



Outpatient Biopsychosocial Interventions (OBI)

Program Overview

OBI provides outpatient mental health services for people with intellectual and developmental disabilities (IDD) and co-occurring mental health or substance use needs.

Eligible Recipients

Children and adults who have or are presumed to have IDD, and who have a co-occurring mental health condition, substance use disorder or behavior support needs.

OBI Services

Biopsychosocial Approach

A three-dimensional approach (medical, psychological and social) focusing on the critical areas of a person's life that impact mental well-being by identifying the goals to reduce mental health symptoms and increase overall wellness.

- Specialized staff trained in biopsychosocial models.
- Completion of a Biopsychosocial Assessment to identify physical health care, mental health and social needs.
- Development of a person-centered recovery plan including the person's vulnerabilities and triggers.

Collaborative Care Case Management

A collaborative case management approach to mental health care focused on increasing access to care and creating a team of medical, psychiatric, mental health and paraprofessionals to address the person's unique needs.

Education and Training

Education and training provided to community partners of mental health care, substance abuse treatment or other related fields on topics related to co-occurring IDD and mental health conditions.

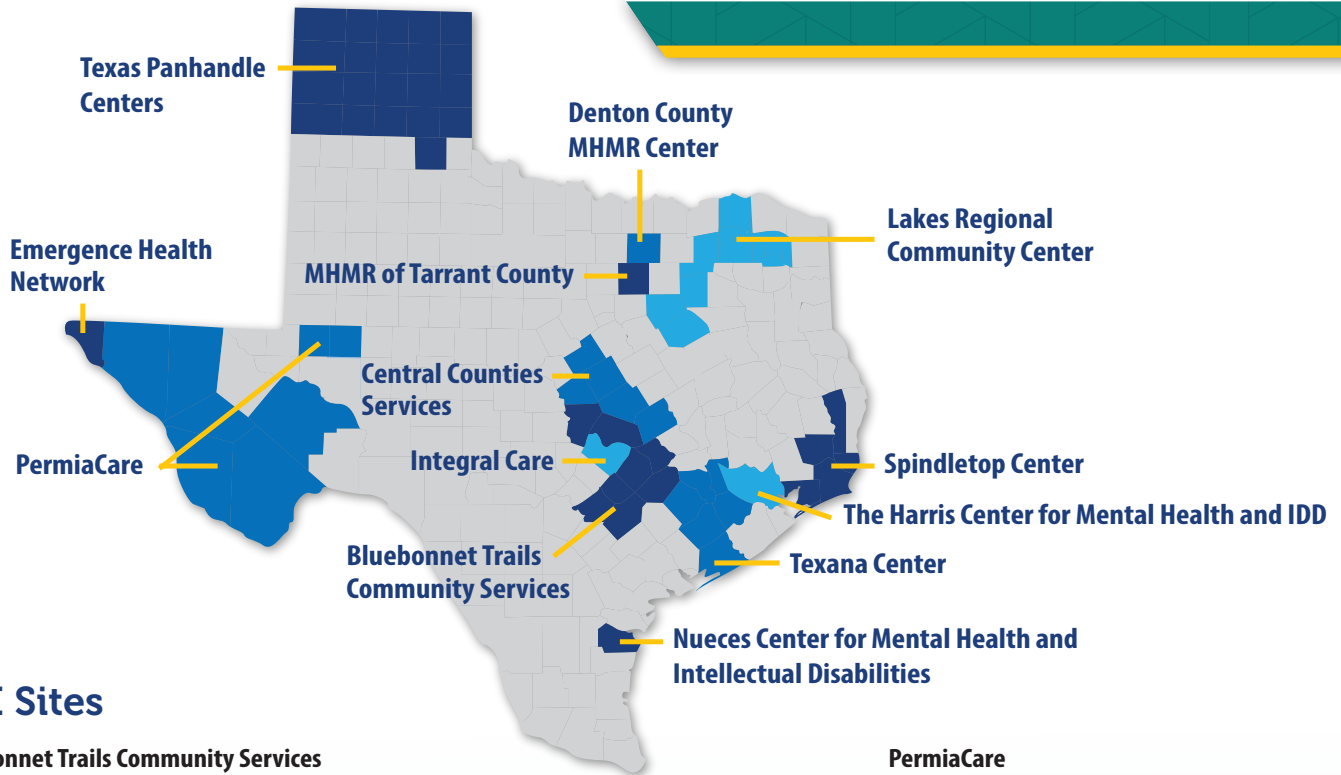
Skills Training

Training provided to the person and their support systems on specific person-centered strategies structured to address target behaviors and diagnoses while promoting advocacy, improved communication and developing skills.

For more information, email:

IDD_Program_Improvement@hhs.texas.gov

Map of OBI Service Areas



OBI Sites

Bluebonnet Trails Community Services

844-309-6385

bbtrails.org/intellectual-developmental-disabilities-idd

Counties served: Bastrop, Burnet, Caldwell, Fayette, Guadalupe, Gonzales, Lee and Williamson

Central Counties Services

254-298-7000

centralcountiesservices.org/our-services/intellectual-and-developmental-disabilities

Counties served: Bell, Coryell, Hamilton, Lampasas and Milam

Denton County MHMR Center

940-381-5000

dentonmhmr.org/programs

County served: Denton

Emergence Health Network

915-887-3410

emergencehealthnetwork.org/developmental-disabilities

County served: El Paso

The Harris Center for Mental Health and IDD

713-970-7000, Option 2

theharriscenter.org/services/idd-services

County served: Harris

Integral Care

512-447-4141

integralcare.org/en/intellectual-developmental-disabilities

County served: Travis

Lakes Regional Community Center

903-243-9088

lakesregional.org/idd-services

Counties served: Navarro, Ellis, Kaufman, Rockwall, Hunt, Lamar, Delta, Hopkins, Franklin, Titus, Camp and Morris

MHMR of Tarrant County

817-569-4300

mhmrarrant.org/idd-disability-services

County served: Tarrant

Nueces Center for Mental Health and Intellectual Disabilities

361-886-6900

ncmhid.org/intellectual-developmental-disabilities

County served: Nueces

PermiaCare

432-570-3300

permiacare.org/intellectual-and-developmental-disability-services

Counties served: Brewster, Culberson, Ector, Hudspeth, Jeff Davis, Midland, Pecos and Presidio

Spindletop Center

409-839-1000

spindletopcenter.org/individuals-with-idd

Counties served: Chambers, Hardin, Jasper, Jefferson and Orange

Texana Center

281-342-0090

texanacenter.com/services/developmental-disabilities-services

Counties served: Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton

Texas Panhandle Centers

806-358-1681

texaspanhandlecenters.org/idd-services

Counties served: Armstrong, Carson, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Robers, Sherman and Wheeler