



Advocacy and Support Services

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

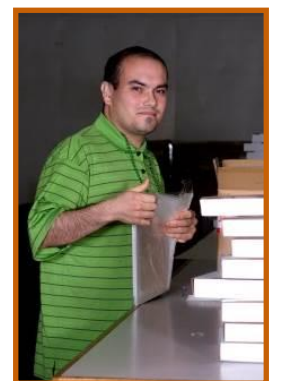
People we serve should have friends, attend school in their community and participate in recreational and community activities.

- 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.