



TEXAS
Health and Human
Services

Program and Services Inventory

Texas Health and Human Services (HHS) serves more than 7 million people each month and affect the lives of all Texans, from the food they eat to the health care they receive. This document provides general information about the topics, programs and services HHS offers. Phone numbers, email addresses, mailing addresses, and links to specific webpages for additional eligibility criteria or provider searches are included.

Visit [Contact HHS](#) and enter your city, county or ZIP code to find local resources. If you are unsure of how HHS can help you, please call 1-855-937-2372 to talk to a trained professional.

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Age Well Live Well Campaign

The Texas Health and Human Services Age Well Live Well campaign highlights the importance of aging well and promotes increased community preparedness. The campaign outlines the steps we can take today to build a healthier tomorrow. Take a moment to plan your future and start living the life you want now and as you age – you are worth it!

Webpage: <https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well>

Adult Mental Health

HHS provides programs and services based on evidence-based practices to help people manage mental illness. The following is a list of basic services offered by LMHAs and LBHAs.

Case Management

Services that help an adult, child or adolescent, or caregiver gain and coordinate access to needed care and services. These services are primarily site-based.

Pharmacological Management

Services to treat the signs and symptoms of mental illness through use and management of psychoactive drugs. Services are provided by a physician or other prescribing professional.

Counseling (Cognitive Behavioral Therapy)

Services to reduce symptoms of mental illness and increase ability to perform activities of daily living. Services include individual, family and group CBT therapy and recovery or treatment planning to improve recovery and resiliency.

Counseling (Cognitive Processing Therapy)

Services to reduce or remove symptoms of post-traumatic stress disorder in adults, including military veterans. Services include individual CPT therapy and recovery or treatment planning to improve recovery and resiliency.

Medication Training and Support

Services to provide information about medications and their possible side effects.

Psychosocial Rehabilitative Services

Services to help a person develop and maintain relationships, occupational or educational achievement, independent living skills and housing. Services include social, educational, vocational, behavioral and cognitive interventions provided by a person's treatment team.

Skills Training and Development

Training to help a person with serious symptoms of mental illness get and improve skills to successfully participate in the community.

Webpage: <https://apps.hhs.texas.gov/contact/search.cfm>

Adult Substance Use (State and Grant Funded)

Substance use disorders affect people from all backgrounds and all age groups. Substance use disorders occur when there is recurrent use of a substance that affects a person's daily life. The array of substance use services encourages people to seek recovery alongside prevention, intervention and treatment. Services include:

- Detoxification services
- Intensive and supportive residential (adult and youth)
- Outpatient (adult and youth)
- Medication Assisted Treatment
- Co-occurring psychiatric and substance use disorders services (adult and youth)
- Specialized female services (adult and youth)

Outreach, screening, assessment and referral services help people get substance use services, case management and peer support. An OSAR service provider will stay in touch with people waiting for treatment and refer them to community services while they are waiting.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral-centers>

Phone: 2-1-1; Select Option 8

Phone: 877-541-7905; Select Option 8

Aging Texas Well

Aging Texas Well (ATW) is an initiative that helps Texans prepare for all aspects of aging at the individual, community and state level. ATW identifies and discusses policy issues, guides state government readiness, and promotes increased community preparedness for an aging Texas population. ATW creates awareness of the importance of aging well by providing resources, expertise and opportunities to help all Texans age well. ATW also provides guidance to state and local infrastructures by supporting the development of local laws, policies and services.

Webpage: <https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well/aging-texas-well>

Aging and Disability Resource Center

ADRCs serve as a key point of access to person centered long-term services and supports (LTSS) specialized information, referral and assistance and provide one-stop access to information for people who need help finding LTSS. ADRCs help cut through the confusing maze of funding sources, multiple intake systems, and eligibility processes. ADRCs provide help to people in all 254 counties in the state.

Webpage: <https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center/find-adrc>

Area Agencies on Aging (AAA)

The area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services. Services include:

- Information, referral and assistance
- Benefits counseling and legal assistance
- Care coordination
- Caregiver support services
- In-home support services
- Legal awareness
- Nutrition services
- Ombudsman Program

Services are targeted to those with greatest economic and social need. Particular attention is paid to people with low-incomes, older people who belong to minority groups and older people residing in rural areas. In addition, family members and

other caregivers may receive information and services on behalf of the older person for whom they are providing care.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/area-agencies-aging-aaa>

Assisted Living and Residential Care

Residential Care provides a 24-hour living arrangement in a licensed facility that provides:

- Personal care
- Home management
- Escort
- Social and recreational activities
- Transportation
- 24-hour supervision
- Supervision of/assistance with or direct administration of medication

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/residential-care>

Assisted Living Facilities (ALF)

Assisted living facilities provide individualized health and personal care assistance in a homelike setting with an emphasis on personal dignity, autonomy, independence and privacy. Facilities can be large apartment-like settings or private residences. Services include meals, bathing, dressing, toileting and administering or supervising medication. HHS licenses assisted living facilities based on residents' physical and mental ability to evacuate the facility in an emergency and whether nighttime attendance is necessary.

- A **Type A facility** cares for residents who do not require routine attendance during sleeping hours and are capable of following directions in an emergency.
- A **Type B facility** is for residents who require staff assistance to evacuate, are not capable of following directions in an emergency and require nighttime attendance.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/assisted-living-facilities-alf>

Phone: 512-438-3161

Email: PolicyRulesTraining@hpsc.state.tx.us

Blind and Visually Impaired

HHS works with people who are blind and visually impaired to help them reach their independence goals.

Webpage: <https://hhs.texas.gov/services/disability/blind-visually-impaired>

Phone: Call the Office of the Ombudsman at 877-787-8999, select a language, wait for the prompt and then select Option 3.

Phone for DBMD Interest List: 877-438-5658.

Email for DBMD: DBMDPolicy@HHSC.State.Tx.Us.

Webpage for Independent Living Services and Center for Independent Living: <https://hhs.texas.gov/services/disability/independent-living-services#cils>

Blind Children's Vocational Discovery and Development Program

Each year, hundreds of Texas families turn to Texas Health and Human Services (HHS) for information and support for their children who are blind or visually impaired. A blind children's specialist from the Blind Children's Vocational Discovery and Development Program (BCVDDP) works with each child and family to create a service plan tailored to the child's needs and circumstances. It's a flexible document that will develop along with the child.

Webpage: <https://hhs.texas.gov/services/disability/blind-visually-impaired/blind-childrens-vocational-discovery-development-program>

Email: BlindChildrensProgram@hpsc.state.tx.us

Blindness Education, Screening and Treatment (BEST) Program

BEST provides free vision screenings and financial assistance to Texas residents for medically urgent eye treatment with a referral from your ophthalmologist.

Webpage: <https://hhs.texas.gov/services/disability/blind-visually-impaired/blindness-education-screening-treatment-best-program>

Email: BESTprogram@hpsc.state.tx.us

Board for Evaluation of Interpreters Certification Program

The Office of Deaf and Hard of Hearing Services (DHHS) Board for Evaluation of Interpreters (BEI) certification program is responsible for testing and certifying the skill level of individuals seeking to become certified interpreters in Texas. The primary goal of the BEI certification program is to ensure that prospective interpreters are proficient in their ability to meaningfully and accurately comprehend, produce, and transform ASL to and from English. Additional functions of the BEI program are to:

- Improve the quality of interpreter services for Texans who are deaf, hard of hearing or who are hearing by administering testing materials that are valid, reliable and legally defensible.
- Protect the interests of consumers who use interpreter services by regulating the conduct of interpreters certified by the program. See the [Complaint Process at BEI Manual, Chapter 2](#).

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/assistive-services-providers/board-evaluation-interpreters-certification-program>

Email: dhhs.bei@hhs.state.tx.us

Boarding Home Model Standards

As required by House Bill 216 (81st Texas Legislature, Regular Session, 2009), the Texas Health and Human Services Commission (HHSC) has developed and approved the final version of model standards for the operation of boarding home facilities. The model standards were published in the Aug. 27, 2010, edition of the Texas Register. A county or municipality may require the issuance of a permit to operate a boarding home facility within its jurisdiction. Counties and municipalities may adopt the model standards developed by HHSC for the operation of a boarding home and may require a boarding home holding a permit issued by the county or municipality to comply with the adopted model standards. If your county or municipality has chosen to adopt the standards, then, as provided by Section 260.010(a) of the Texas Health and Safety Code, not later than September 30th of each year after the standards are adopted, the county or municipality must submit a report to DADS that includes:

- the total number of boarding home facilities permitted during the preceding state fiscal year;
- the number of active permits;
- the total number of residents in each boarding home facility; and

- the total number of inspections conducted of boarding home facilities.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/what-are-texas-boarding-home-model-standards>

Breast and Cervical Cancer Services

The Breast and Cervical Cancer Services program’s goal is to help women receive quality and accessible cancer screening and health services. Regular screening is the best method to detect breast or cervical cancer in its earliest stages.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/womens-health-services/breast-cervical-cancer-services>

Phone: 512-776-7796

Email: BCCSProgram@hpsc.state.tx.us

Mailing Address:

Breast and Cervical Cancer Services, MC 0224
1100 W. 49th St.
P.O. Box 149347
Austin, TX 78714

Certificate of Deafness Tuition Waiver Program

Students who meet certain criteria can apply to have their tuition waived at state-supported, post-secondary schools in Texas. It is called the Certification of Deafness Tuition Waiver (CODTW) program.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing/tuition-waiver>

Child Care Licensing

Texas Health and Human Services protects children by regulating and educating child care providers. Child Care Licensing responsibilities include:

- Regulating all child-care operations and child-placing agencies to protect the health, safety, and well-being of children in care.
- Permitting and monitoring operations and agencies for compliance with state licensing standards, rules and laws.
- Investigating complaints alleging violations of minimum standards in child care and residential child care operations.

- Informing parents and the public about child care, including how specific child care and residential child care operations are complying with minimum standards of care.
- Giving child-care providers technical assistance on meeting licensing minimum standards, rules, and laws.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/protective-services-providers/child-care-licensing>

Children with Special Health Care Needs

The Children with Special Health Care Needs Services Program helps children 20 and younger who have special health care needs and people with cystic fibrosis of any age improve their health, well-being and quality of life. Focused on family-centered and community-based strategies, the program ensures families get services that honor and respect their cultural beliefs, traditions and values. All services must be medically necessary. These include:

- Medical
- Mental health
- Dental
- Vision
- Special medical equipment and supplies
- Family support services
- Community services
- Case management

Webpage: <https://hhs.texas.gov/services/disability/children-special-health-care-needs-program>

Texas Medicaid Healthcare Partnership-CSHCN Services Program

877-888-2350

Call this number if you:

- Have questions regarding offered health care services or prior authorization.
- Are a current client and have been billed by your health care **provider**.
- Are a current client and would like to request a copy of the *Client Guide*.

Program Helpline

800-222-3986

Call this number if you are:

- An applicant
- Currently on our waiting list

- A current client

Email Address: cshcn@hhsc.state.tx.us

Mailing Address:

CSHCN Services Program
MC 1938
PO Box 149347
Austin, TX 78714

Children’s Advocacy Centers of Texas

The Children's Advocacy Centers of Texas (CACTX) is the statewide membership association for children's advocacy centers in the state. Founded in 1994, CACTX includes developing and established centers in both large, urban cities and in small, rural communities. Their mission is to restore the lives of abused children by supporting CACs in partnership with local communities and agencies investigating and prosecuting child abuse.

Webpage: <https://www.cactx.org/>

Children’s Autism Program

Autism spectrum disorder is the fastest growing serious, developmental disability, affecting an estimated one out of 59 children in the United States. With this number growing at a significant rate, there continues to be an unmet need for services. The HHS Autism Program champions excellence in the delivery of services for families of children with autism. Services are provided through grant contracts with local community agencies and organizations that provide applied behavioral analysis and other positive behavior support strategies. The program helps improve the quality of life for children on the autism spectrum and their families.

Webpage: <https://hhs.texas.gov/services/disability/autism>

Phone: 800-222-3986, Ext. 3465

Mailing Address:

Children's Autism Program
MC 1938
P.O. Box 149347
Austin, TX 78714-9347

Children's Health Insurance Program

CHIP covers services needed to keep kids healthy, including:

- Dentist visits, cleanings, and fillings
- Eye exams and glasses
- Choice of doctors, regular checkups, and office visits
- Prescription drugs and vaccines
- Access to medical specialists and mental health care
- Hospital care and services
- Medical supplies, X-rays, and lab tests
- Treatment of special health needs
- Treatment of pre-existing conditions

Webpage:

https://yourtexasbenefits.hhsc.texas.gov/programs/health/child/childrens-medicaid?utm_source=chipmed-domain&utm_medium=vanity-url&utm_campaign=website

Children's Medicaid

Children's Medicaid covers services needed to keep kids healthy, including:

- Dentist visits, cleanings, and fillings
- Eye exams and glasses
- Choice of doctors, regular checkups, and office visits
- Prescription drugs and vaccines
- Access to medical specialists and mental health care
- Hospital care and services
- Medical supplies, X-rays, and lab tests
- Treatment of special health needs
- Treatment of pre-existing conditions

Webpage:

https://yourtexasbenefits.hhsc.texas.gov/programs/health/child/childrens-medicaid?utm_source=chipmed-domain&utm_medium=vanity-url&utm_campaign=website

Children's Mental Health (State or Grant Funded)

Community mental health services are usually provided at an office or in the home. Services support families to make positive changes that help children recover from mental illness and foster resilience. Mental health services start with a thorough

assessment and developing a plan to address goals identified by the child and family. Services to the child and family may include:

- Crisis intervention
- Skills training and development
- Counseling
- Supportive employment
- Medication training and support
- Case management
- Peer services (family partner support services)

To learn more, read the [Family Guide: Children’s Mental Health Services \(PDF\)](#).

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health>

Email: Childrens_MH@hhs.state.tx.us

Communication Access for State Agencies

The Texas Health and Human Services Commission allows other state agencies to contract with HHSC to provide communication access for people who are deaf or hard of hearing. By doing so, other agencies have access to the rate HHSC has negotiated with community partners statewide. The agencies request services through the HHSC community partners; HHSC receives and approves for payment, invoices for services, eliminating the need for continually issuing individual purchase orders for services. In addition, HHSC helps ensure appropriate and qualified services are provided.

Webpage: <https://hhs.texas.gov/doing-business-hhs/contracting-hhs/communication-services-state-agencies-cssa>

Community Attendant Services (CAS)

Community Attendant Services is a non-technical, medically related personal care service that is available to eligible adults and children whose health problems cause them to be functionally limited in performing activities of daily living according to a practitioner's statement of medical need. Services are provided by an attendant.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-attendant-services-cas>

Email: CCADPolicy@hhs.state.tx.us

Community First Choice

Senate Bill 7 from the 2013 Texas Legislature requires the Health and Human Services Commission (HHSC) to put in place a cost-effective option for attendant and habilitation services for people with disabilities who have STAR+PLUS Medicaid coverage. A federal option, called Community First Choice, allows states to provide home and community-based attendant services and supports to Medicaid recipients with disabilities.

Webpage: <https://hhs.texas.gov/services/health/medicaid-chip/programs/community-first-choice>

Community Living Assistance and Support Services (CLASS)

CLASS provides home- and community-based services to people with related conditions as a cost-effective alternative to placement in an intermediate care facility for individuals with an intellectual disability or a related condition. A related condition is a disability, other than an intellectual disability, that originated before age 22 and that affects a person's ability to function in daily life.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/community-living-assistance-support-services-class>

CLASS Interest List information: 877-438-5658

Eligibility, enrollment, ID/RC, transfer, suspension and termination information: 512-438-2484

Renewal and revision information: 512-438-4896

Community Mental Health Centers

Texas Health and Human Services contracts with 37 local mental health authorities and two local behavioral health authorities to deliver mental health services in communities across Texas. LMHAs and LBHAs provide services to specific areas. To find where to get services in your area, you need to know which county you live in. HHS requires each LMHA and LBHA to evaluate the mental health needs of communities in their area and plan, develop policy, coordinate services and use resources to address those needs. Each LMHA and LBHA is also required to consider public input, the ultimate cost-benefit and client care issues to:

- Ensure people who need services can exercise consumer choice by helping them decide on their services, service provider and location of services.

- Ensure the best use of public money to create a network of service providers and determine whether to provide a service or to contract that service to another organization.
- Make recommendations on the most appropriate services available to people who need services.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

Community Partner Program (CPP)

The Community Partner Program (CPP) partners with a statewide network of community organizations to help Texans apply for and manage their food, cash, and health care assistance online. The Community Partner Program builds bridges between Texas Health and Human Services and communities statewide to provide Texans access to food, cash and health care. Through the Community Partner Program (CPP), Texans can get help applying for or managing benefits online from trusted local organizations they visit regularly.

Webpage: <https://www.texascommunitypartnerprogram.com/?lang=>

Email: CPP@hhsc.state.tx.us

Community Resource Coordination Groups

Community Resource Coordination Groups are groups of local partners and community members that work with parents, caregivers, youth, and adults to make a service plan. The service plan helps a person with special needs get benefits and services.

Webpage: <https://crcg.hhs.texas.gov/>

Complaint and Incident Intake

Call **800-458-9858** to report suspected abuse or neglect of people who are older or who have disabilities. You can call this number to report abuse that occurs in:

- Nursing homes
- Assisted living facilities
- Day activity and health services

You can also report care concerns about home health and hospice agencies and intermediate care facilities. Agents answer calls Monday through Friday from 7 a.m.

– 7 p.m. If you call outside those hours, leave a message; an employee will call you back by the next workday.

Webpage: <https://hhs.texas.gov/about-hhs/your-rights/complaint-incident-intake>

Phone: 800-458-9858

Comprehensive Rehabilitation Services (CRS)

The Comprehensive Rehabilitation Services program assists eligible people who have a traumatic brain injury (TBI), traumatic spinal cord injury (TSCI), or both, function independently in their home and community. Services can be related to communication, mobility and self-care. If you have experienced a TBI or TSCI, Texas Health and Human Services (HHS) can help you live more independently. The CRS program staff work with the injured person and their family members to identify rehabilitation goals and services. HHS defines a traumatic injury as one that is the result of an external physical force. TBIs and TSCIs can be the result of a car accident, fall, assault, violence or sports injury.

Webpage: <https://hhs.texas.gov/services/disability/comprehensive-rehabilitation-services-crs>

Email: CRS_Program@hhsc.state.tx.us

Phone: 2-1-1

Phone: Contact the HHS Office of the Ombudsman at 877-787-8999, select a language, and then select Option 3.

Consumer Directed Services

Consumer Directed Services allows people who receive services from Texas Health and Human Services Commission to hire and manage the people who provide their services.

Webpage: <https://hhs.texas.gov/services/disability/consumer-directed-services>

Consumer Managed Personal Attendant Services (CMPAS)

Under the CMPAS program, HHS contracts with licensed agencies to provide personal assistance services to people who have physical disabilities who are mentally and emotionally competent and willing to supervise their attendant or have someone who can supervise the attendant for them. The individual interviews,

selects, trains, supervises and releases their personal assistants. Health-related tasks are prescribed by physician.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/consumer-managed-personal-attendant-services-cmpas>

Email: cmpaspolicy@hhsc.state.tx.us

Community Services Regional Contacts: <https://hhs.texas.gov/about-hhs/find-us/community-services-regional-contacts>

County Indigent Health Care Program

The County Indigent Health Care Program helps low-income Texas residents who don't qualify for other state or federal health care programs have access to health care services.

Benefits are limited to participating administrators who provide primary, preventative and some specialty services. These include:

- Vaccines
- Medical screening services
- Annual physical examinations
- Inpatient and outpatient hospital visits
- Laboratory and radiology
- Skilled nursing facility services

Webpage: <https://hhs.texas.gov/services/health/county-indigent-health-care-program>

Phone: 800-222-3986, Ext. 6467

Email: CIHCP@hhsc.state.tx.us

Mailing Address:

County Indigent Health Care Program MC 2831
P.O. Box 149347
Austin, TX 78714

Court Appointed Special Advocates

Court Appointed Special Advocates Inc. (CASA) is the statewide organization for volunteer advocate programs. Texas CASA and its 72 local programs ensure that every child has an advocate to speak for his or her best interest before the courts.

The advocate is a caring adult, trained to help a child through this difficult period in life. Their mission is to support local CASA volunteer advocacy programs and to advocate for effective public policy for children in the child protection system. For more information on Texas CASA and becoming a CASA volunteer, visit the CASA website.

Webpage: <https://texascasa.org/>

Crisis Services

If you or someone you know are faced with a mental health crisis, please call the crisis hotline of the local mental health or local behavioral health authority for your county. You may find this number by using the online mental health services search form or by calling one of the numbers below.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

Day Activity and Health Services

Licensed Day Activity and Health Services facilities provide daytime services, up to 10 hours per day, Monday through Friday, to people who live in the community. Services address physical, mental, medical and social needs.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/day-activity-health-services-dahs>

Email: DahsPolicy@hpsc.state.tx.us

Community Services Regional Contacts: <https://hhs.texas.gov/about-hhs/find-us/community-services-regional-contacts>

Deaf and Hard of Hearing

The Office of Deaf and Hard of Hearing Services works in partnership with people who are deaf or hard of hearing to eliminate societal and communication barriers to improve equal access for people who are deaf or hard of hearing. DHHS advocates for people of all ages who are deaf or hard of hearing to enable them to express their freedoms, participate in society to their individual potential, and reduce their isolation regardless of location, socioeconomic status, or degree of disability.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing>

Deaf and Hard of Hearing Consumer Education

Training and other educational activities are provided for people who are deaf or hard of hearing as well as for their families, service providers, schools and institutions, employers and government agencies. Training is offered periodically throughout the year.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing#consumer-education>

Email: Dhhs.training@hhsc.state.tx.us

Deaf and Hard of Hearing Driver Visor Card Program

Drivers who are deaf or hard of hearing can get a visor card to carry in their vehicle to identify themselves as being deaf or hard of hearing.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing#driver-visor-cards>

Deaf and Hard of Hearing Resource Specialist Program

Resource specialists provide services for people who are deaf or hard of hearing, as well as government agencies, service providers, employers, and private entities. Regional service providers offer services statewide at no cost through contracts with HHSC Office of Deaf and Hard of Hearing Services.

Website: <https://hhs.texas.gov/services/disability/deaf-hard-hearing#resource-specialist>

List of Regional Service Providers:

<https://dhhs.hhsc.state.tx.us/providers/contractors.asp?ptype>

Deaf and Hard of Hearing Senior Citizen Program

The senior citizen program is geared toward bridging communication barriers and reducing the isolation facing people age 60 and older who are deaf or hard of hearing. Services vary and may include coping skills training, independent living services and recreational activities.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing#senior-citizens-program>

List of Regional Service Providers:

<https://dhhs.hhsc.state.tx.us/providers/contractors.asp?ptype=SCP>

Deaf Blind with Multiple Disabilities (DBMD)

The DBMD program provides home and community-based services to people who are deaf-blind with multiple disabilities as a cost-effective alternative to institutional placement. The program focuses on increasing opportunities for consumers to communicate and interact with their environment.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/deaf-blind-multiple-disabilities-dbmd>

Phone: 512-438-2622

DBMD Interest List information: 1-877-438-5658

Eligibility, enrollment, ID/RC, transfer, suspension, termination, renewal, and revision information: 512-438-4896

Disaster Assistance Program

There are two kinds of disaster help:

1. Housing Assistance

The U.S. Federal Emergency Management Agency (FEMA) oversees and gives this type of help. It includes:

- Housing for a limited time
- Home repair and building
- Another home (replacement)

2. Other Needs Assistance

The Texas Health and Human Services Commission works with FEMA in giving this type of help. It helps pay for disaster-related costs such as:

- Personal property
- Transportation
- Moving and storage
- Medical and dental needs
- Funeral needs
- Child care

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/other/disaster-help>

Phone: 1-800-582-5233

Email: DisasterAssistance@hhsc.state.tx.us

Mailing Address:

HHSC Disaster Assistance MC Y-950;
P.O. Box 149030;
Austin, TX 78714

Disaster Behavioral Health Services

Disaster Behavioral Health services support local, state and federal services to assist disaster survivors and help them:

- Understand their current situation and reactions
- Prevent additional stress
- Promote the development of positive coping strategies
- Provide emotional support
- Connect them to other people, social service agencies or organizations that may help them recover

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/disaster-behavioral-health-services>

Dual Eligible Project/Medicare-Medicaid Plan (MMP)

Dual Eligible Project offers a new way to serve people who are eligible for both Medicare and Medicaid, known as dual eligibles. Eligible clients must be 21 or older; get Medicare Part A, B and D, and are receiving full Medicaid benefits; and be enrolled in the Medicaid STAR+PLUS program for at least 30 days, which serves members who have disabilities and those who meet a nursing facility-level of care and get STAR+PLUS home and community-based waiver services. Dual Eligible Project makes it easier for clients to get care, promotes independence in the community, eliminates cost shifting between Medicare and Medicaid, and achieve cost savings for the state and federal government through improvements in care and coordination. Dual Eligible Project is offered in six counties: Bexar, Dallas, El Paso, Harris, Hidalgo, and Tarrant.

Webpage:

<https://hhs.texas.gov/services/health/medicaid-chip/programs/dual-eligible-project-mmp>

Early Childhood Intervention Services

Early Childhood Intervention (ECI) is a statewide program for families with children birth up to age 3, with developmental delays, disabilities or certain [medical diagnoses](#) that may impact development. ECI services support families as they learn how to help their children grow and learn.

Webpage: <https://hhs.texas.gov/services/disability/early-childhood-intervention-services>

Emergency Response Services (ERS)

Around-the-clock emergency response services are provided through an electronic monitoring system that is used by functionally impaired adults who live alone or who are socially isolated in the community. In an emergency, the individual can press a call button to signal for help. The electronic monitoring system helps to ensure that the appropriate person or service agency responds to an alarm call.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/emergency-response-services-ers>

Email: ERSPolicy@hhsc.state.tx.us

Employment for People with Disabilities

Employment is a fundamental value and ambition in American culture, and people with disabilities want to be a part of their communities just as everyone does. Texas Health and Human Services is committed to ensuring that people with disabilities have access to meaningful employment services in the community, especially integrated competitive employment.

- [Employment First](#) links people looking for work with employers who need employees.
- The [Texas Workforce Commission](#) helps all Texans who are looking for work. Their website includes job listings, tips for finding a job and unemployment information.
- Transition Program for People who are Blind or Visually Impaired helps young adults transition from secondary school to the world of work.

Webpage: <https://hhs.texas.gov/services/disability/employment-people-disabilities>

Epilepsy Program

The Epilepsy Program works with providers and clinics in Texas to ensure eligible Texas residents with epilepsy or seizure-like symptoms can get comprehensive outpatient services to prevent, detect and treat health problems. Comprehensive outpatient care may include:

- Diagnosis and treatment
- Case management for ongoing care
- Integration of personal, social and vocational support services

Webpage: <https://hhs.texas.gov/services/health/epilepsy-program>

Phone: 800-222-3986, Ext. 5922

Email: epilepsy@hhsc.state.tx.us

Mailing Address:

Epilepsy Program
MC 2831
P.O. Box 149347
Austin, TX 78714

Family Care (FC)

Family Care is a nonskilled, nontechnical attendant care service for eligible adults who are functionally limited in performing activities of daily living. Primary Home Care provider agencies have the option of providing these services. Family Care services are provided by an attendant and do not require the supervision of a registered nurse.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/family-care-fc>

Email: CCADPolicy@hhsc.state.tx.us

Family Planning

The Family Planning Program helps fund clinic sites across the state to provide quality, comprehensive, low-cost and accessible family planning and reproductive healthcare services to women and men in Texas. These services help people plan the number and spacing of their children, reduce unintended pregnancies, improve future pregnancy and birth outcomes and improve general health.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/womens-health-services/family-planning>

Phone: 512-776-7796

Email: famplan@hhsc.state.tx.us

Mailing Address:

Texas Health and Human Services
Healthy Texas Women, MC 0224
1100 W. 49th Street
P.O. Box 149347
Austin, TX 78714

Family Violence Program

The Family Violence Program promotes self-sufficiency, safety, and long-term independence of adult and child victims of family violence and victims of teen dating violence. Through a network of service providers, the program provides emergency shelter and supportive services to victims and their children, educates the public, and provides training, and prevention support to various organizations across Texas. All services are provided for free and there is no income verification for eligibility.

Webpage: <https://hhs.texas.gov/services/safety/family-violence-program>

Email: familyviolence2@hhsc.state.tx.us. You must include your contact information in the body of your message if you need someone to contact you.

24-Hour National Domestic Violence Hotline: 800-799-SAFE (7233) or TDD 800-787-3224

Feeding Texas

Feeding Texas is a statewide network of food banks leading a unified effort to end hunger in Texas. Together with our 21-member food banks, we reach over 3 million Texans annually with food and resources and engage the state in the fight against hunger. Contact one of the nutrition education providers listed on the HHS website to find out more about nutrition education classes on food budgeting, food safety, healthy food choices, increasing physical activity and more.

Webpage: <https://hhs.texas.gov/services/food/feeding-texas>

Food

Whether it's SNAP food benefits on the Lone Star Card, TANF cash assistance or the Summer Lunch Program for kids, HHS is there for people who need help buying food. You may even find classes in your area to help you live healthy and provide tips on saving money when you buy groceries.

Webpage: <https://hhs.texas.gov/services/food>

Foster Grandparent Volunteer Program

The Foster Grandparent Program (FGP) provides income-eligible adults, age 55 and older, with meaningful volunteer opportunities fulfilling a critical need by providing one-on-one emotional support, mentoring, and tutoring for children with exceptional needs in eight service areas across the State of Texas. Foster Grandparent volunteers are not the same as foster parents — the children do not live with you. You are a role model, mentor and friend. You will meet your mentee at a designated organization such as a public school, daycare, Head Start program, hospital, juvenile correction facility or any other child centered agency. If you're 55 or older, and want to share your experience and compassion, you may have what it takes to be a Foster Grandparent volunteer. You could even earn a stipend based on hours volunteered.

Webpage: <https://hhs.texas.gov/about-hhs/community-engagement/foster-grandparent-volunteer-program>

Guardianship

Some people need help managing their daily affairs because of their age, a disease or an injury. If this happens, a court of law may appoint a guardian for them. Guardian and ward are legal terms used to indicate the relationship between someone who protects another (the guardian) and the person being protected (the ward). In Texas, the process to appoint a guardian includes:

- Filing an application with a court
- Having a hearing before a judge
- Having a judge appoint a guardian, if one is needed

Because having a guardian takes away a person's rights, it should be the last and the best choice to protect someone. Before asking a court to appoint a guardian, other options are usually tried first, such as:

- Finding someone to help the person pay bills and manage money

- Finding someone to help the person make decisions, including health care decisions
- Enrolling the person in available community services, including Medicaid programs

Once a guardian is appointed, it often becomes permanent. However, if things change significantly, a judge can decide a guardian no longer is needed.

Webpage: <https://hhs.texas.gov/laws-regulations/legal-information/guardianship>

Email: Guardianship@hhsc.state.tx.us

Health and Human Services Ombudsman

Do you have a question about your Health and Human Services (HHS) benefits? If you are not satisfied after you have tried to speak directly to people involved in providing your services, or if you are not satisfied the information you received is correct, call the HHS Office of the Ombudsman. Have a problem with one of our programs or services?

1. Contact your provider or caseworker to see if they can explain their decision or correct the problem.
2. If you still can't get it resolved, call **877-787-8999**.
3. You can also send a fax to 888-780-8099 or write to:
HHS Office of the Ombudsman
P.O. Box 13247
Austin, Texas 78711-3247

Webpage: <https://hhs.texas.gov/about-hhs/your-rights/hhs-office-ombudsman>

Phone: 877-787-8999

Healthy Texas Women

Healthy Texas Women is a program dedicated to offering women's health and family planning at no cost to eligible women in Texas. These services help women plan their families, whether it is to achieve, postpone, or prevent pregnancy. They also can have a positive effect on future pregnancy planning and general health.

Webpage: <https://www.healthytexaswomen.org/>

Hearing Aid Information

Financial assistance to purchase hearing aids may be available from a variety of sources for children who get Medicaid, older Texans and people who are looking for employment.

Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing/hearing-aid-information>

Phone: 512-438-4880

Local specialists: <https://dhhs.hhsc.state.tx.us/providers/contractors.asp>

Heart Disease and Stroke Program

Heart disease and stroke are the number 1 and number 3 killers of adult Texans. Our job is to reduce death and disability caused by heart disease and stroke in Texas. We work with partners around the state to make sure heart disease and stroke remain a priority in health care, communities and work sites. We also plan statewide activities and programs to address risk factors like high blood pressure, high blood cholesterol, low physical activity, poor nutrition and tobacco use.

Webpage: <https://www.dshs.texas.gov/heart/Texas-Heart-Disease-and-Stroke-Program---Home.aspx>

Phone: 512-776-7111

Mailing Address:

Texas Heart Disease and Stroke Program
MC 1954
PO Box 149347
Austin, TX 78714

Hemophilia Assistance Program

The Hemophilia Assistance Program helps Texans with hemophilia cover their medical bills. Assistance is provided with blood factor replacement products or reimbursement for health insurance premium payment.

Webpage: <https://hhs.texas.gov/services/health/hemophilia-assistance-program>

Phone: 800-222-3986

Email Address: hemophilia@hhsc.state.tx.us

Mailing Address:

Hemophilia Assistance Program
MC 1938
P.O. Box 149347
Austin, TX 78714-9347

Health Insurance Premium Payment (HIPP) Program

HIPP is the Texas Medicaid program that helps families pay for employer-sponsored health insurance premiums. It is for families with at least one person who gets Medicaid. People enrolled in any Medicaid program, except for the Children’s Health Insurance (CHIP) and STAR Health managed care program, are eligible to enroll in HIPP. There are no age restrictions in the HIPP program. The family member who has Medicaid and the family member who can get employer-sponsored health insurance can be any age.

Webpage: <https://hhs.texas.gov/services/financial/health-insurance-premium-payment-hipp-program>

Phone: 800-440-0493

Email: HIPP_IPPA@tmhp.com

Mailing Address:

GET HIPP TEXAS
P.O. Box 201120
Austin, TX 78720-9774

HIV Medication Program

The Department of State Health Services (DSHS) HIV/STD Program has the duty to identify, report, prevent, and control HIV, AIDS, and STDs in the State of Texas. The Program is dedicated to preventing the spread of HIV and other STDs while minimizing complications and costs. This is achieved primarily through education, prevention counseling, screening and testing, partner elicitation and notification, and the provision of medical and social services. While some of these services are directly provided, most are provided through contracts with community-based agencies.

Webpage: <https://www.dshs.texas.gov/hivstd/info/about.shtm>

Phone: 800-255-1090

Email: hivstd@dshs.texas.gov

Mailing Address:

Texas HIV Medication Program
ATTN: MSJA,
MC 1873 Post Office Box 149347
Austin, Texas 78714

Home and Community-based Services (HCS)

The Home and Community-based Services program provides individualized services and supports to persons with intellectual disabilities who are living with their family, in their own home or in other community settings, such as small group homes.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-community-based-services-hcs>

Email: hcs@hhsc.state.tx.us / hccpolicy@hhsc.state.tx.us

Home and Community-Based Services-Adult Mental Health

Home and Community-Based Services-Adult Mental Health is a program that provides home and community-based services to adults with serious mental illness. The program provides an array of services, to match each person's needs. This helps the person to live and experience successful tenure in their chosen community. Services are designed to support long-term recovery from mental illness.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/home-community-based-services-adult-mental-health>

Home and Community Support Services Agencies (HCSSA)

Home and community support services agencies (HCSSAs) provide services such as

- nursing;
- physical, occupational, speech, respiratory or intravenous therapy;
- social services;
- dialysis;
- personal assistance services;
- nutritional counseling; and

- terminal and palliative care (through hospice agencies)
- to individuals in a residence or independent living environment.

Hospice agencies and hospice inpatient facilities provide intervention services that focus primarily on the reduction or abatement of physical, psychological, or spiritual symptoms of a terminal illness for consumers. They also provide support services for consumers and their families.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-community-support-services-agencies-hcssa>

Phone: 512-438-3161

Email: PolicyRulesTraining@hpsc.state.tx.us

Community Services Regional Contacts: <https://hhs.texas.gov/about-hhs/find-us/community-services-regional-contacts>

Home-Delivered Meals (HDM)

HDM provides nutritious noontime meals delivered to people in their homes on a scheduled basis. Meals may also be delivered to a location other than an individual's home, provided the location is within the provider's service area and is approved by the case worker. Those eligible for HDM are aged 18 years or older. An interest list is maintained for people interested in applying for this program.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/home-delivered-meals-hdm>

Email: HDMPolicy@hpsc.state.tx.us

Community Services Regional Contacts: <https://hhs.texas.gov/about-hhs/find-us/community-services-regional-contacts>

Hospice

Hospice is a program of palliative care consisting of medical, social and support services to terminally ill patients, when curative treatment is no longer possible.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/hospice>

Email: hospicepolicy@hpsc.state.tx.us

Independent Living Services

Independent living (IL) services help people with disabilities achieve greater independence in the home and community. As of Aug. 31, 2016, all IL services have been outsourced to and are provided by centers for independent living (CILs), which are located across the state. CILs are nonresidential, private, nonprofit organizations that help people with disabilities achieve their independent living goals.

Webpage: <https://hhs.texas.gov/services/disability/independent-living-services>

Intellectual or Developmental Disabilities (IDD) – Long-term Care

An intellectual or developmental disability, also called IDD, includes many severe, chronic conditions that are due to mental and/or physical impairments. IDD can begin at any time, up to 22 years of age. It usually lasts throughout a person's lifetime. People who have IDD have problems with major life activities such as:

- Language
- Mobility
- Learning
- Self-help
- Independent living

Webpage: <https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care>

Intermediate Care Facilities (ICF/IID)

The Intermediate Care Facilities for Individuals with an Intellectual Disability or Related Conditions program provides residential and habilitation services to people with intellectual disabilities or a related condition. Long Term Care-Regulatory processes licensure applications, certification surveys and is responsible for rules under [26 TAC 551](#) Intermediate Care Facilities for Individuals with an Intellectual Disability or Related Conditions. Medicaid/CHIP is responsible for Medicaid functions such as provider enrollment (contracting); set rates; process resident eligibility, enrollment and review; vendor compliance; and is responsible for rules currently under [40 TAC 9, Subchapter E](#) Intermediate Care Facilities for Individuals with an Intellectual Disability or Related Conditions (ICF/IID) Program--Contracting.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/intermediate-care-facilities-icfiid>

Phone: 512-438-3161

Email to Long Term Care Regulatory: PolicyRulesTraining@hhsc.state.tx.us

Email to Medicaid/CHIP Policy: ICFIID.Questions@hhsc.state.tx.us

Community Services Regional Contacts: <https://hhs.texas.gov/about-hhs/find-us/community-services-regional-contacts>

Kidney Health Care Program

Kidney Health Care is a statewide program that helps Texans with end-stage renal disease pay for their treatment, including:

- Dialysis treatments
- Access surgery
- Drugs
- Travel to transplant or dialysis services
- Medicare premiums

Website: <https://hhs.texas.gov/services/health/kidney-health-care>

Phone: 800-222-3986

Email Address: khc@hhsc.state.tx.us

Mailing Address:

Kidney Health Care
MC 1938
P.O. Box 149347
Austin, TX 78714

Local Intellectual and Developmental Disability Authority (LIDDA)

Local intellectual and developmental disability authorities (LIDDAs) serve as the point of entry for publicly funded intellectual and developmental disability (IDD) programs, whether the program is provided by a public or private entity. They:

- provide or contract to provide an array of services and supports for persons with intellectual and developmental disabilities;
- are responsible for enrolling eligible individuals into the following Medicaid programs:
 - ▶ [ICF/IID](#), which includes state supported living centers

- ▶ [Home and Community-based Services \(HCS\)](#)
- ▶ [Texas Home Living \(TxHmL\)](#); and
- are responsible for Permanency Planning for consumers under 22 years of age who live in an ICF/IID, state supported living center or a residential setting of the HCS Program.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-idd-authority-lidda>

Long-term Care Credentialing Programs

- [Nurse Aide Registry](#) – All nurse aides and nurse aide candidates are required to register in the credential management system. This includes registration through the [Nurse Aide Testing Credential Management System](#) and the [Employability Status Check Search](#).
- [Nurse Aide Training and Competency Evaluation Program](#) – HHS reviews and approves or disapproves nurse aide training and competency evaluation programs and nurse aide competency evaluation programs.
- [Nursing Facility Administrator Licensing and Enforcement](#) – HHS licenses nursing facility administrators and enforces professional standards. Licensing functions are completed through the [NFA Licensing System](#).
- [Medication Aide Program](#) – HHS conducts issues and renews permits as well as imposing and monitoring sanctions on medication aides.

Webpage: <https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation>

Long-Term Care Ombudsman

Long-Term care (LTC) ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anybody who lives in a nursing home or an assisted living facility. Ombudsmen can be volunteers or paid employees of agencies that are independent of any long-Term care facility. Services are free, confidential and available statewide.

Webpage: https://apps.hhs.texas.gov/news_info/ombudsman/

Phone: 800-252-2412

Email: ltc.ombudsman@hhsc.state.tx.us

Lone Star Card

The Texas Electronic Benefit Transfer (EBT) system uses the Lone Star Card to provide access to Supplemental Nutrition Assistance Program (SNAP) food benefits and Temporary Assistance for Needy Families (TANF) cash benefits. The Lone Star Card is used in the same way any other debit card is used. To pay for approved SNAP or TANF items, swipe your Lone Star Card through the store's machine and enter your personal identification number (PIN). The amount of the purchase is taken out of your Lone Star Card account. If you apply and are eligible for TANF or SNAP benefits, you will receive a Lone Star Card from your local Health and Human Services Commission benefit office or by mail.

Webpage: <https://hhs.texas.gov/services/food/lone-star-card>

Phone: 2-1-1 or 800-777-7328

Mailing Address:

Texas Health and Human Services
P.O. Box 149024
Austin, TX 78714

Maternal Child Health Programs

The Texas Department of State Health Services (DSHS) is committed to improving the health of women of childbearing age, adolescents, children, infants, and children with special health care needs. Located within the Maternal and Child Health Section (under the Community Health Improvement Division), our staff supports the development of family-centered, community-based, coordinated systems of care.

Webpage: <https://www.dshs.texas.gov/mch/default.shtm>

Phone: 512-776-7373

Email: TitleV@dshs.texas.gov

Medicaid Buy-in for Adults

All Medicaid benefits, including:

- Doctor's visits
- Drugs ordered by a doctor
- Lab and X-ray charges
- Hospital care

- Vision and hearing care
- Rides to the doctor
- Community-based services

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/health/disability-or-65plus/buy-in>

Medicaid Buy-in for Children

All Medicaid benefits, including:

- Doctor's visits
- Vaccines
- Drugs ordered by a doctor
- Lab tests and X-rays
- Hospital care
- Vision and hearing care
- Dental care
- Rides to the doctor
- A variety of special needs services

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/health/child/buy-in>

Medicaid Estate Recovery Program

Medicaid is a government program that pays for healthcare for people with limited incomes. Some of these services are provided to people as they grow older. Medicaid pays for services that help people stay in their own homes. It also pays for people to move to a nursing home, if that is what they need. To help pay for these long-term services, every state must have a Medicaid Estate Recovery Program (MERP). If you received Medicaid long-term services and supports, the state of Texas has the right to ask for money back from your estate after you die. In some cases, the state may not ask for anything back, and the state will never ask for more money back than it paid for your services. The program is administered by Texas Health and Human Services (HHS).

Webpage: <https://hhs.texas.gov/laws-regulations/legal-information/your-guide-medicaid-estate-recovery-program>

Phone: 800-641-9356

Email: merp@hhsc.state.tx.us

Medicaid for an Adult Caring for a Child

Health care benefits for an adult caring for a child who lives with them and is receiving Medicaid.

- Doctor's visits
- Vaccines
- Drugs ordered by a doctor
- Lab tests and X-rays
- Hospital care
- Glasses
- Rides to the doctor

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/health/young-adults-and-families>

Medicaid for Breast and Cervical Cancer

Health care benefits for uninsured women under age 65 who are in need of treatment for breast or cervical cancer, including pre-cancerous conditions.

- Doctor visits
- Emergency care
- Care in your home
- Mental health care
- Pregnancy care
- Drugs ordered by a doctor
- Lab tests and X-rays
- Hospital care
- Glasses
- Rides to the doctor

Webpage:

<https://yourtexasbenefits.hhsc.texas.gov/programs/health/women/breast-and-cervical-cancer>

Medicaid for Former Foster Care Children

Health care benefits for youth between the ages of 18 and 26 who age out of foster care at age 18 or older.

- Doctor's visits
- Vaccines
- Drugs ordered by a doctor

- Lab tests and X-rays
- Hospital care
- Glasses
- Dental care for children age 20 and younger
- Rides to the doctor

Webpage:

<https://yourtexasbenefits.hhsc.texas.gov/programs/health/child/former-foster-care>

Medicaid for Low-income Pregnant Women

Health-care benefits during pregnancy and up to 2 months after birth of the baby.

Benefits include:

- Doctor visits
- Drugs ordered by a doctor
- Labor and delivery
- Lab tests and X-rays
- Hospital care
- Glasses
- Rides to the doctor

Webpage:

<https://yourtexasbenefits.hhsc.texas.gov/programs/health/women/pregnant>

Human Coalition: <http://thepregnancynetwork.clinic/>

Texas Pregnancy Care Network: 877-345-7734

Medicaid for People Who Get Supplemental Security Income (SSI)

Health care benefits for low-income people with disabilities and people over age 65.

- Doctor's visits
- Drugs ordered by a doctor
- Lab and X-ray charges
- Hospital care
- Vision and hearing care

Medicaid might help pay for medical services a person got 3 months before applying for SSI. To find out, they must fill out an application for Medicaid — even if they already have Medicaid.

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/health/disability-or-65plus/have-SSI>

Medicaid for Transitioning Foster Care Youth

Health care benefits for youth between the ages of 18 and 21 who age out of foster care and are not eligible for Former Foster Care Medicaid.

- Doctor's visits
- Vaccines
- Drugs ordered by a doctor
- Lab tests and X-rays
- Hospital care
- Glasses
- Dental care
- Rides to the doctor

Webpage:

<https://yourtexasbenefits.hhsc.texas.gov/programs/health/child/transitioning-foster-care>

Medicaid Health Insurance Premium Payment – Health Insurance Premium Payment (HIPP) Program

HIPP is the Texas Medicaid program that helps families pay for employer-sponsored health insurance premiums. It is for families with at least 1 person who gets Medicaid. People enrolled in any Medicaid program, except for the Children's Health Insurance Program (CHIP) and STAR Health managed care program, are eligible to enroll in HIPP. There are no age restrictions in the HIPP program. The family member who has Medicaid and the family member who can get employer-sponsored health insurance can be any age.

Webpage: <https://hhs.texas.gov/services/financial/health-insurance-premium-payment-hipp-program>

Medical for Physical Disability Services – Long-term Care for People with Medical or Physical Disabilities

People who have medical or physical disabilities are unable to do some things for themselves, including:

- Caring for themselves (dressing, bathing, eating)

- Performing manual tasks (cleaning, cooking)
- Walking
- Seeing
- Hearing
- Speaking
- Breathing
- Learning
- Working

Webpage: <https://hhs.texas.gov/services/disability/long-term-care-people-medical-or-physical-disabilities>

Medicaid Mental Health Services

Medicaid outpatient mental services are available to all ages, and include:

- Psychiatric diagnostic evaluation
- Psychotherapy (individual, group or family)
- Psychological, neurobehavioral, or neuropsychological testing
- Pharmacological management services
- Electroconvulsive therapy (ECT)
- Targeted case management
- Mental health rehabilitation, including medication training and support, crisis intervention, and skills training and development. Adults may also receive day program services (18 and older) and psychosocial rehabilitation services (17 and older).
- Peer specialist services (age 21 and older)

Services available in traditional Medicaid, as well as STAR, STAR+PLUS, STAR Kids, and STAR Health Medicaid managed care programs.

Medicaid managed care: Members should call their health plan's member service hotline on the back of their health plan identification card.

Phone: 800-335-8957

Medical Transportation Program

If you don't have a car or can't drive, you can get a ride to your doctor visits. You may also get a ride if you need to visit the dentist, drug store, grocery store, senior center or any place you get Medicaid services. If you are 60 or older, call your local area agency on aging. You can also get a ride through the Medical Transportation Program.

Webpage: <https://hhs.texas.gov/services/aging/long-term-care/transportation>

Phone: 2-1-1

Medically Dependent Children Program (MDCP)

The program provides services to support families caring for children and young adults age 20 and younger who are medically dependent and to encourage de-institutionalization of children and young adults who reside in nursing facilities. MDCP provides respite, flexible family support services, minor home modifications, adaptive aids, transition assistance services, employment assistance, supported employment and financial management services through a STAR Kids managed care organization.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/medically-dependent-children-program-mdcp>

Medicare Savings Program

Helps pay for all or some of the Medicare monthly payments (premiums), co-pays, and deductibles (money owed to the doctor if Medicare doesn't cover the entire bill).

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/health/disability-or-65plus/medicare-savings-programs>

Medication Aide Program

This program is mandated by the Texas Health and Safety Code, Chapter 242, Subchapter N, concerning the administration of medications to facility residents, and the Texas Health and Safety Code, Chapter 142, Subchapter B, concerning the administration of medication by a home and community support services agency. Medication aide permitting activities are conducted by the Nursing Facility Administrator Licensing Branch and include:

1. Permitting activities, including continuing education, issuance and renewal
2. Approving and monitoring of medication aide training programs in educational institutions
3. Developing educational, training and testing curricula
4. Coordinating and administering tests

Webpage: <https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation/credentialing/medication-aide-program>

Phone: 512-438-2025

Mental Health Peer Support Re-entry Pilot Program

The Peer Re-entry Pilot Program provides community-based peer services and access to services from licensed mental health professionals who assist with transition or "re-entry" into clinically appropriate community-based mental health services. The peer specialist (for example, certified peer specialist, peer support specialist and recovery coach) builds a relationship with the participant while incarcerated and maintains this relationship during and after transition into the community and community-based mental health services. The goals of the program are to support recovery through ongoing mental health peer support.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/peer-support-services/mental-health-peer-support-re-entry-pilot-program>

Email: AdultMH@hsc.state.tx.us

Money Follows the Person (MFP)

Related to the Promoting Independence Initiative, Money Follows the Person (MFP) policy allows individuals to move directly from an institution (nursing facility, ICF/IID, state supported living center, or state hospital) to home and community-based services. If a person requests to leave an institution, a service coordinator explains the community options and assesses for services. A relocation specialist is available to provide support with locating housing and other community supports and follows up with the person for three months after transition.

Email: MFP-Project@hsc.state.tx.us.

Money Follows the Person Demonstration

MFPD provides federal grant funding as well as funding from Medicaid matching cost savings to assist states in moving individuals with complex needs from institutions to the community. A person needs to have been in an institution for 90 consecutive days to qualify. Grant funds are also used to provide behavioral health supports that help individuals remain living in the community, enhance opportunities for integrated employment for greater self-sufficiency, and increase the availability of affordable, accessible housing.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/promoting-independence/money-follows-person-demonstration-project>

Navigate Life Texas

Resources & Support for Families of Kids with Disabilities & Special Health Care Needs

Webpage: <https://www.navigatelifetexas.org/en>

Phone: 2-1-1

Nurse Aide Registry

Texas Health and Human Services maintains a registry of all nurse aides who are certified to provide services in nursing facilities and skilled nursing facilities licensed by the agency.

Webpage: <https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation/credentialing/nurse-aide-registry>

Phone: 512-438-2050.

Nurse Aide Training and Competency Evaluation (NATCEP)

Texas Health and Human Services reviews and approves or disapproves nurse aide training and competency evaluation programs and nurse aide competency evaluation programs.

Webpage: <https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation/credentialing/nurse-aide-training-competency-evaluation-program-natcep>

Phone: 512-438-2017

Nursing Facilities (NF)

The Nursing Facility program provides institutional care to individuals whose medical condition regularly requires the skills of licensed nurses. Nursing facility services are available to individuals who are Medicaid recipients or who wish to private pay for their care. The nursing facility must provide for the needs of each client, including room and board, social services, over-the-counter medications,

medical supplies and equipment, and personal needs items. A skilled nursing facility is a special facility or part of a hospital that provides medically necessary professional services from nurses, physical and occupational therapists, speech pathologists and audiologists. Skilled nursing facilities provide round-the-clock assistance with healthcare and activities of daily living. Skilled nursing facilities are used for short-term rehabilitative stays after an individual is released from a hospital. A Hospital-based SNF is located in a hospital and provides skilled nursing care and rehabilitation services for people who have been discharged from that hospital but who are unable to return home right away. They do not accept general admissions.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/nursing-facilities-nf>

Nursing Facility Administrators Licensing and Enforcement

HHSC licenses nursing facility administrators and enforces professional standards.

Webpage: <https://hhs.texas.gov/doing-business-hhs/licensing-credentialing-regulation/credentialing/nf-administrators-licensing-enforcement>

Office of Acquired Brain Injury

The Office of Acquired Brain Injury is the center for awareness and education on brain injuries in Texas. Our goal is to help connect people to resources and services, raise awareness and prevent brain injuries. An acquired brain injury is brain damage caused by events after birth, rather than as part of a genetic or congenital disorder. These include strokes, brain illness and other brain injuries.

Webpage: <https://hhs.texas.gov/services/disability/acquired-brain-injury/about-office-acquired-brain-injury>

Office of Disability Prevention for Children

The Office of Disability Prevention for Children works to [prevent disabilities](#) through:

- Provider and public education
- Promotion of public policy
- Educating the public
- Working with other state agencies, community groups and various other stakeholders

- Developing long-term plans to monitor and reduce the incidence and severity of developmental disabilities
- Evaluating state efforts to prevent developmental disabilities

Webpage:

<https://hhs.texas.gov/about-hhs/process-improvement/improving-services-texans/office-disability-prevention-children>

Palliative Care

A life-changing or serious illness can alter your quality of life. When you have a serious illness, the support of your medical team, family and friends makes a difference. This is where palliative care comes into play. You may think palliative care is only for people with a terminal illness – but that's not entirely true. Any person diagnosed with a chronic, serious illness can benefit from palliative care to improve their quality of life. Supportive palliative care starts from day one. The focal point of palliative care is to provide better holistic symptoms management, pain, stress and symptom management for as long as your illness lasts, in coordination of ongoing concurrent treatment or if prognosis is six months or less, hospice care.

Webpage: <https://hhs.texas.gov/services/health/palliative-care>

Peer Services

Peer support is when someone with lived experience gives encouragement and assistance to help someone with mental illness or a substance use disorder achieve long-term recovery. Peers offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities and communities of support. To define the new Medicaid benefit "Peer Support," HHSC created a Peer Support Stakeholder Workgroup with providers and people with lived experience from the peer support community (defined by House Bill 1486, 85th Legislature, Regular Session, 2017, and HHSC Rider 211).

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/behavioral-health-services-providers/peer-support-services>

Email: IDD-BH_Peer_Support_Services-Medicaid_Benefit@hhsc.state.tx.us

Permanency Planning for Children

Permanency planning focuses on achieving family support for children living in an institution by finding them a permanent living arrangement that includes “an enduring and nurturing parental relationship.” Texas law underscores the

importance of children with developmental disabilities living in a family or family-like setting by requiring permanency planning for each child living in an institution. It is important for the child and his or her parents, guardians, friends and advocate to be actively involved in the permanency planning process.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/local-intellectual-developmental-disability-authority/permanency-planning-children>

Email: info@everychildtexas.org

Preadmission Screening and Resident Review

PASRR is a federally mandated program that requires all states to prescreen all people, regardless of payer source or age, seeking admission to a Medicaid-certified nursing facility. PASRR has three goals:

1. To identify people, including adults and children, with mental illness and/or IDD.
2. To ensure appropriate placement, whether in the community or the nursing facility.
3. To ensure people receive the required services for mental illness and/or IDD.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/preadmission-screening-resident-review-pasrr>

Pregnancy Support Care Network

The statewide Alternatives to Abortion program promotes childbirth and provides free support services to pregnant women and adoptive parents. The statewide Alternatives to Abortion program promotes childbirth and provides support services to pregnant women and adoptive parents. Services include:

- Counseling and mentoring
- Care coordination for prenatal services, including connecting clients to health programs
- Educational materials and information about pregnancy and parenting (brochures, pamphlets, books and electronic tools)
- Referrals to county and social service programs such as child care, transportation, housing and state and federal benefit programs
- Classes on life skills, budgeting, parenting, stress management, job training, job placement and getting a GED certificate

- Material items such as car seats, cribs, maternity clothes, infant diapers and formula
- Support groups in maternity homes

Webpage: <https://hhs.texas.gov/services/health/women-children/alternatives-abortion>

Human Coalition:

888-818-0862

<http://thepregnancynetwork.clinic/>

Texas Pregnancy Care Network:

877-345-7734

<https://www.texaspregnancy.org/>

Prescribed Pediatric Extended Care Centers (PPECC)

Prescribed Pediatric Extended Care Centers (PPECCs) allow minors from birth through age 20 with medically complex conditions to receive daily medical care in a non-residential setting. When prescribed by a physician, minors can attend a PPECC up to a maximum of 12 hours per day to receive medical, nursing, psychosocial, therapeutic and developmental services appropriate to their medical condition and developmental status.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/prescribed-pediatric-extended-care-centers-ppecc>

Presumptive Eligibility (PE)

Presumptive Eligibility is the process used to make a Short-Term Medicaid determination while HHSC processes an application for regular Medicaid. This determination is made by a Qualified Hospital (QH) and/or a Qualified Entity (QE). PE serves a dual purpose of providing immediate access to needed health care services while putting people on a path to ongoing coverage.

Webpage: <https://www.yourtexasbenefits.com>

Email: OSS_QHQE_PE@hhsc.state.tx.us

Primary Health Care Services Program

Primary Health Care (PHC) Program Services Program works with clinic sites across Texas to ensure eligible Texas residents can get comprehensive primary health care services, to prevent, detect and treat health problems. The PHC Services Program serves men, women and children.

Services include:

- Health education
- Emergency services
- Family planning services
- Diagnosis and treatment
- Diagnostic testing, such as X-rays and lab services
- Preventive health services, including immunizations

Webpage: <https://hhs.texas.gov/services/health/primary-health-care-services-program>

Phone: 800-222-3986

Email: PrimaryHealthCare@hhsc.state.tx.us

Mailing Address:

PHC Services Program
MC 1938
P.O. Box 149347
Austin, TX 78714

Primary Home Care (PHC)

This program is a nontechnical, medically related personal care service provided to adults whose health problems cause them to be functionally limited in performing activities of daily living, according to a statement of medical need. PHC provider agencies also provide Family Care services. This service also is a nonskilled, nontechnical service provided to eligible clients who are functionally limited in performing daily activities.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/primary-home-care-phc>

Programs of All-Inclusive Care for the Elderly (PACE)

PACE provides community-based services to people who are frail elderly who qualify for nursing facility placement. PACE uses a comprehensive care approach, providing an array of services for a capitated monthly fee that is below the cost of comparable nursing facility care.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/program-all-inclusive-care-elderly-pace>

Promoting Independence

In January 2000, Texas embarked on a Promoting Independence Initiative in response to the U.S. Supreme Court ruling in *Olmstead v. Zimring*. The Court ruled in June 1999 that states must provide community-based services for persons with disabilities who would otherwise be entitled to institutional services, when:

- the state's treatment professionals determine that such placement is appropriate;
- the affected persons do not oppose such treatment; and
- the placement can be reasonably accommodated, taking into account the resources available to the state and the needs of others who are receiving state supported disability services.

Texas' Promoting Independence initiative supports allowing people with complex medical needs to live and receive care in the most appropriate integrated care setting.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/promoting-independence-pi>

Email: Managed_Care_Initiatives@hhsc.state.tx.us

Quality Monitoring Program (QMP)

The Health and Human Services Commission (HHSC) Quality Monitoring Program (QMP) helps detect conditions in Texas nursing homes that could be detrimental to the health, safety and welfare of residents. It is not a regulatory program and quality monitors do not cite deficient practices. Rather, monitors focus on nursing homes that have a history of resident care deficiencies, or that have been identified as having a higher-than-average risk of being cited for significant deficiencies in

future surveys conducted by the HHSC Regulatory Services. During these visits, the quality monitors — nurses, pharmacists and dietitians — may:

- Recommend changes to policies or procedures
- Conduct staff or in-service training
- Offer technical assistance
- Educate staff about evidence-based best practices

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/nursing-facilities/quality-monitoring-program-qmp>

Repatriation

U.S. citizens and their family members (dependents) who: (1) must leave a foreign country due to a crisis, and (2) are approved for this program by the U.S.

Department of State. Crises can include:

- Poverty
- Illness
- War or threats of war

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/other/repatriation>

Respite Care – Take Time Texas

We all have many roles — mother, father, son, daughter, brother, sister, friend. But one of the most important is caring for a loved one who is older or who has a disability. We call these people “caregivers.” Caring for another person is hard work. And all caregivers deserve a break, which also is called respite. Taking time for yourself is not selfish — it is necessary, so you can keep being the best caregiver you can be. Sometimes it's hard to find someone or even trust them to take over for a few hours while you take a break; Take Time Texas can help. We maintain a searchable list of respite providers across the state. Start now to find someone who will care for your loved one while you rest, recharge or take care of other necessary tasks.

Webpage: <https://apps.hhs.texas.gov/taketimetexas/>

Special Services to Persons with Disabilities (SSPD)

The SSPD program provides services in a variety of settings to assist clients in developing the skills needed to remain in the community as independently as possible.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/special-services-persons-disabilities-sspd>

Email: CCADPolicy@hhsc.state.tx.us

Specialized Telecommunications Assistance Program (STAP)

The Specialized Telecommunications Assistance Program (STAP) helps people who have a disability that interferes with their access to telephone networks purchase basic specialized assistive equipment or services.

Client Webpage: <https://hhs.texas.gov/services/disability/deaf-hard-hearing/specialized-telecommunications-assistance-program-stap>

Provider Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/assistive-services-providers/specialized-telecommunications-assistance-program-stap>

STAR+PLUS/STAR+PLUS Home and Community Based Services (HCBS)

Medicaid managed care program for people who have disabilities or are age 65 or older. People in STAR+PLUS get Medicaid health-care and long-term services and support through a medical plan that they choose.

Webpage: <https://hhs.texas.gov/services/health/medicaid-chip/programs-services/starplus>

State Hospitals

Texas Health and Human Services operates 10 state hospitals for people with mental health issues. These hospitals are located across the state. Each serves a different population, which may include:

- Adults
- Children
- People involved with the justice system

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/state-hospitals>

State Supported Living Center Ombudsman

Our responsibility is to protect the rights of people who live at SSLCs. Each state supported living center has an assistant independent ombudsman onsite to independently investigate and monitor concerns. The responsibilities of the Office of the Independent Ombudsman are to:

- Use person-centered practices to advocate for residents and their families.
- Investigate complaints and respond to inquiries.
- Monitor abuse, neglect, and exploitation investigations.
- Evaluate the SSLC investigation process.
- Conduct audits (program review).
- Make recommendations to the governor, legislature, HHS and SSLCs.
- Refer complaints outside our scope of practice.

Webpage: <https://sslc-independent-ombudsman.texas.gov/>

Phone: 877-323-6446

State Supported Living Centers (SSLCs)

Texas Health and Human Services operates state supported living centers. The living centers provide campus-based direct services and supports at 13 locations — Abilene, Austin, Brenham, Corpus Christi, Denton, El Paso, Lubbock, Lufkin, Mexia, Richmond, Rio Grande, San Angelo and San Antonio. They serve people with intellectual and developmental disabilities who are medically fragile or who have behavioral health needs.

Webpage: <https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities/state-supported-living-centers-sslcs>

Substance Use (Medicaid – all ages)

Substance use disorders affect people from all backgrounds and all age groups. Substance use disorders occur when there is recurrent use of a substance that affects a person's daily life. Medicaid offers an array of services for substance use disorder treatment.

Services available to persons with Medicaid include assessment, residential treatment, outpatient individual and group counseling, medication assisted treatment, and withdrawal management/detoxification (outpatient and residential). Peer specialist services for ages 21 and older are also covered.

Webpage:

http://www.tmph.com/Manuals_HTML1/TMPPM/Current/index.html#t=TMPPM%2F2_Behavioral_Health%2F2_Behavioral_Health.htm%23TOC_9_Substance_Use_Disorderbc-122&rhtocid=148

Phone: Medicaid managed care: Members should call the Member Hotline on their health plan identification card for help finding a provider.

Suicide Prevention

Suicide prevention starts with recognizing the warning signs of suicide and taking them seriously. Talking openly about suicidal thoughts and feelings can save a life. National and local mental health services offer telephone and face-to-face counseling for people who are at risk of suicide.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>

Phone: The Suicide Prevention Lifeline: 800-273-8255

Support for people who are deaf and hard of hearing: 800-799-4889

La Red Nacional de Prevención del Suicidio: 888-628-9454

Supplemental Nutrition Assistance Program - Education (SNAP-Ed)

Supplemental Nutrition Assistance Program Education (SNAP-Ed) offers nutrition education and obesity prevention services to low-income communities and SNAP eligible families.

SNAP-Ed services are free and enrollment in classes and services varies by contractor and type of SNAP-Ed service provided.

13 public and private organizations offer nutrition education and obesity prevention services through the SNAP-Ed program: Texas A&M AgriLife Extension Service, Feeding Texas, San Antonio Food Bank, IT'S TIME TEXAS (ITT), University of Texas Health Science Center at Houston- Brownsville, MHP Salud, Common Threads, Texas Department of State Health Services (DSHS) Health Promotion and Chronic Disease Prevention, DSHS Office of Border Public Health, Texas A&M University Colonias Program, Health and Human Services Commission (HHSC) WIC, HHSC Early Childhood Intervention (ECI), and HHSC Aging Services Texercise.

Webpage: <https://goodfoodgoodmove.yourtexasbenefits.com/find-classes>

Email: SNAPED@hhsc.state.tx.us

Supplemental Nutrition Assistance Program – SNAP Food Benefits

Helps people buy the food they need for good health. People also can buy garden seeds with SNAP benefits. SNAP food benefits are put on to the Lone Star Card and can be used just like a debit card at any store that accepts SNAP.

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/snap>

Surrogate Decision-Making Program

The Surrogate Decision-making Program (SDMP) is a legislatively mandated process authorizing actively involved family members known as Surrogate Decision Makers (SDMs) and Surrogate Consent Committees (SCCs) comprised of trained volunteers to provide written informed consent for individuals receiving community-based ICF/IID services who have been assessed to lack the capacity to make certain treatment decisions for themselves and have no legal guardian.

Webpage: <https://hhs.texas.gov/laws-regulations/legal-information/guardianship/surrogate-decision-making-program>

Email: Guardianship@hhsc.state.tx.us

Mailing Address:

Texas Health and Human Services
Surrogate Decision-Making Program
701 West 51st St
MC W-555
Austin, TX 78751

Temporary Assistance for Needy Families

TANF helps families pay for basic living needs by providing cash assistance.

- TANF for families
- One-time TANF
- One-time TANF for grandparents

Webpage: <https://yourtexasbenefits.hhsc.texas.gov/programs/tanf/>

Texas Abstinence Education Program

The Texas Abstinence Education program provides youth education that supports the behavior of avoiding sexual activity before marriage. The program teaches personal responsibility, self-regulation, goal setting, healthy decision-making, a focus on the future and the prevention of youth risk behaviors such as drug and alcohol use. It highlights a positive youth development approach to reduce teen pregnancy rates and the spread of sexually transmitted diseases. All program curricula are based on a sexual risk-avoidance method that empowers youth to voluntarily avoid sexual activity before marriage.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-abstinence-education-program>

Email: Education_Services@hhsc.state.tx.us

Texas Autism Research and Resource Center

The purpose of the Texas Autism Research and Resource Center (TARRC) is to provide information and support to people with autism spectrum disorders and their families. To accomplish the purpose, the TARRC:

- collects and distribute information and research regarding autism and other pervasive developmental disorders;
- conducts training and development activities for persons who may interact with an individual with autism or another pervasive developmental disorder in the course of their employment, including school, medical, or law enforcement personnel;
- coordinates with local entities that provide services to an individual with autism or another pervasive developmental disorder; and
- provides support for families affected by autism and other pervasive developmental disorders.

Webpage: <https://tarrc.org/>

Phone: 512-776-3465

Email: autism.services@hhsc.state.tx.us

Mailing Address:

TARRC
Texas Health and Human Services Commission
4900 N. Lamar Blvd.

MC 1938
Austin, Texas 78751

Texas Health Steps

Texas Health Steps is healthcare for children birth through age 20 who have Medicaid. Texas Health Steps provides free medical checkups starting at birth and free dental checkups starting at 6 months of age. Checkups can help find health problems before they get worse and harder to treat. Call Texas Health Steps if you:

- Need help finding a doctor or dentist.
- Need help setting up a checkup.
- Have questions about checkups or Texas Health Steps.
- Need help getting a ride to a checkup.
- Need a case manager to help you find and get other services.

Webpage: <https://hhs.texas.gov/services/health/medicaid-chip/texas-health-steps>

Phone: Call Texas Health Steps toll-free at 877-847-8377 (877-THSTEPS) to learn more about Medicaid and Texas Health Steps.

Texas Health Steps information for health professionals

Early and Periodic Screening, Diagnosis, and Treatment is Medicaid's comprehensive preventive child health service (medical, dental, and case management) for individuals from birth through 20 years of age. In Texas, EPSDT is known as Texas Health Steps, which includes the preventive care components, or Early and Periodic Screening, of the total EPSDT service. In addition, medically necessary health-care services are provided to children and adolescents even if the service is not available under the state's Medicaid plan to the rest of the Medicaid population. In Texas, these additional services are available through the Comprehensive Care Program.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-health-steps>.

Phone: 512-776-7745

Texas Home Living (TxHmL)

TxHmL provides selected essential services and supports to people with intellectual and developmental disabilities who live in their family homes or their own homes.

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/texas-home-living-txhtml>

Texas Home Visiting Program

It's not easy being a parent. Here you will learn where to find the help you need to begin your journey towards becoming a healthier, happier family.

Webpage: <http://www.helpandhope.org/>

Texas Human Trafficking Resource Center

The Texas Human Trafficking Resource Center connects Health and Human Services staff, healthcare providers, stakeholders and potential victims of human trafficking to local, state and national resources to identify and help people affected by human trafficking. The center increases awareness of health care issues surrounding human trafficking victims and coordinates with stakeholders, including the Department of Family and Protective Services, the Office of the Governor and the Office of the Attorney General on anti-trafficking initiatives.

Webpage: <https://hhs.texas.gov/services/safety/texas-human-trafficking-resource-center>

Email: Human_Trafficking@hhsc.state.tx.us

National Human Trafficking Hotline:

Call: 888-373-7888

Send a text message: Text HELP to BEFREE (233733)

By email: help@humantraffickinghotline.org

Chat online: [National Human Trafficking Hotline](#)

Texas Targeted Opioid Response (TTOR)

Texas Targeted Opioid Response (TTOR) strategies span the behavioral health continuum of care funding prevention activities, treatment and recovery services, as well as integrated projects. To meet federal grantee requirements, streamline deployment of funds, and maintain quality services, HHSC plans to expand existing contracts and partner with governmental entities such as academic institutions and local mental health authorities that provide outreach, screening, assessment and referral functions. The TTOR program implemented a continuum of services model to target integrated, prevention, treatment and recovery focus areas. People with opioid use disorder, their family members, significant others and supportive allies who are affected by opioid use are eligible for TTOR grant program services. People

might also have co-occurring use of other substances or mental and primary health conditions. Some programs might have clinical and financial eligibility requirements.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/adult-substance-use/texas-targeted-opioid-response>

Find Local Resources:

<https://txdshs.maps.arcgis.com/apps/webappviewer/index.html?id=0ebf2016e97243cb8aa665b01818cf4c>

Texercise

No fancy gear, no health club dues – just a fun, practical way to start looking and feeling your best. While Americans are living longer, that doesn't necessarily mean they are living healthier. Regular physical activity can help reduce the risk and minimize the impact of disease. Texercise can help you to enjoy life and live it to the fullest! People who are 45 and older or a person with a disability are eligible for Texercise.

Webpage: <https://hhs.texas.gov/services/health/wellness/texercice>

Phone: 800-889-8595

Email: Texercise@dads.state.tx.us

Title V Maternal and Child Health Fee-for-Service Program

The program is available to low-income women, children and adolescents who aren't eligible for Medicaid, CHIP, CHIP Perinatal or another source that covers the same service.

Webpage: <https://hhs.texas.gov/services/health/title-v-maternal-child-health-fee-service-program>

Phone: 800-222-3986, Ext. 3424

Email: titlevffs@hpsc.state.tx.us

Mailing Address:

Title V MCH Fee-For-Service
MC 2831

P.O. Box 149347
Austin, TX 78714

Transition Assistance Services (TAS)

Transition Assistance Services, a Medicaid waiver service, helps people who reside in an institution, like a nursing facility, and who are Medicaid-eligible to purchase essential household items to transition to the community. TAS is available to people enrolling in one of the following Medicaid waiver programs upon discharge from an institution:

- Community Living Assistance and Support Services
- Home and Community-based Services
- Deaf Blind with Multiple Disabilities
- Medically Dependent Children Program
- STAR+PLUS Home and Community-Based Services

Webpage: <https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/transition-assistance-services-tas>

Twogether in Texas Premarital Program

The Healthy Marriage Program provides voluntary marriage and relationship education skills. Through the Twogether in Texas website you can locate marital, pre-marital and relationship counselors and classes.

- All Texans can use these services.
- There are no eligibility requirements.
- Couples who complete pre-marital education through one of the counselors listed on this website will receive a completion certificate that can be presented to a Texas county clerk for:
 - ▶ Up to \$60 off their marriage license fee
 - ▶ Waiving the 72-hour waiting period

Webpage: <https://twogetherintexas.com/UI/Homepage.aspx>

Women, Infants and Children Program

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutrition program for pregnant women, breastfeeding women, and families with children younger than 5 years old. Participants receive nutritious food packages to redeem at WIC-authorized grocery stores, nutrition education, breastfeeding support including a 24-hour lactation hotline, and referrals to other

health services. WIC provides support and inspiration to eat right, have a healthy pregnancy, breastfeed successfully, and raise amazing kids.

Webpage: <http://www.texaswic.org>

Phone: 800-942-3678

Email: WICgeneral@hpsc.state.tx.us

Your Texas Benefits

Learn, apply for and manage your benefit programs, including:

- SNAP Food Benefits
- TANF Cash Help
- Health Care
- Support Services
- WIC Food Benefits

Webpage: <https://www.yourtexasbenefits.com/Learn/Home>

Youth Empowerment Services (YES) Waiver

The YES Waiver is a 1915(c) Medicaid program that helps children and youth with serious mental, emotional and behavioral difficulties. The YES Waiver provides intensive services delivered within a strengths-based team planning process called Wraparound. Wraparound builds on family and community support and utilizes YES services to help build your family's natural support network and connection with your community. YES services are family-centered, coordinated and effective at preventing out-of-home placement and promoting lifelong independence and self-defined success. The program aims to:

- Reduce the amount of time children are out of their home and community because of a mental health need.
- Expand available mental health services and supports.
- Improve the lives of children and youth.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/childrens-mental-health/yes-waiver>

Email: YESWaiver@hpsc.state.tx.us

Youth Substance Abuse

Youth substance use programs cover both prevention and care for young people who have a substance use disorder. Youth prevention programs empower young people, their families and communities to meet the challenges of life and transitions by creating and reinforcing conditions that promote healthy behaviors. These programs are delivered before the onset of a substance use disorder and are intended to prevent or reduce the risk of developing a health problem, such as underage alcohol use, prescription drug misuse or illegal drug use. They use an evidence-based approach endorsed by the Substance Abuse and Mental Health Services Administration. Substance use disorders can affect youth from all backgrounds. They occur when there is a recurrent use that impacts an individual's daily life. Services are designed to meet the individual where they are and coordinate care for the best possible outcome. The substance use service array encourages individuals to seek recovery by providing a range of services that include treatment and youth recovery communities.

Webpage: <https://hhs.texas.gov/services/mental-health-substance-use/youth-substance-use>