

A collage of four images: top-left shows hands reviewing documents and pills; top-center shows a person in a white coat talking to a seated man; top-right shows hands clasped in support; bottom-center shows a person wearing glasses and a stethoscope.

Denton County MHMR Center

Directory of Services

The Local Mental Health, Substance Use,
and Intellectual & Developmental Disabilities
Services Authority for Denton County

ABOUT DENTON COUNTY MHMR CENTER



We are a local non-profit community center specializing in treatment for individuals & families in Denton County living with mental health, substance use, and developmental disabilities. We utilize a person centered approach designed to help individuals and families achieve their goals. We are the local Mental Health and Intellectual & Developmental Disabilities Authority for Denton County, Texas. We serve those who are unfunded or underfunded, and we don't deny services for inability to pay. We are a Certified Community Behavioral Health Clinic (CCBHC) through the Health & Human Services Commission. As a CCBHC, we are committed to culturally sensitive, integrated, and person-centered services.

MISSION STATEMENT

The Mission of Denton County MHMR is to enhance the quality of life of the individuals served and their families.

VISION STATEMENT

We envision a Denton County MH/ SUD/ IDD Center...

- that provides effective, comprehensive & timely services to all persons in need
- that employs a qualified, motivated and caring staff that strives to make a difference in the lives of those they serve.
- that offers state-of-the-art high-quality facilities to assist individuals in living full and productive lives.

VALUE STATEMENT

Denton County MHMR respects each individual's unique and special concerns by providing assistance to best fit their needs, that enhances their ability to live a full and dignified life, and that celebrates the contributions all individuals make to our community.

OUR CORE VALUES ARE:

Individual worth, respect, compassion, integrity, dignity,
community inclusion, choice, and opportunity

LOCATIONS

Serving all of Denton County, Texas

North Denton County

Denton Outpatient Clinic (DOPC)
2519 Scripture Street
Denton, TX 76201
940-381-5000

Crisis Outpatient Clinic (COPC)
2509 Scripture Street
Denton, TX 76201
940-381-9965

Morse Street Clinic
3827 Morse Street
Suite 101
Denton, TX 76208
940-565-5249

South Denton County

Flower Mound Outpatient Clinic (FMOC)
1001 Cross Timbers Road
Suite 1250
Flower Mound, TX 75028
214-488-0121

Monday Friday 8:00 AM to 5:00 PM
(evening hours available)

Mental Health Intake

1-800-762-0157

IDD Intake

940-565-5249

Crisis Services available 24/7 HOTLINE:1-800-762-0157 TTY 1-800-269-6233

EXECUTIVE MANAGEMENT STAFF

Pam Gutierrez

EXECUTIVE DIRECTOR

Ritch Wright

CHIEF TECHNOLOGY OFFICER

Humera Bhaidani

ADMIN OF HUMAN RESOURCES

Lauren Titsworth

ADMIN OF SUBSTANCE USE
SERVICES & CCBHC

Brittany Waymack

CHIEF OPERATING OFFICER

Dr. Meena Vyas

MEDICAL DIRECTOR

Dallas Hamilton

ADMIN OF BEHAVIORAL HEALTH

Jennifer Meyer

ADMIN OF SPECIAL PROJECTS

Cole Denbow

CHIEF FINANCIAL OFFICER

Veronica Armendariz

ADMIN OF QUALITY MANAGEMENT

Courtney Carey

ADMIN OF PROVIDER SERVICES

Wesley Warren

ADMIN OF LIDDA SERVICES, IDD

Tashina Landis

ADMIN OF NURSING

BOARD OF TRUSTEES

Barbara Gailey, **Chair** – Denton, TX
Rhonda Dick, **Vice Chair** – Denton, TX
Judi Swayne, **Secretary** – Carrollton, TX
Diane Hickey – Flower Mound, TX
Patti Dunn – Carrollton, TX
Douglas Reuter- Corinth, TX

Melanie Royer – Frisco, TX
Doug Lee – Carrollton, TX
Jack Phillips – Denton, TX
Kelly Sawyer- Corinth, TX
Linda Holloway – Denton, TX

MENTAL HEALTH SERVICES

We provide same business day access to intake for adults, adolescents, children, and families. Assessments are offered by licensed professionals to determine eligibility for services. Intake can be accessed by calling **1-800-762-0157** for a prescreening. Intakes are completed Mon-Fri in Denton and Flower Mound. Bring proof of residency, proof of income, insurance information, and ID card.

Case Management

A single point of contact for individuals by advocating for, monitoring, and coordinating mental health services. Work with individuals to develop a recovery plan that incorporates the individual's goals and needs, and assists them with connecting to the community.

Psychosocial Rehabilitation

A community-based program designed to help individuals move toward independence. Individuals will set personal goals and collaborate with the staff to work towards objectives. Staff will also provide assessment of needs, skills training, encouragement, resources, and monitoring.

Assertive Community Treatment (ACT)

A mobile outreach program that provides an array of mental health and support services to a high-risk population of consumers. The ACT team provides critical skills training in a multitude of areas to assist individuals to live productive lives in the community.

LEVELS OF CARE

All services are delineated by the individual's acuity of need. The higher the level of care assigned, the more acute the needs of the individual.

- 1** Facilitate recovery by reducing or stabilizing symptoms, improve the level of functioning, and prevent deterioration. Services include medications, case management, education, rehab services & care coordination.
- 2** Improve level of functioning and prevent deterioration. Work towards recovery goals, and develop natural supports. Services include medication, rehabilitative services, education, and psychotherapy
- 3** For individuals with moderate to severe needs. Intensive rehabilitation, coping skills, establishing supports, and increasing social functioning. Services include medication, rehabilitation, education, and follow-up.
- 4** Assertive Community Treatment Team (ACT) merges clinical and rehabilitation expertise within a mobile service delivery team that works in partnership with the person. Designed to increase adherence to services.

EMPLOYMENT

Individuals who qualify receive training in seeking, obtaining, and maintaining their employment. Services include assistance with job applications, job search skills, interviewing techniques, resume development, and support with maintaining employment.

HOUSING

We have two housing programs: Connections (HUD) & Supported Housing (HHSC). Goal is to assist with chronic homelessness through an integrated approach. Services include life skills, case management, therapy, food assistance, dental services, medication management, transportation, and psychiatric services.

JAIL DIVERSION

Texas Correctional Office on Offenders with Medical or Mental Impairment (TCOOMMI). Purpose is to coordinate mental health treatment for individuals reintegrating into communities, & have a collaborative approach with the multiple systems. Goal is to reduce recidivism & increase successful re-entry.

The Center for Integrated Health

Our approach focuses on helping individuals achieve positive health outcomes and wellness. Provides routine medical and preventive care, annual physical physical exams, sick visits, well women exams, chronic disease management, immunizations, and health coaching. The coordination of psychiatric services and physical health work collaboratively together to engage individuals. Accepting Medicaid and Medicare.

Psychiatric Clinic Service

We provide Psychiatric and Medication Services for individuals. We treat the signs and symptoms of mental illness to promote safe and effective use of medications, reaching desired wellness and recovery goals, and improving quality of life. Our team of professionals include Psychiatrists, Psychiatric Nurse Practitioners, Registered Nurses, Licensed Vocational Nurses, and support staff. Individuals receive psychiatric evaluation, medication management, education and identifying and managing symptoms and side effects, and medication adherence.

CRISIS SERVICES

Crisis Hotline – 24-Hour Availability 1-800-762-0157

Our crisis hotline is available 24 hours a day and 7 days a week. It is answered by Qualified Mental Health Professionals (QMHPs) certified by the American Association of Suicidology.

Mobile Crisis Outreach Teams (MCOT) & Psychiatric Triage Facility– 24 Hour Availability

Crisis staff provide a clinical assessment to individuals in Denton County experiencing a psychiatric crisis 24 hours a day. MCOT teams respond anywhere in Denton County, and Psych Triage is a 24-hour walk in clinic for risk of harm assessments to determine the least restrictive treatment. Referrals and treatment options are provided to resolve an individual's crisis situation. Follow up within 24 hours following a crisis is provided for further assistance in contacting referrals and accessing treatment options. Services are available to adults, adolescents, and children.

Crisis Residential Unit (CRU)

Provides short-term (up to 14 days), community based residential services to individuals 18 years or older. Individuals needing assistance who may pose a risk of harm to self or others and can be experiencing thoughts of suicide or a psychiatric crisis. CRU provides supervision 24/7 by trained staff. CRU further provides group skills training, individualized treatment, and discharge plans.

COMPASS- First Episode Psychosis Program

Aims to identify and support individuals experiencing initial episodes of psychosis through comprehensive life skills training, mental health symptom management, educational and employment placement. Individual in this program must be between the ages of 15 to 30.

Crisis Prevention Team

Connect with individuals in the community that may or may not be active in our services to provide support and rapport to decrease the frequency of hospitalizations and police involvement needed.

Local Outreach to Suicide Survivors (LOSS Team)

Reach out to families and loved ones who have experienced a recent suicide loss. Responds with the medical examiner to provide comfort and support for families. Team includes a suicide loss survivor and a trained clinician who work with families at the suicide scene or in a delayed response.

SUBSTANCE USE SERVICES

SUD services is outpatient treatment for those living with a co-occurring mental health and substance use disorder. We serve adults, adolescents 13-17 years old, and families. We offer substance use assessment, substance use counseling, mental health counseling, Recovery Peer Support Specialists, intensive outpatient programming, medication assisted treatment, detox services, HIV & Hepatitis testing, and Narcan.



CHILD & ADOLESCENT MENTAL HEALTH

Children and adolescents receive specialized services through case management, medication management, therapy, and family supports. Children and adolescents have immediate access to this evaluation by calling the DCMHMR hotline at **1-800-762-0157** for a prescreening. Intakes are completed Monday-Friday at our offices in Denton and Flower Mound.

YES Waiver

This is a Medicaid waiver program for children with mental health. The program provides services including intensive case management, psychiatric services, wraparound services, adaptive aids and supports, community living supports, family supports, respite, and many other types of alternative therapies with the goal of helping a child who is at risk of placement. We contract with other providers to provide choice for children and adolescents in their service providers.

IDD SERVICES

We offer services and support for individuals with intellectual and developmental disabilities (IDD). Some services and supports have an interest list and take time to access. To complete an intake, contact the IDD Intake Coordinator at 940-565-5249.

Eligibility Determination

Determining eligibility involves completing an assessment of the individual's intellectual and adaptive strengths. We evaluate for presence of intellectual and developmental disorders and determine the level of support needed for the individual to function and remain in the community.

Service Coordination

Assist individuals to access medical, social, educational, and other appropriate services and supports that will help achieve a quality of life and community participation desired by the individual.

Community Support

We promote participation in the community and activities that help preserve the family unit and community placement. We provide individualized activities based on the individual's personal goals. Services are provided in the home and at community locations. Supports include activities that foster and promote individual's ability to perform functional living skills, and transportation to work and medical providers.

Respite Services

This service provides either planned or emergency relief to the unpaid caregiver on a short term basis when the caregiver is temporarily unavailable. Respite is provided by trained staff and can occur in the individual's home or another location.

Crisis Respite and Intervention Services for IDD

Individuals with IDD & experiencing a crisis may be eligible for IDD Crisis Services, including up to 14 days of Crisis Respite. Out-of-home crisis respite provides safe therapeutic support with staff on-site providing 24-hour supervision. Crisis Intervention Services include a flexible array of supports to develop coping skills, reducing or avoiding stressors to reduce crisis & activities to strengthen developmental functioning.

IDD SERVICES

Home and Community Based Services (HCS)

This is a Medicaid waiver program which offers the following services to enrolled individuals:

- Adaptive Aids
- Minor Home Modifications
- Dental, Audiology, Dietary, and Nursing Support
- Specialized Therapies
- Day Habilitation
- Respite
- Supported Employment or Assistance
- Community Support

Additionally, the HCS program offers foster care and group home residential options. Contact the IDD Intake Coordinator or the Health & Human Services Commission (HHSC) to obtain additional information about other services and supports.

Guardianship Program

This program is the public option for individuals that require a guardian. All referrals come from the Denton County Probate Court, once criteria for the program is met. The program also offers free training to the community on a quarterly basis.

Employment Assistance, Support Employment & Vocational Training

Employment assistance helps individuals obtain paid, competitive employment in the community. It includes helping identify employment preferences, job skills, and work requirements. Supported employment is provided to an individual who has paid competitive employment in the community. It provides support to help sustain that employment. Vocational training provides vocational skills training in a sheltered workshop in order to provide individuals with work-oriented experiences.



Specialized Therapies

Provides assessment and treatment by a licensed counselor or certified professional, occupational therapy, physical therapy, speech & language therapy, audiology, dietary and behavioral supports.



Day Habilitation

Provides assistance with acquiring and improving self help, socialization, and adaptive skills related to community living. Day habilitation is provided in a group setting on a regularly scheduled basis and includes personal assistance for individuals who need help managing their personal care needs.

COMMUNITY TRAININGS

Denton County MHMR offers community trainings in mental health, suicide prevention, substance use disorder, and intellectual and developmental disabilities. We utilize evidenced based practices and recent peer-reviewed research to develop our trainings. Some trainings available include: Mental Health First Aid, Youth Mental Health First Aid, LivingWorks Applied Suicide Intervention Skills Training (ASIST), AS+K, and more.



ASIST

AS+K?
Ask About Suicide
To Save a Life™
Texas



**MENTAL
HEALTH
FIRST AID®**



Crisis Hotline

(available 24/7)

1-800-762-0157

dentonmhmrr.org