MHMR supports each person’s unique capacity, personality and potential. We promote advocacy with the person while facilitating personal growth and development. **Empower, Integrate** and **Support** are the foundation for services and supports we provide.

MHMR has a family member and two self-advocates on our team as a resource to individuals and families. You can request a meeting with a family or self-advocate at any time: 817-569-4000.

**How we will help you and your family**

**Empower**
People should make decisions about the services that affect their lives.

- We will support the person in making choices and learning how to make good choices.
- If decisions affect health and safety, we will help explore other possibilities.
- People receiving services should identify what they desire in terms of goals or outcomes.
- Empowerment is one way to show respect for people so they feel good about who they are.

**Integrate**
People we serve should have friends, attend school in their community and participate in recreational and community activities.

- We will help people belong and create opportunities for making those connections; barriers to full participation will be identified.
- We will supported them to be fully involved in their community.

**Support**
Relationships are important to everyone. People need opportunities to develop close relationships with others or maintain relationships that are important to them.

- We will advocate for those opportunities based on the person’s interests and desires; barriers to developing bonds with others will be addressed.
- Our services will not replace supports provided by friends, family or others.
- We host a Ladies Friendship Group and a Men’s Friendship Group monthly that anyone who receives services can attend.

If you have any questions, contact us at (817) 569-4000.