellectual and developmental disabilities (I/DD) to live meaningful, dignified lives filled with opportunity. Through innovative programs and services in areas like employment training, community living, and day habilitation, we help our clients develop the skills and tools necessary to grow as individuals and participate fully in their community. Always growing and changing, The Center currently serves over 450 adults with I/DD in the Houston area. We tailor the support we provide to the varied needs of the people and families we serve. Each day, in each program, we witness breakthroughs, tender moments, and everyday victories that affirm our steadfast commitment to our guiding principles of choice, growth, and personal independence, and the humanity within us all.

**Residential Services**

The Center’s Residential Services offer a caring environment for adults with intellectual and developmental disabilities to call home. Each is designed to support an individual’s personal goals and choices. Our programs promote autonomy and independence while providing the personalized support our clients need to thrive.

**Independent Living Program**

The Center’s Independent Living Program offers individuals the opportunity to live independently in their own efficiency-style apartment while still benefiting from the resources and services The Center has to offer. For some, it is one step towards a goal of independent living in the larger community and for others, they have already met their personal goal. Participants in our Independent Living Program live in Cullen Residence Hall.

**Assisted Living Program**

The Center’s Assisted Living Program exemplifies our vision for all adults with intellectual and developmental disabilities to receive the resources necessary to realize their personal potential. Clients in our Assisted Living Program demonstrate every day all that is possible when the right support is available. Participants in our Assisted Living Program live at Willow River Farms, with some additional availability at Cullen Residence Hall.

**Home and Community-Based Services (HCS)**

HCS is a residential program designed for people who desire to live in full community integration. The service planning team ensures that each person receives the support needed to successfully manage day-to-day living. HCS is a program of choice. Individuals may choose among Supervised Living, Residential Support Services, Community First Choice, and Host Home Companion Care. The Center has a full complement of staff to provide our clients services in management, program coordination, social work, nursing, and residential administration.

**Respite Services**

The Center offers respite services to families and caregivers with both overnight and weekend care at our Willow River Farms location.

**What we do?**

At The Center, we strive to promote the choice, growth, and personal independence outlined in our mission by supporting the full participation of adults with I/DD in community work life. This starts by helping our clients to find meaningful, community-based work that pays a competitive wage and providing them the support and resources necessary to succeed in those roles.

The Center offers employment programs tailored to the needs of each client to help all of the people we serve to achieve their personal definitions of career success.

**Supported Employment**

The Center’s Supported Employment program provides customized employment planning and assistance for individuals with I/DD. Our primary goal is to help our clients find success in competitive, integrated employment in areas of their interest. We provide guidance through every stage of our clients’ employment journey with services like:

• Detailed employment assessments

• Personalized counseling

• Employment Plans

• Job coaching

• Long-term support and follow-up

While many supported employment programs exist, The Center is distinctive in its focus on serving those with intellectual and developmental disabilities specifically. Clients and their families often express frustration at being overlooked for positions due to misconceptions—by employers and supported employment specialists alike—about hiring employees whose disabilities have an intellectual component. At The Center, we have high expectations for all of our clients. We are dedicated to changing the employment landscape for adults with I/DD by helping our clients embrace and demonstrate their professional abilities.

If you have questions regarding our Supported Employment Program, please contact Frank Higginbotham at 713.525.8303 or fhigginbotham@thecenterhouston.org.

**Pre-Vocational Training**

Part of what makes our employment programs so special is their partnership with The Center’s pre-vocational training program. The goal of this program is to prepare adults with I/DD for future success in community-based employment. In a work-like environment, clients learn universally applicable workplace skills such as appropriate professional behavior, interpersonal communication, fulfilling responsibilities, time management, and more. When they are ready, clients can transition seamlessly into one of our employment programs within a program structure with which they are already familiar. To learn more about this program, please visit our Day Services page.

**Transition Services**

The transformation from living at home with parents or guardians to living independently is a new experience that requires the development of certain competencies crucial for independence. The Center’s Behavioral Services department offers counseling and therapy services as well as a Transitions Curriculum Program (TCP) to address the challenges and concerns often faced by young adults with intellectual and developmental disabilities taking this monumental step. Topics include:

Living on Your Own

•Saving Money

•Opening a Bank Account

•Creating a Budget Based on Income

•Solving Transportation Issues

•Smart Shopping Skills

•Planning Leisure Activities on a Budget

•Making Adjustments to Your Budget

•Solving Money Problems

Participating in Your Community

•Being a Responsible Community Member

•Finding Information Online

•Joining A Community Organization

•Developing a Support System

•Accessing Community Services

•Contacting Organizations & Agencies

•Identifying Transportation Resources

Cooperative Living Training

•Borrowing & Lending

•Sharing Common Areas & Respecting Privacy

•Community Awareness & Personal Safety

•Consumer Skills

•Solving Problems & Conflicts

Maintaining a Healthy Life

•Choosing Healthy Habits

•Knowing Your Physical & Mental Health Needs

•Maintaining a Healthy Diet & Weight

•Learning About Food Groups & Labels

•Learning Unhealthy Habits to Avoid

•Learning to Avoid Illegal Drugs

•Learning About the Dangers of Sexually Transmitted Diseases

•Learning How Unhealthy Habits Affect Employment

Topics not outlined in this curriculum can be addressed in individual counseling provided by a Licensed Professional Counselor at The Center.

This optional program is offered to individuals in the community with intellectual and developmental disabilities regardless of their current residential status. Candidates may still be living at home but considering becoming more independent, or already living on their own but seeking to strengthen their competencies.

The TCP is delivered in a group/classroom setting at The Center with visual supports in the form of DVD vignettes as well as instruction provided by The Center’s Residential and Behavioral Services team. The objective of the TCP is to instill in our participants a sense of greater independence, self-reliance, accessibility, dignity, good decision-making, fiscal responsibility, and confidence when participating in the community. Participants will set personal growth goals in all units.

The TCP runs for 10 months on a perpetual basis. Individuals may start at the beginning of any unit topic. After finishing all program material, individuals receive a certificate showing that they have completed training in these major components that will assist in successful community living.

**Admissions**

The Center has been serving individuals with intellectual and developmental disabilities and their families since 1950, and we would be honored to serve yours. We offer programs and services for adults with I/DD in the areas of day habilitation, employment support, and community living, with individualized options to meet each client’s specific needs. Our admissions professionals are available to walk you through every step of the process and provide assistance to determine how we can best serve you or your loved one.

For more information or to request a tour of our facilities, please leave us a message below or call our Admissions Coordinator at 713-525-8312.

1. Additional resource information (Obtained through SJC):

**If you are in need of immediate medical assistance, please dial 911.**

* Remain calm and be patient.
* Know your location at all times and be prepared to give it.
* Speak clearly.
* Let the 911 dispatcher guide the conversation; they are trained and willing to help you.
* Follow directions closely.

**24/7 Crisis Intervention Help Lines**

* **National Suicide Prevention Hotline**:
  + **English: 1-800-273-8255** (Veterans press line 1)
  + **Spanish: 1-888-628-9454**
* Veterans Crisis Line: 1-800-273-8255
* Crisis Intervention Line Houston
  + English: 713-463-5463
  + Spanish: 713-526-8088
* Mobile Crisis Outreach Team: 713-970-7520
* National Domestic Violence Helpline: 1-800-799-7233
* National Sexual Assault Helpline: 800-656-4673
* Depression/Bipolar Support Alliance Helpline: 713-970-7000
* Cutting/Self Injury Helpline: 800-366-8288
* HPD Mental Health Unit: 713-970-4664

[Homeless Resources Site](http://www.homelesshouston.org/helpcard/)

**Food Resources**

* [Alliance for Multicultural Community Services](https://allianceontheweb.org/): *6440 Hillcroft Ave., Ste. 411 Houston, TX 77081* : 713-776-4700
* [Christian Community Service Center](https://www.ccschouston.org/emergencyservicescentral/): *3230 Mercer St., Houston, TX 77027 :  713-961-3993*
* [Houston Food Bank](http://www.houstonfoodbank.org/): *Multiple Locations* : 832-239-9390
* [Interfaith Ministries for Houston](https://www.imgh.org/): *3303 Main St., Houston, TX 77002* : 713-533-4900
* [Loaves & Fishes Soup Kitchen](http://www.magnificathousesinc.org/Loaves_And_Fishes.html): *2009 Congress Ave., Houston, TX 77002 : 713-224-1373*
* [**Food Pantry Directory**](http://www.homelessshelterdirectory.org/cgi-bin/id/cityfoodbanks.cgi?city=Houston&state=TX)

**Medical Assistance**

* [Denver Harbor Family Clinic](http://www.denverharborclinic.org/): *424 Hahlo St., Houston, TX 77020* : 713-674-3326
* [Legacy Community Health Services](http://www.legacycommunityhealth.org/): *1415 California St., Houston, TX 77006* : 832-548-5000
* [DeBakey VA Medical Center](http://www.houston.va.gov/) (Veterans): *2002 Holcombe Blvd., 77030* : 713-791-1414
* [San Jose Clinic](http://www.sanjoseclinic.org/): *2615 Fannin St., Houston, TX 77002* : 713-228-9411
* [SEARCH](http://www.searchhomeless.org/): HHH Medical & Dental Clinics: *1934 Caroline St., Houston, TX 77002*
  + Dental: 713-286-6140
  + Medical: 713-286-6000
* [The Rose](http://www.the-rose.org/) (Low Cost Mammography): *12700 N Featherwood Dr., #260, Houston, TX 77034* : 281-484-4708

**ShelteRS & Transitional Housing**

* Chimney Rock Center: 713-295-2600
* [Covenant House](https://www.covenanthousetx.org/): *1111 Lovett Blvd., Houston, TX 77006* : 713-523-2231
* [Crisis Residential Unit](http://www.mhmraharris.org/Crisis-Residential-Unit-Admission-Criteria.asp): 713-970-7433 *or* 713-970-7412
* [Houston Center for Independent Living](http://www.hcil.cc/): *6201 Bonhomme Rd, Houston, TX 77036* : 713-974-4621
* [Houston Coalition for the Homeless](http://www.homelesshouston.org/): *2000 Crawford St., Suite 700 Houston, TX 7700*2 : 713-739-7514
* [SEARCH](http://www.searchhomeless.org/): *2015 Congress Ave., Houston, TX 7700*2 : 713-739-7752
* [Star of Hope](http://www.sohmission.org/): *6897 Ardmore, Houston, TX 77054* : 713-748-0700
* **Fair & Affordable Housing Resources**
  + [Greater Houston Fair Housing Center](http://www.houstonfairhousing.org/): 713-641-3247
  + [Mental or physical disability housing information](http://www.211texas.org/housing-choices-finding-a-place-to-live/)

**Transportation**

* **Operation Access Bus**
  + Free bus rides for Houston's homeless to **essential service** locations
  + [Bus schedules](https://drive.google.com/a/stjosephhouse.org/file/d/0B8Gtp7LNV7JuSDZGMFlfaUUybEE/view)
  + [Information on tickets and bus stops](https://drive.google.com/a/stjosephhouse.org/file/d/0B8Gtp7LNV7JuMFIyZVg2MjdBUGM/view)
* **Greenlink Buses**
  + Free bus rides around the Downtown area
  + There are two routes for this service: Green Route (Weekdays) & Orange Route (Evenings & Weekends)
  + [Information on Greenlink Bus](http://www.ridemetro.org/Pages/BusGreenLink.aspx)
* [Medicaid & Medicare Appointment Transportation](http://www.hhsc.state.tx.us/QuickAnswers/GetRide_FAQs.shtml): 1-855-687-4786

**General Resources**

* [Gulf Coast Community Service Association](http://www.gccsa.org/): *9320 Kirby Drive, Houston, TX 77054* : 713-974-4621
* [Harris Health System](https://www.harrishealth.org/en/pages/home.aspx) (Gold Card Services): 713-873-3939
* [MHMRA](http://www.mhmraharris.org/Crisis-And-Emergency-Services.asp) Helpline: 713-970-7000 or 1-866-970-4770
* [Operation](http://msmhouston.org/operationid.html) [ID](http://www.stjosephhouse.org/resources/) (Help obtaining an ID): 5100 Travis St., Houston, TX 77002 : 713-620-6476
* [The Salvation Army](http://salvationarmyhouston.org/): *1500 Austin St., Houston, TX 77002* : 713-752-0677