The Recovery Guide for

Adults with Serious Mental Illness

Home and Community-Based Services Adult Mental Health

TEXAS Health and Human Services

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hhs.texas.gov/hcbs-amh

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With the goal of long-term recovery, the Home and Community-Based Services Adult Mental Health (HCBS-AMH) program provides services to people with serious mental illness.

In the Home

The HCBS-AMH program provides:

- Daily help and support in your home, including buying household goods and helping to set up your house.
- Meals delivered to your home.
- Skills training so you can live on your own or get a job of your choice.
- Home improvements to help you be safe, healthy and independent.
- Special equipment or supplies you need to help you be independent.
- Help getting around your community.

In Recovery

The HCBS-AMH program connects you to:

- A therapist who will discuss your goals.
- A peer who is also in recovery from mental illness or substance use.
- Group and individual meetings about substance use disorder.
- A nurse to help with medications and long-term health problems.

Escanee aquí para ver el folleto en español.

Find out if you are eligible.

If you are in a state hospital, ask your social worker for help.

If you are living in the community, call your local mental health authority.

If you are unsure which mental health center to contact, visit our website.

If you are an adult (18 or older), have a mental health diagnosis and qualify for Medicaid, you may be eligible for the program if you have:

- Spent a long time living in a psychiatric hospital.
- Had multiple arrests.
- Had multiple emergency room visits.
- A history of mental health crises.

Get care with dignity and respect.

As a program participant, you will be able to:

- Decide where to live.
- Maintain your privacy.
- Make your own choices.
- Get services that help you stay in the community.

Recovery managers:

- Help identify goals, services and supports.
- Ensure services are coordinated with providers and community partners.
- Advocate on your behalf.
- Help to resolve emergencies.

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