



TEXAS
Health and Human
Services



OBi Sites

Bluebonnet Trails Community Services

844-309-6385

bbtrails.org

Counties served: Bastrop, Burnet, Caldwell, Fayette, Guadalupe, Gonzales, Lee and Williamson

Integral Care

512-472-HELP (4357)

integralcare.org/en/intellectual-developmental-disabilities

County served: Travis

Lakes Regional Community Center

972-441-4800, Ext. 3110

lakesregional.org

Counties served: Navarro, Ellis, Kaufman, Rockwall, Hunt, Lamar, Delta, Hopkins, Franklin, Titus, Camp and Morris

My Health My Resources of Tarrant County (Formerly MHMR Tarrant)

817-335-3022

mhmrarrant.org

County served: Tarrant

The Harris Center for Mental Health and IDD

713-970-7000, Option 2

theharriscenter.org

County served: Harris

Outpatient Biopsychosocial Interventions

Program Overview

Provides outpatient mental health services for people with intellectual and developmental disabilities (IDD) and mental health needs.

Eligible Program Recipients

Children and adults who have IDD or who are presumed to have IDD, and who also have a mental health condition, substance use disorder or behavior support needs.

Services

- **Biopsychosocial Assessments** — an evidence-based biopsychosocial approach to care including a person-centered and trauma-informed treatment plan.
- **Collaborative Care Case Management** — a holistic case management approach focused on increasing access and creating a team of medical, psychiatric, mental health and paraprofessionals to address the person's unique needs.
- **Skills Training** — offers the person and their support system mental wellness support and skills training.
- **Training and Education** — provides education and training on co-occurring IDD and mental health conditions to practitioners in mental health, substance abuse or other related fields.

For more information, email:

IDD_Program_Improvement@hhs.texas.gov