



List of Services

Home and Community-Based Services Adult Mental Health

The recovery manager is responsible for ensuring all services selected are provided to the participant.

Housing

Supervised Living

Provided in a home where other participants live. The staff will assist in acquiring, retaining and improving skills such as bathing, dressing, chores, walking or moving around and planning or cooking meals. We will even help find ways to get you where you need to go and help you get involved with things you like, such as recreational activities, access to food, making your own schedules and having visitors.

Assisted Living

Assisted living takes place in a state-licensed assisted living facility with 24-hour awake staff. The staff will assist in acquiring, retaining and improving skills such as personal care and chores around the house. They will also manage your medications. You will have opportunities for recreational activities. You will have access to food. You can make your own schedules and activities and have visitors. The staff in an assisted living facility will be available 24 hours a day to respond to your needs.

Host Home/Companion Care

You can live with your family or in a private home where either a family member or provider staff can help you. You can get help with chores and personal care. Staff can assist in acquiring, retaining and improving skills such as socialization, communication, shopping and other skills to help you be successful at home and in the community. You will have access to food and can learn how to cook. Transportation is available.

Supported Home Living

This is the most independent housing type in the program. You can live in an apartment or home or with a family member. Staff will come into your home to assist in acquiring, retaining and improving skills such as social skills, self-help training, help around the house with chores, if needed, and provide you with access to community resources. Transportation is available.

Direct Care Services

Community Psychiatric Supports and Treatment (CPST)

You will have your own licensed therapist. They can help with your emotional and mental health needs.

Psychosocial Rehabilitation Services

This service can help you gain or maintain skills in managing your own recovery, self-care and basic daily living skills. They can train you on different skills so you can be successful and more independent. This service can be provided individually or in a group setting.

Peer Support

This service includes meetings with someone who is also in recovery and understands firsthand what you might be going through. They can help you with stress, problem solving and staying hopeful so you can reach your recovery goals.

Substance Use Disorder Services

SUD services are all about helping you overcome any drug- or alcohol-related issues that you may have. Can be provided individually or in a group setting.

Questions about the HCBS-AMH program?

Email us at hcbs-amh.services@hhsc.state.tx.us.

Visit the HCBS-AMH webpage at hhs.texas.gov/hcbs-amh.



TEXAS
Health and Human
Services

Employment Services/ Supported Employment

This service can help you obtain and keep a job. They also assist in helping you with writing a résumé, building interview skills and gaining work-related experience. They can also help you find a job in the community.

Nursing

Nurses will help you maintain your health through medication management and any medical concerns you may have.

Supportive Services

Small Home Improvements/ Minor Home Modifications*

Help with physical changes you need at home to be safe. Assist in making your environment safer.

Home-Delivered Meals

Healthy meals that can be delivered to your home.

Transitional Assistance*

Helps with buying needed items for your new home. Can help with deposits like rent for your new place.

Adaptive Aids*

These are items that can help you function in your own home and be safe and healthy. Examples include a walker or cane.

Transportation

Helps get you to program services and other places you need to go.

Respite Care*

Provides short-term help and relief for your family if they provide care for you.

* *Additional qualifications are needed for approval.*

Participant Rights

- The right to be treated with dignity and respect.
- The right to privacy and confidentiality (keeping all your information private).

- The right to get your medical records.
- The right to develop and have a copy of your Individual Recovery Plan (IRP).
- The right to be fully informed about medications, treatments and medical procedures (how and why things are done).
- The right to change recovery managers and/or provider agency at any time if needed.

Participant Responsibilities

By enrolling in this program you agree to:

- Participate in the program.
- Meet with your recovery manager (RM) and other HCBS-AMH Providers.
- Participate in creating and completing your IRP.
- Work on life goals in your IRP to live more independently.
- Speak with your RM if you have any problems with services.
- Take your medication exactly as your doctor told you to, for safety reasons. Tell your nurse or RM if you think you need to change your medications.
- Notify your RM before you plan to move somewhere else so you can remain in the program.
- Care for yourself and get extra help if you need it from your RM, recovery support team, friends or family.
- Allow our staff and providers to access your health information.

Participant Name:

Recovery Manager:

Provider Agency:
