



2024

ANNUAL REPORT

 *The*
HARRIS
CENTER *for*
Mental Health and IDD

Transforming Lives



From our CEO



Wayne Young

MBA, LPC, FACHE

CEO of The Harris Center

In Fiscal Year 2024, The Harris Center furthered our mission to deliver excellence in care through strategic innovation, community outreach, and integrated service delivery. With clear goals to improve the lives of individuals with mental health and developmental needs, we strengthened our role as a leading provider of compassionate, high-quality care across Harris County.

This year, we have seen substantial growth in key areas such as service accessibility, innovative care models, and community partnerships. By leveraging new technologies, launching transformative programs like RISE, and expanding our Multisystemic Therapy (MST) services, The Harris Center has positively impacted the lives of thousands.

Our commitment to addressing the non-medical drivers of health, improving employee wellness, and leading the way in mental health care has set the stage for continued progress for years to come.



2024 Board of Trustees



Robin Gearing, PhD
Chairperson



Jim Lykes
Vice Chairperson



Lois Moore, LHD
Vice Chairperson



Luis A. Fernandez-Wische, MD



Bonnie C. Hellums, JD



Natali Hurtado, MPPA



Jeremy E. Lankford, MD



Max Miller, Jr., DRE



Gerald Womack



Sheriff Ed Gonzalez
Ex-Officio

A Year of Impact

Response Intervention Services & Engagement for children with IDD

Invested in early intervention and IDD services through the RISE Program, offering occupational and physical therapy in partnership with certified family partners.

Transforming Youth and Families through Multisystemic Therapy

Thanks to our Multisystemic Therapy Program (MST), an impressive 96% of the youth served have remained in their homes.

1,000+ Clients Served by the Food Rx Market Trailer

Since April 2024, The Harris Center's Food Rx Program has provided over 25,000 pounds of fresh produce to clients, addressing food insecurity and improving health.



Fiscal Year 2024 By The Numbers



689K

Adult Mental Health
Services



160K

Child Mental Health
Services



90K

Early Childhood
Intervention Services



308K

Intellectual Developmental
Disability Services



38K

Forensic Services



361K

Prescriptions Filled



301K

Comprehensive
Psychiatric Emergency
Program Services



336K

Calls Answered by our
Crisis and Access Line



5033

Calls from 911 diverted
by Crisis Call Diversion



We proudly served
over 90K
people

Transforming lives
by providing

**Over 2 Million
services**

 **The
HARRIS
CENTER** *for*
Mental Health and IDD

Transforming Lives

Elevating Care Quality

Empowering Lives Through RISE (Response Intervention Services & Engagement)

The RISE Program embodies The Harris Center's dedication to enhancing the quality of life for individuals with Intellectual and Developmental Disabilities (IDD). Through a \$3.8 million investment from Harris County, funding from the American Rescue Plan Act (ARPA) and two programs, this opportunity has focused on providing early intervention, transitional services, and access to vital resources for individuals with IDD.

The INSPIRE Program is designed for children aged 0-6 with developmental disorders, and it offers essential support to families navigating the complexities of IDD. It is funded through ARPA and the Harris County Department of Economic Equity and Opportunity.

Allocating up to \$6,000 in services per family

\$5,000 allocated for technology or disability-related services and \$1,000 for respite care.

The introduction of the RISE program has profoundly influenced how we care for individuals with IDD, helping to reduce crises, improve long-term health outcomes, and enhance the quality of life for these individuals and their families. By providing early and ongoing interventions, RISE helps clients and their families thrive, laying the groundwork for lifelong independence.



RISE ABA-SKIP Program, Applied Behavior Analysis Single Kid Intervention, offers personalized plans for children (3-8) with autism, focused on functional living, communication, and social skills. RISE ABA-SKIP is also supported by Harris County ARPA funds, reinforcing The Harris Center's ability to provide comprehensive, long-term care solutions.



Nurturing Our Workforce

Empowering Wellness and Resilience

Resilience in Stressful Events: WeRISE - Healthcare providers are often silent victims of workplace stress and trauma. Recognizing the need for emotional and psychological support, The Harris Center launched a peer-supported initiative that helps providers process work-related trauma through shared experiences.

The program fosters an environment where staff can address emotional challenges such as burnout, compassion fatigue, and stress, confidentially and receive the support they need to thrive in their roles.

Peer Support: The WeRISE program is not just a resource, but a community. This initiative creates a safe space to share experiences and alleviate stress through peer-led support groups, fostering a sense of connection and understanding among provider

Impact of Work-Related Trauma: We understand that healthcare providers exposed to traumatic events often face burnout, which can affect their performance and mental well-being.



Critical psychological interventions

Ensuring they remain resilient and continue delivering high-quality care with confidence.

In addition to peer support, we also implemented a wellness program designed to help employees manage stress. One such initiative, the "Happy Place" at the Southwest Adult Clinic, offers staff 15-minute mental breaks every Wednesday. During these breaks, employees engage in activities that recharge their senses, such as relaxation exercises, meditation, and sensory stimulation.

Nourishing Health through Integrated Care

The Food Rx Program is an innovative partnership between The Harris Center and the Houston Food Bank that addresses food insecurity as a key factor influencing mental health and wellness. By providing access to a variety of fresh produce such as fruits, vegetables, and grains, as well as other nutritious foods like lean proteins and dairy products, we are helping clients manage not only their physical health but also their mental well-being.



Addressing Social Determinants of Health

Food Insecurity: 35% of clients reported worrying about food running out, highlighting the direct impact of food insecurity on stress and mental health. Programs like Food Rx provide holistic care solutions.

The Food Rx Program is not just about providing food, it's about empowering our clients. We ensure they receive twice-monthly distributions of 30 lbs. of fresh produce, giving them the tools to take control of their health and inspiring hope for a better future.



Since April 2024, over 1,000 clients have visited the Food RX Market Trailer, **receiving more than 25,000 lbs. of food across four major clinic sites.**



Access and Service Expansion

Bridging Care and Independence

The State Hospital Stepdown (SHS) Program provides a critical transition for individuals recovering from severe mental health crises, bridging the gap between inpatient care and community living. Many served have lived at a State Hospital for more than 6 years. This structured environment offers essential support to those transitioning back to their community to manage mental illness and recovery from traumatic life events.

What sets the program apart is its focus on accessibility and inclusivity. It caters to individuals especially in underserved communities who might otherwise lack continuous care. The program combines counseling, life skills training, and community reintegration to help participants achieve long-term stability and independence.

A unique strength of the program is its leadership. Many professionals guiding it have personal experience with mental health challenges, bringing deep empathy to their work. Their lived experience fosters a compassionate, therapeutic environment where participants feel understood and supported.

The Step Down Program reduces relapse and readmission rates, contributing to sustainable recovery while easing the burden on emergency services.

This initiative is more than just a service—it is a transformative model of care that aligns with The Harris Center’s mission to expand access, foster recovery, and promote well-being in vulnerable populations.



In 2024, additional funding was secured for new Step-Down beds, further expanding the program’s capacity to help individuals transition back into the community.

Vocational Apprenticeship Program

The Vocational Apprenticeship Program is a pathway to financial independence and sustainable employment for individuals with IDD. Funded by the Texas Health and Human Services Commission, the program offers 22 weeks of classroom training, followed by 20 weeks of paid integrated employment.

This initiative fosters a model for sustainable employment and social integration for the IDD population, contributing to a more inclusive workforce and community.



22 Weeks of classroom training, followed by 20 weeks of paid integrated employment.



See the Impact
Watch Our Vocational Apprenticeship video using this QR code:



qrco.de/vocational24



Building Stronger Communities

Empowering Lives Through Connection and Support

In FY 2024, The Harris Center expanded its **Multisystemic Therapy (MST) Program** with the help of a \$1.38 million grant. MST is an evidence-based program designed to empower at-risk youth and their families by addressing the root causes of delinquent behavior.

This year, we are proud to report exceptional outcomes from the MST Program. A remarkable 84% of our clients have successfully completed their treatment, and an impressive 96% of youth have remained in their homes. These results not only reduce the need for foster care placements but also significantly improve long-term family outcomes, reinforcing the success of our program.

The success of the MST Program is a testament to the strong support we have received from our key community partners. The Harris County Juvenile Probation and the Department of Family Protective Services have been instrumental in our journey, and we value their continued support.



MST reduces delinquent behavior by addressing its core causes and considers the client as part of a network including family, peers, school, and neighborhood.



The MST Sustained Excellence Awards (ESSY) are presented annually by MST Services in the category of Therapist and Team Adherence. These awards recognize the adherent implementation by therapists and teams based on family feedback about their experience with the provider organization. Our MST team received awards for Therapist Adherence for the second year in a row, acknowledging their dedication and profound impact of their work.

Empowering Individuals and Fostering Inclusion

Disability Pride is a time to celebrate the achievements and contributions of individuals with disabilities while promoting awareness, inclusion, and respect. In alignment with this spirit, The Harris Center proudly hosted the **CapeABLE Carnival**, an event dedicated to empowering individuals with intellectual and developmental disabilities (IDD) and celebrating their abilities.

The CapeABLE Carnival was a major highlight of the year. It provided a day of fun, community building, and inclusion, fostering a sense of connection and involvement among individuals, families, and staff. Together, they celebrated the strength and resilience of those with disabilities.

In recognition of The Harris Center's exceptional programs, the City of Houston's District B presented a proclamation honoring the CapeABLE Carnival. The proclamation not only acknowledged The Harris Center's commitment, but also the significant impact of its programs in fostering skill development, social inclusion, and employment opportunities.

Through these ongoing efforts, The Harris Center continues to champion a more inclusive society, where the potential and abilities of all individuals are honored and respected.



Innovating Care



The Harris Center's Telehealth Hub has redefined how we deliver care, making same-day appointments and cross-coverage services available across our community.

In FY 2024, we recorded 5635 total visits in the hub,

significantly improving access to care for clients in underserved communities or with mobility barriers.



The **Mobile Crisis Outreach Team Rapid Response** program provides immediate mental health crisis intervention, deploying specialized teams to handle emergency calls originally from 911 and resolving the majority of cases without law enforcement involvement, ensuring a compassionate and effective response.

84% of calls resolved without law enforcement involvement, a testament to the effectiveness of the MCOT Rapid Response program





In FY 2024, The Harris Center Foundation has played a vital role in supporting projects like Project H.E.A.L., the PBS Enhancement Project, and The Blueprint event. These initiatives have brought meaningful change to the lives of individuals with autism and IDD, fostering independence, skill development, and community integration.

We extend our heartfelt thanks to all our partners, stakeholders, and staff for their support in making these impactful programs possible.

Project H.E.A.L.:
Healing Through
Entrepreneurship, Arts,
and Leadership

With \$40,800 in funding, Project H.E.A.L. combines applied behavioral analysis, art therapy, and peer mentorship to address the mental health and behavioral challenges of clients with co-occurring IDD and mental illness.



Revitalizing Homes: Intermediate Care Facility Rehabilitation

With a \$33,000 grant, The Harris Center rehabilitated its Intermediate Care Facility, ensuring comfort and support for residents and staff in Group 6 homes.



The Blueprint: Empowering Individuals with Autism and IDD

The Blueprint is a transformative initiative made possible by The Harris Center Foundation that celebrates the entrepreneurial and creative talents of individuals with autism and IDD. This vibrant market event, which started in 2022, empowers participants by showcasing their skills and creativity to the broader community.



- 445 attendees at The Blueprint market
- 29 vendors, all individuals with autism and IDD
- Over \$5,000 in revenue generated from art and goods sold

Enhancing Positive Behavior Supports (PBS)

The Positive Behavior Supports (PBS) Enhancement Project at the S.T.A.R.S. Clinic received \$30,000 to enhance its offerings for individuals over the age of three with autism and/or IDD.





Key Financial Highlights

Fiscal year ended Aug. 31, 2024. Non-GAAP / Budgetary-Basis Reporting.
Unaudited - Subject to change.

Spending Breakdown

Programs & Services - Funding used for the Center's primary services, programs, and operations. **\$358.9M**

Capital Investments - Money spent on long-term assets, such as buildings or equipment. **\$8.3M**

Financial Health

Total Assets - What we own, such as property, equipment, and supplies. **\$161.1M**

Liabilities - What we owe (e.g., future commitments, obligations). **\$40.3M**

Net Position - Our overall financial standing after accounting for all assets and liabilities. **\$120.8M**


Future Outlook


The Budget for Next Year - The budget allocation for the fiscal year ending Aug. 31, 2025. **\$374.9M**

 *The*
HARRIS
CENTER *for*
Mental Health and IDD

Transforming Lives



The Harris Center for Mental Health and IDD
9401 Southwest Freeway 
Houston, TX 77074

713-970-7000 

TheHarrisCenter.org 