

Adult Mental Health

The Adult Behavioral Health Services Unit provides an array of services to adults 18 years of age or older who suffer from schizophrenia, bipolar disorders, severe major depression, or any other severely disabling mental disorders which require crisis resolution or ongoing and long-term support and treatment.

Eligibility Criteria:

- A resident of Webb, Jim Hogg, Starr or Zapata County and at least 18 years old and diagnosed with schizophrenia, severe major depression, bipolar or schizoaffective disorders.
- In compliance with Border Region Behavioral Health Center financial criteria.

Needed Documentation:

The following items are required for your appointment:

- Social Security Card (SS),
- Picture ID,
- Birth Certificate/Naturalization Certificate/Resident Alien Card,
- Proof of House Hold Income such as: Check Stubs, S.S. Benefits, Self-employed letter. If paying in cash, bring a letter from your employer stating how much he/she pays you. If not employed, bring a letter stating how you support yourself,
- Bring a copy of your current Income Tax Return signed by you and your spouse with the W2 Form,
- Health Insurance, Medicare or Medicaid,
- Copy of a utility bill.

Resiliency and Disease Management

Services to adults are provided using the Resiliency and Disease Management model provided by the Texas Department of State Health Services. Resiliency and Disease Management (RDM) is an effort to redesign the way public mental health services are delivered to adults with severe and persistent mental illness. One primary aim is to ensure the provision of interventions with empirical support to eliminate or manage symptoms and promote recovery from psychiatric disorders. Other aims of this project include:

- Establishing who is eligible to receive services,
- Establishing ways to manage the use of services,
- Measuring clinical outcomes or the impact of services, and
- Determining what these services should cost.

To qualify for ongoing services a person must be assessed as being part of the state's target population, which typically involves a diagnosis of schizophrenia, bi-polar disorder or major depression. Based upon assessment, the array of services may include the following.

Fees

All fees for services are charged according to a sliding scale based upon the family income and size. Inability to pay will **NOT** exclude an individual from receiving services.

Services

Based upon the assessment, the array of services may include the following.

Screening

An activity performed by a Qualified Mental Health Professional to gather triage information through a face-to-face or telephone interview to determine the need for an in-depth assessment.

Intake and Assessment

A mental health evaluation is conducted for all adult individuals who were screened and who are seeking mental health services. Clinicians will complete the Uniform Assessment to determine if the individual is eligible for a Level of Care.

Medication Training and Support

Instruction and guidance based in a curriculum that provides information on the use of medications, recognition and reporting side effects, and drug interactions of psychoactive medication and is provided within a patient/family education program.

Consumer Peer Support Services

Activities provided between and among clients who have common issues and needs that are client-motivated, initiated, and/or managed and promote wellness, recovery, and an independent life in the community.

Crisis Intervention Services

Crisis intervention services are provided to all adult individuals who are currently experiencing an acute emotional episode. Immediate needs are met, and a plan is developed which includes all available supports to prevent the admission of the individual to a more restrictive environment.

Continuity of Care

Services are provided to individuals who are entering or exiting state psychiatric hospital care and assists in the transition back to the community. The primary goal is to monitor the individual's progress during hospitalization and the development of aftercare planning before discharge.

Case Management

These services are primarily office-based to assist an adult in gaining access to medical, social, educational, vocational, legal, substance abuse services, and other appropriate services that will assist the individual to achieve quality of life and community integration.

Assertive Community Treatment

ACT is a specialized program that provides intensive community-based psychosocial rehabilitation services to those consumers who have been identified with severe and persistent mental illness and who have a history of multiple psychiatric hospitalizations.

Psychosocial Rehabilitation

Interventions are provided by the therapeutic team who addresses the deficits in the individual's ability to develop and maintain social relationships, occupational, or educational achievement, independent living skills, and housing as a result of a severe and persistent mental illness.

Counseling Services

Individual, family and group therapy focused on the reduction or elimination of a client's symptoms of mental illness and increasing the individual's ability to perform activities of daily living. Cognitive-behavioral therapy (CBT) is the selected model for adult counseling services.

Crisis Hotline

A continuously available staffed telephone service providing information, support and referrals, 24 hours per day, 7 days per week. Any individual who may be experiencing an acute emotional episode may call the crisis hotline for an emergency assessment by a Qualified Mental Health Professional-Community Services (QMHP-CS).

Jail Diversion

There is a process in place at the jail systems in which all individuals booked are screened and assessed by medical staff. Individuals exhibiting signs or symptoms associated with mental illness are referred to Border Region Behavioral Health Center for a more in-depth mental health assessment.

Crisis Respite

Crisis respite services provide for short-term residential placement outside the client's usual living situation. These services are provided to individuals in a safe and closely monitored facility while they work through resolving a crisis situation.

Skills Training Services

Structured therapeutic activities that offer intense support and encourages growth and individual independence. The program provides individuals with the opportunity to acquire the needed skills in achieving recovery and independence. Services may include symptom management, anger management, stress management, and other independent living skills.

Supported Housing

This specialized program is designed to assist individuals with severe and persistent mental illness in choosing, obtaining, and maintaining regular and affordable housing. Services include individualized assistance and coordination of activities which facilitates access to resources and service that support or assist the consumer into habitable, regular, integrated, and affordable housing in the community.

Supported Employment

Intensive services designed to result in employment stability and to provide individualize assistance to clients in choosing and obtaining employment in integrated work sites in regular community jobs

Texas Correctional Office on Offenders with Medical or Mental Impairments – TCOOMMI

TCOOMMI Intensive Case Management services are provided to offenders who are in the Special Needs Offenders Program, on probation and who live in the county of Webb, and who meet priority population diagnosis of severe and persistent mental illness. The general focus of services is to stabilize symptoms, reduced the risk of recidivism, increase awareness of and participation with community and natural supports, develop skills in self advocacy and gain ability to participate in independent mental health care

The Project for Assistance in Transition from Homelessness – PATH

The PATH program is designed to support the delivery of services to persons who are homeless, or at risk of becoming homeless, and have serious mental illnesses or co-occurring substance use disorders.

Veterans Services

Through the Incentive Project and the expanded Behavioral Health Initiatives, Border Region will initiate, enhance, and expand the availability of, access to, and/or outreach and awareness for community-based behavioral health supports and services for Veterans, Texas Military Forces (TXMF) service members, and their family members.

MCOT - Mobile Crisis Outreach Team

The Mobil Crisis Outreach Team staff goes into the community to provide emergency care to individuals in mental health crisis when they are unable to make it into the office setting. Individuals are seen in their home, colleges, local shelters, and many other community settings.

Psychiatric Evaluation

Psychiatric evaluations are provided to determine diagnosis and treatment. Follow-up & monitoring, consumer education and medication management are provided to control and reduce symptoms.

Pharmacological Management

Pharmacological management is a service provided to a client by a physician or other prescribing professional, when applicable to the client to determine symptom remission and the medication regimen needed.

For more information please contact:

Webb County

1500 Pappas St.
Laredo, TX 78041
Office: (956) 794-3000
TTY: Maine #
(956) 794-3293
TTY: Crisis Respite #
(956) 794-3076

Starr County

600 N. Garza
Rio Grande, TX 78582
Office: (956) 487-3748
TTY: (956) 487-2635

Jim Hogg County

106 E. Amada St.
Hebbronville, TX 78361
Office: (361) 527-5771
TTY: (361) 527-3861

Zapata County

101 First St.
Zapata, TX 78076
Office: (956) 765-9664
TTY: (956) 765-9700

**Toll-Free Crisis Hotline:
1-800-643-1102**

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