Katy Independent School District

COMMUNITY RESOURCE GUIDE

Katy Independent School District

Community Resource Guide

PURPOSE

This resource directory was compiled as an aid to our Katy ISD students, parents and community members in locating local resources. ***Inclusion in this directory does not constitute an endorsement or recommendation of services by district.*** *Katy ISD spans three counties, Harris, Fort Bend and Waller so please be advised that some services are specific to the county of residence.*

This directory includes the most commonly used nonprofit, private, local, state and government resources available and is not intended to be complete. Directory information is rapidly changing and can become outdated. If you find any errors or have information on new resources for consideration, please feel free to contact us.

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BASIC NEEDS

United Way Helpline 2-1-1

Dial 2-1-1 | help@unitedwayhouston.org
Search Online: https://referral.unitedwayhouston.org

- *A free helpline operated by United Way of Greater Houston 24 hours a day, 7 days a week in many languages. 211 provides information and referral for health and human services in your area.*

Clothed by Faith

802 Dominion Dr, Suite 100, Katy, TX 77450
(281)676-8837 | www.clothedbyfaith.org

- *Will provide one week's worth of clothing to anyone in need, both children and adults.*
- *Contact your campus counselor or social worker to submit a clothing request.*

Hope Impacts (Supper & Shower Program)

802 Dominion Dr, Suite 900, Katy, TX 77450
(713) 705-7884 | https://www.hopeimpacts.org/

- *Serves individuals and families experiencing situational and chronic homelessness.*
- *Services include mail, computer use, phone use, case management, supper & shower program and referrals to partner organizations.*
- *Call 211 for information on food pantries in other zip codes.*

Katy Christian Ministries

3506 Porter Road, Katy, TX 77493
(281) 391-3730 | www.ktcm.org

- *Services include providing vouchers for clothing, furniture, and household items from the Resale Store to qualifying clients. Service area zip codes: 77084, 77094, 77406, 77423, 77441, 77449, 77450, 77464, 77476, 77485, 77493, 77494*
- *Food Fairs*
  - *Each month KCM offers free produce at two locations. Visit website or call for dates and locations (subject to change)*

Memorial Assistance Ministries (MAM)

1625 Blalock, Houston, Texas 77080
(713) 468-4516 | www.maministries.org

- *Services include providing vouchers to MAM Resale Store for up to $25 worth of adult clothing and $15 worth of children's clothing to qualifying clients. Service area zip codes: 77008, 77009, 77018, 77022, 77024, 77037, 77039, 77040, 77041, 77043, 77055, 77076, 77079, 77080, 77088, 77091, 77092*

Rosenberg-Richmond Helping Hands

902 Collins Rd., Richmond, TX 77469
(281) 232-4904 | https://roserichhelpinghands.org/

Epiphany of the Lord
1530 Norwalk Drive, Katy, Texas 77450
(281) 578-3845 | https://epiphanycatholic.org/st-vincent-de-paul

- *Must live in Katy zip code*

West Houston Assistance Ministries
10501 Meadowglen Ln., Houston, Texas 77042
(713)780-2727 | https://www.whamministries.org/

- *Available for residents of all zip codes*
- *Call 211 for basic needs assistance in other zip codes.*

STATE BENEFITS PROGRAMS

Texas Health and Human Services
https://www.hhs.texas.gov/
Your Texas Benefits
Apply Online: https://www.yourtexasbenefits.com/Learn/Home

- *Apply for state bene ts such as Medicaid, Children's Health Insurance Program (CHIP), Supplemental Nutrition Assistance Program (SNAP), and Temporary Assistance for Needy Families (TANF) all through their online system.*
- *Contact 2-1-1 to get connected to a community agency to assist you with completing the application.*

Local Offices

Houston Office:

2133 S. Texas 6, Houston, TX 77077 | (281) 597-5200

Hempstead Office:
22581 Mack Washington Ln., Hempstead, TX 77445 | (979) 826-0502

Harris Health System:
P.O. Box 300488, Houston, TX 77230 | Eligibility Call Center: (713) 566-6509
www.harrishealth.org
https://www.harrishealth.org/access-care/patient-eligibility

- *The Harris Health Gold Card is Harris County's healthcare nancial assistance for low-income Harris County residents.*
- *You do not have to be a U.S. citizen or legal permanent resident to qualify.*

STATE BENEFITS ENROLLMENT ASSISTANCE

The following agencies assist individuals and families with applications to Medicaid, CHIP, Harris Health Gold Card, SNAP (food), and Temporary Assistance for Needy Families (financial assistance).

Katy Christian Ministries
www.ktcm.org | (281) 597-5200

Memorial Assistance Ministries
www.maministries.org | (713) 468-4516

West Houston Assistance Ministries
www.whamministries.org | (713) 780-2727

Spring Branch Community Health Centers
www.sbchc.net | Katy: (713) 231-5757 | West Houston: (713) 462-6555

Office of Attorney General's Office - Child Support Division

(800) 252-8014 | https://www.texasattorneygeneral.gov/child-support

Local Offices

Houston Office: L4600 Highway 6 N, Ste 300, Houston TX 77084 | (713) 973-4300

Rosenberg Office: 17 Lane Dr. Ste 7. Rosenberg, TX 77471 | (281) 208-2147

Women's Infant Children Program (WIC)

Use the WIC Office Locator to find a WIC office near you or call 1-800-942-3678.

- *Nutritional and educational programs for ages 0 to 5 years old.*
- *Texas residents that meet required income guidelines must also meet one of the following to qualify: You are pregnant, you have had a baby within the past six months, you are breastfeeding, you are the parent/guardian for an infant or child younger than ve years old.*
- *Applicants who receive Medicaid, Temporary Assistance to Needy Families (TANF), or SNAP can automatically qualify for WIC services.*
- *Apply online: https://texaswic.org/apply or call a WIC center near you to schedule an appointment.*

Local WIC Centers

Katy WIC Center: 1260 Pin Oak Rd Ste 110, Katy, TX 77494 | (281) 391-4168

Bear Creek WIC Center:
16233 Clay Road, Suite 318, Houston, TX 77084 | (832) 927-7350

DISABILITY RESOURCES

ADDA Southern Region

9597 Jones Road #334, Houston TX 77065
(281) 894-4932 | www.adda-sr.org

- *Services include education, community support and resources for those impacted by Attention De cit/Hyperactivity Disorder (ADD/ADHD) and coexisting conditions.*

The ARC

9597 Jones Road #334, Houston TX 77065
(281) 894-4932 | thearc.org

Serves children & adults with intellectual and developemental disabilities.

ARC Chapters

- The ARC of Harris County:
  9401 Southwest Fwy, 12th Floor, Houston TX 77074 | (713) 957-1600
  www.thearchouston.org
- *The ARC of Katy*: 5819 10th Street, Suite C, Katy TX 77493 | (832) 754-9802
  www.thearcofkaty.org
- *The ARC of Fort Bend County*:
  123 Brooks St. Sugar Land, TX 77478 | (281) 494-5959
  www.arcoffortbend.org

Disability Rights Texas

1500 McGowen St. Houston, TX 77004
(713) 974-7691 | www.disabilityrightstx.org

- *Disability Rights Texas has a mission to help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society.*

Family to Family Network

16225 Park Ten Pl, Ste 500, Houston, TX 77084
(713) 466-6304 | www.f2fn.org

- *Services include education, training, information, community referrals and support for families of children with disabilities.*

The Harris Center for Mental Health and Intellectual and Development Disabilities (IDD)

Southwest Community Service Center
9401 Southwest Freeway, Houston
(713) 970-7000 | https://www.theharriscenter.org/

24 Hour crisis line: (713) 970-7000, Press 1

- *Services include outpatient mental health services, intellectual and developmental disability services, forensic mental health services, comprehensive psychiatric emergency program for Harris County Residents.*
- *Serves Harris County residents*

Hope for Three

4771 Sweetwater Blvd. #358, Sugar Land, TX 77479
(281) 245-0640 | https://www.hopeforthree.org/

- *Local nonprofit and autism organization that raises awareness and provides resources and support to families with children diagnosed with an autism spectrum disorder.*

Katy Autism Support

https://www.facebook.com/groups/katyautismsupport

- *Local support group for caregivers of individuals diagnosed with an autism spectrum disorder living in the Katy area.*

Navigate Life Texas

https://www.navigatelifetexas.org/en/

- *Resource website designed for Texas families and parents of children with disabilities or special health-care needs.*

Partners Resource Network

2825 Wilcrest Drive, Suite 205 Houston TX 77042
(409) 898-4684 | https://prntexas.org/

- *Agency operates the Texas statewide network of Parent Training and Information Centers (PTI) serving parents of children and youth with disabilities ages of 0-26 as well as youth self-advocates ages 14-26 with an autism spectrum disorder.*

Texana Center

2825 Wilcrest Drive, Suite 205 Houston TX 77042 Crisis Hotline:
(800) 633-5686 | https://www.texanacenter.com/

- *Services include mental health outpatient services, behavioral healthcare clinics, mental health crisis services, mental health specialized programs.*
- *Serves Fort Bend and Waller County residents.*
  - Brookshire Clinic:
    535 FM 359 South Brookshire TX 77423 | (281) 375-5300
  - Rosenberg Clinic:
    4910 Airport Ave. Rosenberg TX 77471 | (281) 342-6384

Believe Dental

3648 Cypress Creek Pkwy, Suite 111 Houston TX 77068
(713) 244-6734 | https://believedental.com/

- *Services include dental care for persons with disabilities including individuals with intellectual and developmental disabilities, dementia, PTSD, anxiety, and the whole spectrum of neurodivergent persons.*

EATING DISORDER RESOURCES

ANAD: National Association of Anorexia Nervosa & Associated Disorders
2825 Wilcrest Drive, Suite 205 Houston TX 77042
Eating Disorders Helpline: 1-888-375-7767 | www.anad.org

- *Services include free helpline, peer support groups, resources and education about eating disorders.*

Center for Discovery
8588 Katy Freeway, Suite 440 Houston TX 77024
1-844-967-0483 | www.centerfordiscovery.com

- *Services include intensive outpatient and partial hospitalization treatment in Houston for ages 10 and up.*

Eating Recovery Center of Houston
7515 S. Main St., Suite 400 Houston, TX 77030
(281) 299-3120 | www.eatingrecovery.com

- *Services include partial hospitalization program and intensive outpatient program.*

Houston Eating Disorders Specialists
www.houstoneds.org

- *Services include free helpline, peer support groups, resources for treatment and education about eating disorders.*

NEDA: National Eating Disorders Helpline
Eating Disorders Helpline: 1-888-375-7767 | www.nationaleatingdisorders.org

- *Services include education, resources and a free screening tool.*

Texas Children's Hospital: Eating Disorder Program
Main Campus: (832) 822-4887 | West Campus: (832) 227-3350 https://www.texaschildrens.org/departments/adolescent-medicine/eating-disorders-program

- *Services include interdisciplinary inpatient and outpatient treatment for adolescent and young adults ages 10-21.*

DOMESTIC VIOLENCE RESOURCES

Bay Area Turning Point

24/7 Crisis Hotline: (281) 286-2525 | https://www.bayareaturningpoint.org/

- *Services include free/confiential crisis hotline, emergency shelter, food and basic needs support (I.e., food/clothing) and case management.*

The Bridge Over Troubled Waters

24/7 Crisis Hotline: (713) 473-2801 | https://tbotw.org/

- *Services include free/con dential crisis hotline, emergency shelter, transitional living, counseling services, legal assistance, support groups, and PIVOT program for male batterers.*

Family Time Foundation

24/7 Crisis Hotline: (281) 446-2615 | https://familytimeccc.org/

- *Services include free/confidential crisis hotline, emergency shelter, rape crisis counseling/accompaniment, legal assistance, counseling services and referrals to outside agencies for support.*

Family Services of SE Texas

24/7 Crisis Hotline: (409)832-7575 | https://westrengthenfamilies.org/

- *Services include free/confidential crisis hotline, counseling, case management, legal advocacy, emergency shelter services and transportation.*

Focusing Families

24/7 Crisis Hotline: 1-877-BE-SAFE-9 | https://focusing-families.org/

- *Services include free/confidential crisis hotline, counseling, case management, legal advocacy, emergency shelter services and transportation.*

Fort Bend County District Attorney's Office

Victim Assistance Coordinator: (281) 238-3260
District Attorney Office: (281) 341-4460
https://www.fortbendcountytx.gov/government/departments/district-attorney

- *Screens les, obtains protective orders, and prosecutes cases of family violence in Fort Bend County.*

Fort Bend County Women's Center

24/7 Crisis Hotline: (281) 342-HELP (4357) | https://fbwc.org/

- *Services include free/confidential crisis hotline, emergency shelter for individuals and families, accompaniment to hospital if needed, possible housing assistance, legal assistance, community referrals and education. Counseling support services can be administered through their Counseling Center in Fort Bend or remotely.*

Harris County District Attorney's Office - Domestic Violence Division

(713) 755-5888 or (713) 274-0212
https://app.dao.hctx.net/victim-services/domestic-violence-division

- *Screens files, obtains protective orders, and prosecutes cases of family violence in Harris County.*

Houston Area Women's Center

1010 Waugh Drive, Houston, TX 77019

Domestic Violence Hotline: (713) 528-2121 | https://hawc.org/

Rape Crisis Hotline: (713)528-7273

- *Services include free/confidential crisis hotline, crisis counseling, community referrals, education, emergency transportation to the shelter, access to children's court services and support/accompaniment to hospital if needed. Services available in English and Spanish and there is a language line for other languages.*

Katy Christian Ministries (Crisis Center)

802 Dominion Drive Katy, TX 77450

Domestic Abuse Hotline: (281)391-HELP (4357) | https://ktcm.org/crisiscenter/

Sexual Abuse Hotline: (281) 693-HELP (7273)

- *Services include counseling support, education and resources to meet the needs of survivors in the community and surrounding areas.*

Matagorda County Women's Crisis Center

24/7 Crisis Hotline: (800) 451-9235 | https://crisiscnt.com/contact/#

- *Services include free/confidential crisis hotline, emergency shelter, counseling support, assistance with child advocacy and forensic interviews.*

Northwest Assistance Ministries (Family Violence Center)

15555 Kuykendahl Rd. Houston, TX 77090

(281) 855-HOPE (4673) | https://www.namonline.org/fvc

- *Services include assistance/support leaving a violent relationship and counseling services.*

SAAFE House

24/7 Crisis Hotline: (936) 291-3369 | https://www.saafehouse.org/

- *Services include free/confidential crisis hotline and emergency shelter.*

Women's Resource and Crisis Center

24/7 Crisis Hotline: (888) 919-SAFE (7233) | https://www.rccgc.org/

- *Services include free/confidential crisis hotline and emergency shelter.*

Her Well

511 Velasco St. Brookshire, TX 77423

(281) 934-8727 | https://www.herwell.org/

- *Services include trauma counseling, medical care, group counseling and basic self-defense training for women who have experienced sexual trauma.*

GRIEF RESOURCES

3A Bereavement Foundation
5330 Griggs Road, Suite A108 Houston TX 77021
(713) 649-3232 | www.3abereavement.org
- *Services include assistance for funeral services, community resource referrals, grief counseling and crime victim services *Call for qualifiation.*

Bo's Place
10050 Buffalo Speedway Houston TX 77054
(713) 942-8339 | www.bosplace.org
- *Services include free grief counseling, support groups and community referrals for children ages 3 and up and families.*

Compassionate Friends
www.compassionatefriends.org
- *Services include supporting families who have experienced the death of a child. *Katy Area Chapter*

Grief Share
www.griefshare.org
- *Services include grief counseling and support groups*
- *Enter zip code on website to find groups in area*

HOMELESS/UNACCOMPANIED RESOURCES

Katy ISD McKinney Vento Homeless Education Support
6301 South Stadium Lane Katy TX 77494
(281) 396-6000 | https://www.katyisd.org/Page/4399

The Beacon
1212 Prairie St. Houston TX 77002
(713) 220-9737 | www.beaconhomeless.org
- *Services include homeless shelter and supportive housing.*

Coalition for the Homeless
2000 Crawford Street, Suite 700 Houston TX 77002
(713) 739-7514 | www.homelesshouston.org

Houston Housing Authority
2640 Fountainview Dr. Houston TX 77057
(713) 260-0600 | www.housingforhouston.com
- *Services include homeless shelter and supportive housing.*

HUMAN TRAFFICKING

Elijah Rising
402 Teetshorn Houston, TX 77009
(832) 628-3429 | https://www.elijahrising.org/

- *Services include supportive restorative care for women survivors of traf cking, compassionate 24/7 care, providing a stable family environment, and healthy therapeutic services.*

Free the Captives
2211 Rayford Road Suite 111-418 Spring, TX 77386
(281) 901-0794 | www.freethecaptiveshouston.com

- *Services include direct support for teenaged sex traf cking victims, victim assistance and advocacy.*

Freedom Place - Arrow Child and Family Ministries
2929 FM 2920 Rd. Spring, TX 77388
(281) 210-1500 | https://www.arrow.org

- *Services include support for parents fostering commercial and sexually exploited children and youth.*

The Landing
9894 Bissonnet St. Suite 605 Houston, TX 77036
(713) 766-1111 | https://thelanding.org/

- *Services include a drop-in center and advocacy for youth.*

National Human Trafficking Hotline
Hotline: 1-888-373-7888 (TTY: 711)
Chat Online: https://humantraffickinghotline.org/chat
Crisis Text Line: 233733

Redeemed Ministries
19555 Wied Road Spring, TX 77388
(281) 241-7457 | https://redeemedtx.org

- *Services included restorative trauma informed services for adult survivors of domestic sex traf cking and connections with community partners.*

Unbound Now Houston
24/7 Response Line: (346) 202-4299 | https://www.unboundnow.org/houston/
Houston Office: (346) 313-7669

- *Services include support and resources to survivors, community advocacy to ght human traf cking in 3 ways: prevention and awareness, professional training, and survivor advocacy.*

United Against Human Trafficking
6671 Southwest Freeway Houston, TX 77074
(713) 874-0290 | https://uaht.org/

- *Organization committed to end human traf cking and exploitation through education, outreach, and empowerment.*
- *Services include education, outreach, case management, youth programs and direct services for at risk individuals and survivors.*

LEGAL RESOURCES

Baker Ripley - Citizen & Immigration Services
9894 Bissonnet St. Suite 605 Houston, TX 77036
(346) 867-3871 | Baker Ripley

Beacon Law
1212 Prairie, Houston, TX 77002
(713)220-9780 | https://www.beaconhomeless.org/beaconlaw

- *Services include legal assistance for homeless and low-income veterans, misdemeanor tickets in any jurisdiction.*

Catholic Charities: Cabrini Center for Immigrant Legal Assistance
2900 Louisiana St. Houston, TX 770006
(713) 874-6570 | www.CatholicCharities.org

- *Services include free information sessions (known as "Charlas") which explain immigration laws with an opportunity to speak with an attorney. You MUST pre-register by phone. *Please do not bring children.*
  - *English language: Every 2nd Tuesday of the month at 8:00AM*
  - *Spanish language: Every 1st and 3rd Tuesday of the month at 8:00AM*

Children's Court Services - Houston Women's Center
1010 Waugh, Houston 77019
(713) 528-6798 | http://www.hawc.org

- *Services include legal explanations, updates on status of court case, referrals, court orientation for children, accompaniment to District Attorney's of ce and court. *Bilingual staff. No fee.*

Dispute Resolution Centers
49 San Jacinto, Suite 220 Houston, TX 77002
(713) 274-7100 | www.drchouston.org

- *Services include free mediation services within Harris County*

Houston Immigration - Legal Services Collaborative
49 San Jacinto, Suite 220 Houston, TX 77002
(713) 274-7100 | Harris County Immigration Legal Services

- *Services include free and low-cost immigration legal services.*

Houston Volunteer Lawyers Program
1111 Bagby Street, FLB 300 Houston, TX 77002
(713) 228-0735 | www.makejusticehappen.org

- *HVLP is the largest provider of pro bono legal services in Harris County.*
- *Services include legal representation in civil matters by connecting those in need of legal assistance with volunteer lawyers.*

Human Trafficking Services

National Human Trafficking Resource Center
(888) 373-7888 | Text: Be Free (233733)

- *Report tip, connect with services, training and technical assistance.*

Lone Star Legal Aid

www.lonestarlegal.org

- *Services include free legal services covering several practice areas to quali ed people.*
  - Houston Office:
    1415 Fannin Street, Houston, TX 77002 | (713) 652-0077
    **services Harris County residents*
  - Richmond Office:
    212 South 2nd Street, Richmond, TX 77469 | (832) 913-7200
    **services Fort Bend County residents*
  - Conroe Office:
    412 Lewis Stree, Conroe, TX 77301 | (936) 539-2130
    **services Waller County residents*

Texas Attorney General's Office - Crime Victim's Compensation

P.O. Box 12198 Austin, TX 78711
1-800-983-9933 | https://www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program

- *The Crime Victim's Compensation Program assists crime victims and their immediate families with the nancial costs of crime. *See website for eligibility*
- *Services include counseling, medical treatment, funerals and loss of income not paid by other services.*

Texas Legal Services Center

1920 E. Riverside Drive, Suite A-120 #501 Austin, TX 78741
Legal Hotline for Texans: 1-800-622-2520
(512) 477-6000 | www.tlsc.org

- *Non-pro t organization that provides legal advice, advocacy, representation and education to underserved Texans.*
- *Complete application on website to determine if quali ed for services.*

MEDICAL RESOURCES

Access Health

www.myaccesshealth.org

- *Services Include: Pediatric Care, Adult Medical Care, Women's Services, Behavioral Health, Lab, Pharmacy, Hepatitis C Services, HIV Services, Nutrition Services, Vaccine Services and SBIRT (Screening, Brief Intervention and Referral to Treatment)*
- *Accepts Medicaid, CHIP, Medicare, most private insurance and if uninsured offers a sliding fee scale based on family size and income.*
  - Brookshire Clinic:
    533 FM 359 S, Brookshire, TX 77423 | (281) 822-4235
  - Richmond Clinic:
    400 Austin Street Richmond, TX 77469 | (281) 342-4530

Centra Clinic

16316 FM 529 Houston, TX 77095
(281) 861-0600 | www.centraclinic.com

- *Services include primary care, immunizations, school and sport physicals*
- *Accepts Medicaid/CHIP, Medicare, most private insurance companies and self-pay.*

Christ Clinic

25722 Kingsland Blvd. Suite 111 Katy, TX 77494
(281) 391-0190 | www.christclinickaty.org

- *Services include primary care and behavioral health.*
- *Must meet eligibility requirements. $25 initial primary care visits; $15 follow up primary care visits.*

Clinica Hispana Plaza Del Sol

20300 Franz Rd. Suite 3 Katy, TX 77449
(281) 944-9018 | www.clinicaplazadelsol.com

- *Services include primary care and behavioral health.*
- *No insurance accepted, self-pay only.*

Harris Health System - Bear Creek Pediatric and Adolescent Health Center

5870 N. Highway 6, Houston, TX 77084
(713) 873-6860 | www.harrishealth.org

- *Services include primary care for kids ages 18 and under.*

Harris Health System - Danny Jackson Health Center

5503 N. Fry Road, Katy, TX 77449
(713) 982-7071 | www.harrishealth.org

- *Services include primary care, treatment of acute and chronic diseases and care coordination for other essential medical services*

San Jose Clinic
2615 Fannin St Houston, TX 77002
Eligibility Line (713) 490-2610 | www.sanjoseclinic.org

- *Services include low-cost children's healthcare including well-child checkups, school and sport physicals, dental care. primary care and behavioral health.*
- *Services children ages 0-17 and persons aged 18 if still in high school.*
- *Only non-insured families accepted. Sliding scale fee*

Spring Branch Community Health Centers
5503 N. Fry Road, Katy, TX 77449
www.sbchc.net

- *Several locations around the Houston area. Services vary based on clinic*
- *Accepts Medicaid/CHIP and if uninsured offers a sliding fee scale based on family size and income.*
  - Katy Community Health Center:
    5502 1st Street, Katy, TX 77493 | (713) 231-5757
    Services include family and pediatric medicine, cancer screening, physicals, vaccinations, physicals
  - West Houston Community Health Center:
    19333 Clay Road, Katy, TX 77449 | (713) 462-6555
    Services include family and pediatric medicine, OB/GYN and behavioral/mental health cancer screening, physicals, vaccinations, physicals

VISION RESOURCES

Houston Eye Associates Foundation - for Children
7155 Old Katy Road, Suite N100, Houston, Texas 77024
(713) 668-6828

- *Services include preserving and restoring sight with comprehensive eye care surgeries, medications, and ancillary services for individuals in nancial hardship; and supporting education and research initiatives for the bene t of the community. https://foundation.houstoneye.com/application-and-guidelines.htm*

Katy Lions Club - Eyeglass Assistance for Katy ISD Students
P.O. Box 1113 Katy, TX 77492
(713) 714-6789 | Email: hello@katylions.org

- *Offers Katy ISD students glasses at little cost to them or their families. Students must receive a referral from their school nurse and apply to the Lion's Club which is then reviewed by their board of directors. The fee may be up to $25.*

See to Succeed
P.O. Box 1113 Katy, TX 77492
(832) 362-2338 | https://www.houstonhealth.org/services/clinical/see-to-succeed

- *Provides free vision exams and corrective eyewear to school children ages 6-18 with unresolved vision needs from Houston area school districts and charter schools*

DENTAL CARE RESOURCES

Harris County Health Department - Dental Care
Antoine Health Center 5815 Antoine, Houston 77091
Main Number: (713) 602-3355 | www.hcphes.org
Appointments: (713) 212-6800

University of Texas Dental School
7500 Cambridge St, Houston 77054
(713) 486-4000 | https://dentistry.uth.edu/

KATY AREA HOSPITALS

IF YOU ARE EXPERIENCING AN EMERGENCY, CALL 911

Houston Methodist Continuing Care Hospital
701 S Fry Rd Katy, TX 77450
(832) 522-7550 | www.houstonmethodist.org

Houston Methodist West Hospital
18500 Katy Fwy, Houston, TX 77094
(832) 522-1000 | www.houstonmethodist.org

Memorial Hermann Katy Hospital
23900 Katy Fwy, Katy, TX 77494
(281) (2392-111 • (281) 644-7000 | www.memorialhermann.org

Texas Children's West Campus
18200 Katy Fwy, Houston, TX 77094
(832) 227-1000 | https://www.texaschildrens.org/locations/texas-childrens-hospital/west-campus

**Katy ISD school nurses may be able to provide more information and resources for both medical and physical health student needs.*

MENTAL HEALTH RESOURCES

Mental Health support is a very personal decision for every person/child/adult/ family. One of the most important aspects of choosing a mental health provider is the relationship between the client and provider. Therapy and counseling are most effective whenever the client and therapist have a good connection therefore it is a challenge for recommendations from outside people. Katy ISD cannot endorse or recommend any one provider over another; however, we want to provide our students and families with the tools and resources to choose the best professional to meet your needs.

The section below provides some education and information on the types of mental health professionals and options for different treatment. Students and parents are always encouraged to reach out to their campus professionals such as our school counselors, licensed social workers and Licensed Specialists in School Psychology (LSSP) for additional information and clarification.

Types of Mental Health Professionals

In order to best match your services, you need to choose the right professional for the services you are seeking. It is important to remember that people must hold degrees and licensure in these areas in order to identify as the profession. Below is a list of common mental health professionals and their background, education and training.

- *Clinical Social Workers (LCSW): Clinical social workers are trained to evaluate a person's mental health, provide psychotherapy and use therapeutic techniques based on specific training programs. They are also trained in case management and advocacy services. Clinical Social Workers are licensed by licensure boards in each state.*

- *Counselors, Clinicians, Therapists: These masters-level health care professionals are trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs. Licensures include Licensed Professional Counselor (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage and Family Therapist (LMFT), Licensed Chemical Dependency Counselor (LCDC).*

- *Psychiatrists: Psychiatrists are licensed medical doctors who have completed psychiatric training. They can diagnose mental health conditions, prescribe and monitor medications and may provide therapy. Psychiatrists are licensed physicians in the state where they are practicing and may also be a Board-Certified Psychiatrist by the Board of Neurology and Psychiatry.*

- *Psychologists: Psychologists hold an advanced degree in psychology or another specialty such as counseling or education. Some have graduate degrees while others hold a doctoral degree in clinical psychology. They are trained to evaluate a person's mental health using clinical interviews, psychological evaluations and testing. Psychologists are licensed by licensure boards in each state.*

Asking Providers Questions about their Mental Health Services

Individuals may want to ask questions and do research prior to scheduling an appointment with a mental health provider. Many providers will have individual websites or profiles on different platforms for mental health. Consider some of the questions below:

- *Credentials, licensure in good standing with the state, years of experience/practice in the mental health field.*
- *Approach to mental health, expertise, specialized training certifications*
- *Willing to coordinate care with other doctors or providers*
- *In person services or telehealth/virtual services*
- *Cost of service*
    - *Cost of initial/intake session versus individual sessions*
    - *Do they accept insurance? Will they provide a letter for reimbursement to your insurance provider? Co-payment cost?*
    - *Do they accept cash, check, credit cards, PayPal, Venmo, etc.*

For additional suggestions: https://www.mhanational.org/questions-ask-provider

Payment Options for Mental Health/Behavioral Health Services

Insurance

- *If you are employed, mental health treatment may be covered by your provider. Call the number on the back of your medical insurance card to see if mental health treatment is covered.*

Self-pay/Private Pay

- *Some mental health providers do not accept insurance plans and therefore are self-pay providers. A fixed rate for treatment will need to be paid out of pocket.*

Sliding Scale Fee

- *Some providers may offer a sliding scale fee for those in need. The fee for services is adjusted depending on an individual's income. The higher your income, the more you pay, the lower your income, the less you will pay.*

Medicaid/CHIP

Medicaid and the Children's Health Insurance Program (CHIP) provide health coverage for qualifying children, families, seniors and people with disabilities based on income and need. While Medicaid is a federal program, there is state control on criteria. Some people may be eligible in one state and not in another.

- *To apply for Medicaid: www.yourtexasbenefits.com*

Medicare

Medicare is a health coverage plan run by the federal government. Medicare operates more like traditionally funded health insurance than Medicaid. Unlike Medicaid, Medicare is a federal program (without state differences) and is geared toward people based on age or disability status and not income.

- *To see if you are eligible for Medicare: https://www.medicare.gov/*

LEVELS OF MENTAL HEALTH CARE

Mental Health Hospitals (Inpatient Psychiatric Hospitals)

Inpatient psychiatric hospitals specifically treat mental health conditions. Most hospitals offer a free evaluation to determine level or care. Services are short term and meant for crisis stabilization.

Bellaire Behavioral Hospital
5314 Dashwood Dr. Houston TX 77081
1-800-423-0017 | www.bhbhospital.com

Cypress Creek Hospital
17750 Cali Drive Houston TX 77090
(281) 586-7600 or (281) 586-5956 | www.cypresscreekhospital.com

Houston Behavioral Healthcare Hospital
2801 Gessner Rd. Houston TX 77080
(832) 834-7710 | www.houstonbehavioralhealth.com

Kingwood Pines
2001 Ladbrook Dr. Kingwood TX 77339
(281) 404-1001 | www.kingwoodpines.com

The Menninger Clinic
12301 S Main Street Houston TX 77035
(713) 275-5400 | www.menningerclinic.org

Sun Behavioral Houston
7601 Fannin St. Houston TX 77054
(713) 715-4297 | www.sunhouston.com

UT Health Houston Harris County Psychiatric Center
2800 S MacGregor Way Houston TX 77021
(713) 741-5000 or (713) 741-7888 | https://hcpc.uth.edu/

West Oaks Hospital
6500 Hornwood Dr. Houston TX 77074
(713)995-0909 | www.westoakshospital.com

Westpark Springs Hospital
6902 S. Peek Road Richmond TX 77407
(832) 501-3383 | www.westparksprings.com

Woodland Springs Hospital
15860 Old Conroe Rd Conroe, TX 77384
(936) 270-7520 | www.woodlandspringshealth.com

Local Mental Health Authority

Texas Health and Human Services contracts with Local Mental Health Authorities (LMHA) to deliver mental health services in communities across Texas. They are responsible for providing services to the priority population and county residents. The two that serve the Katy area are The Harris Center (Harris County Residents) and Texana Center (Fort Bend and Waller County Residents)

The Harris Center for Mental Health and Intellectual and Development Disabilities (IDD)
Southwest Community Service Center
9401 Southwest Freeway, Houston
(713) 970-7000
24 Hour Crisis Line: 713-970-7000, Press 1 | https://www.theharriscenter.org/

- *Services include outpatient mental health services, intellectual and developmental disability services, forensic mental health services, comprehensive psychiatric emergency program for Harris County Residents.*
- *Serves Harris County residents.*

Texana Center
Crisis Hotline: 1-800-633-5686 | https://www.texanacenter.com/

- *Services include mental health outpatient services, behavioral healthcare clinics, mental health crisis services, mental health specialized programs.*
- *Serves Fort Bend and Waller County residents.*
  - Brookshire Clinic:
    535 FM 359 South, Brookshire, TX 77423 | (281) 375-5300
  - Rosenberg Clinic:
    4910 Airport Ave., Rosenberg, TX 77471 | (281) 342-6384

Outpatient Mental Health Services

Outpatient Mental Health services is a more structured intensive treatment during the day or evening and the client returns home in the evening. These programs are typically a few weeks in length and often services are provided in a group therapeutic setting. Many programs offer a Partial Hospitalization Program (PHP) or an Intensive Outpatient Program (IOP).

Charlie Health
(866) 491-5196 | https://www.charliehealth.com/*All virtual intensive outpatient services

Excel Center of Katy
2900 Commercial Center Blvd, Suite 102, Katy, TX 77494
(281) 647-0200
https://westoakshospital.com/programs-services/outpatient/excel-center-of-katy/

New Dimensions Day Treatment Center
439 Mason Road, Ste B Katy, TX 77450
1-800-685-9796 | https://nddtreatment.com/

WestPark Springs Changes
7830 W Grand Pkwy S. Suite 100, Richmond, TX 77407
(832) 945-1840 | https://westparksprings.com/locations/richmond-tx-changes/

Private Practitioners (Therapists, Counselors, Psychiatrists)

Below is a list of platforms that share information regarding private practitioners such as counselors, therapists and private psychiatrists.

Psychology Today
https://www.psychologytoday.com/us
- *Search engine/directory of mental health providers*

Open Path Collective
www.openpathcollective.org
- *Non-profi t nationwide network of mental health professionals dedicated to providing in person and virtual mental health care at a reduced rate to clients in need.*

Alma
https://www.helloalma.com/
- *Search engine/directory of mental health providers that accept insurance.*

Headway
https://www.headway.co/
- *Search engine/directory of mental health providers that accept insurance.*

**Katy ISD school counselors, social workers, school psychologists and school nurses may be able to provide information on local therapists that specialize in the area your student needs.*

OTHER SUPPORT SERVICES

Crisis Intervention of Houston | www.crisishotline.org
5322 W Belfort Ave. Houston TX 77035
Crisis Hotline (832) 416-1177
Teen Crisis Hotline (832) 416-1199
Crisis Teen Text Line (281) 201-4430

- *A non-pro t agency with the sole mission to help people in crisis by offering a 24/7 free, con dential anonymous crisis and suicide prevention hotline and text line.*

Mental Health America (MHA) | www.mhahouston.org
Mental Health America of Greater Houston
2211 Norfolk St. Suite 810 Houston TX 77098
(713) 523-8963

- *Longest serving agency dedicated to education and advocacy for mental health.*

National Alliance of Mental Illness (NAMI) | www.namigreaterhouston.org
NAMI of Greater Houston
9401 Southwest Freeway, Suite 1234 Houston TX 77074
(713) 970-4419

- *Non-pro t agency dedicated to providing advocacy, education, support and public awareness of individuals and families impacted by mental illness.*

National Suicide Prevention Lifeline | www.988lifeline.org
Dial 9-8-8

- *National Lifeline provides 24/7 free and con dential support for people in distress, resources for people and loved ones.*

Gladney Center for Adoption | https://adoptionsbygladney.com/
Houston Adoption Office
(713) 804-8073

- *Agency providing adoption services, education, and resources.*

SEXUAL ASSAULT RESOURCES

Aid to Victims of Domestic Assault (AVDA)
1001 Texas Ave #600, Houston, TX 77002
(713) 224-9911 | https://avda.org
- *Services include intervention/prevention programs and legal representation for survivors.*

Child Advocates of Fort Bend
5403 Avenue N Rosenberg, TX 77471
(281) 341-9955 | https://www.cafb.org/
- *Services include forensic interviews, victim and family advocacy, medical referrals, therapy/mental health services, case coordination and criminal court advocacy. All services are offered in English and Spanish.*

The Children's Assessment Center (CAC)
2500 Bolsover St, Houston, TX 77005
(713) 986-3300 | https://cachouston.org/
- *Provides a supportive and safe environment for sexually abused children and their families. Services include family advocacy and victim support, medical exams, and mental health services. All services are offered in English and Spanish.*

DAYA
Confidential Helpline: (713) 981-7645 | https://www.dayahouston.org/
- *Supports South Asian Survivors of domestic and sexual violence through culturally specific services.*

Katy Christian Ministries (Crisis Center)
802 Dominion Drive Katy, TX 77450
Domestic Abuse Hotline: (281) 391-HELP (4357) | https://ktcm.org/crisiscenter/
Sexual Abuse Hotline: (281) 693-HELP (7273)
- *Services include counseling support, education and resources to meet the needs of survivors in the community and surrounding areas.*

Her Well
511 Velasco St. Brookshire, TX 77423
(281) 934-8727 | https://herwell.org/
- *Services include trauma counseling, medical care, group counseling and basic self-defense training for women who have experienced sexual trauma.*

SHELTER AND HOUSING RESOURCES

HOMELESS SHELTERS

Name & Address	Area	Eligibility	Phone
Salvation Army 1603 McGowen	Central Houston	Single adult women, Families, Single men with children	713-650-6530
Star of Hope 419 Dowling	Central Houston	Single adult women, Families, Single men with children	713-222-2220
Covenant House 1111 Lovett	Central Houston	Youth aged 18-21	713-523-2231 800-999-9999
Centers for Empowerment 5609 E. Mount Houston Rd.	Northeast Houston	Single adult women and men, and their children	281-449-0994
Magnificent Houses, Inc. 3300 Caroline	Central Houston	Adults with mental illnesses	713-520-0461
Mission of Yahweh 10247 Algiers	Northwest Houston	Women, Children under 7 years old	713-466-4785
Sarah's House 2210 Wichita	Pasadena	Homeless women and children; Women willing to work; Boys 12 years or under	713-475-1480
Tony's Place 3611 Montrose Blvd.	Montrose - Houston	LGBTQ Homeless teens 13-24; Drop-in center	713-678-0733
Fishes and Loaves 2009 Congress	Central Houston	Women and children	713-224-1373
Bay Area Homeless Services	Baytown		281-837-6367

TRANSITIONAL HOUSING

Name & Address	Area	Eligibility	Phone
Brigid's Hope 1212 Prairie St.	Central Houston	Women on parole or released for a halfway house	713-220-9737
Rights of Passage 3413 Stanford	Central Houston	Youth aged 18-21	713-523-2231
Santa Maria Hostel 807 Paschall St.	Central Houston	Women with substance abuse issues and their children	713-228-0125
Sally's House 1717 Congress Ave.	Central Houston	Single adult women with substance abuse problems; Must be capable of employment and self-sufficiency; Sliding scale	713-223-8889
Star of Hope Transitional Housing 6801 Ardmore St.	Central Houston	Families; Fees charged	713-748-7242
Villa Guadalupe 326 South Jensen	Central Houston	Homeless women willing to work, no more than 2 children (must be under 8 yrs. old)	713-227-9981
Women's Home	Central Houston	Single adult women; Also assist women with substance abuse	713-521-3150
Wellsprings, Inc. 3015 Richmond Ave.	Central Houston	Homeless and abused women; Women in recovery or exiting prison; Single women	713-529-6559

OVERNIGHT/DAY SHELTERS

Name & Address	Area	Eligibility	Phone
Miryam's Hostel 2009 Congress	Central Houston	Homeless women, no children; 1st come first serve @ 4PM	713-224-1373
Search Homeless Project 2505 Fannin	Central Houston	Full-service DAY shelter M-Th: 8 AM-4 PM, F: 8AM-12PM	713-739-7752

SUBSTANCE ABUSE RESOURCES

Al-Anon and Ala-Teen
(713) 683-7227 | www.houstonalanon.org
- *Services include online and in-person support groups, family services for relatives and friends. Online and in-person support group*

Alcoholics Anonymous
Online and in-person support group
(713) 686-6300 | www.aahouston.org
- *Services include online and in-person support groups. Call number or check online for nearest group meeting locations.*

Cenikor Foundation (Odyssey House)
5629 Grapevine Street, Houston TX 77085
1-888-236-4567 or (713) 726-0922 | www.cenikor.org
- *Services include inpatient and outpatient treatment for adolescents.*

Ft. Bend Regional Council on Substance Abuse
10435 Greenbough, Suite 250 Stafford TX 77477
(281) 207-2400 | http://fortbendcouncil.org
- *Services include counseling with exible schedules and payment options to support individual needs. Two of ce locations.*

Houston Area Council on Recovery
303 Jackson Hill Street, Houston TX 77007
(713) 914-0556 | www.councilonrecovery.org
- *Services include child, adolescent and adult support through prevention, education and counseling. The Council supports the entire family impacted by substance abuse and co-occurring mental health disorders.*

Narcotics Anonymous Helpline (NA)
(713) 661-4200 | www.hascona.com
- *Services include online and in-person support groups. Call for the nearest group meeting or check online locations.*

New Dimensions Day Treatment Center
439 Mason Road, Ste B Katy, TX 77450
1-800-685-9796 | www.nddtreatment.com
- *Services include complimentary assessment, partial hospitalization program (PHP), intensive outpatient treatment programs (IOP) with a focus on mental health and substance abuse*
- *Private/self-pay only*

Palmer Drug Abuse Program (PDAP)

725 Bateswood Drive, Houston TX 77079
(281) 589-4602 | https://pdaphouston.org/

- *Services include an alternative peer group (APG) that suppors adolescents, young adults and their families through peer support, free outpatient drug alcohol recovery services designed to help both individuals and families recover.*
- *Available to teens (14-17), adults (18-25), and parents.*

Phoenix House

2525 North Loop West Suite 100 Houston, TX 77008
(713) 426-2637 | www.phoenixhousetx.org

- *Services include offers adolescent outpatient services (Co-Ed groups, ages 13-18) including evening groups, and individual/family options.*
- *Virtual options are available as well, case management, life-skills education, relapse prevention, and drug testing.*
- *All Phoenix House Texas programs accept private insurance, Tricare, managed Medicaid, CHIP, self-pay and state funding based on eligibility.*

Positive Recovery Centers

2611 FM 1463 Suite 200 Katy, TX 77494
1-877-468-0910 | www.positiverecovery.com

- *Services include online teletherapy, Intensive Outpatient Program (IOP), and Partial Hospitalization Program (PHP) services. Complimentary assessment and program work with several private insurance plans, self-pay available as well.*

Prevention and Recovery Center (PaRC)

3043 Gessner Rd. Houston, TX 77080
(832) 779-5300 | www.parcbh.com

- *Services include several levels of care (detox, residential treatment, partial hospitalization program (PHP), intensive outpatient program (IOP) and aftercare), family education, and 12-step meetings.*
- *Private insurance and self-pay only.*

Teen & Family Services

11140 Greenbay St, Houston, TX 77024
(713) 464-3950 | www.teenandfamilyservices.org

- *Services include community-based recovery services such as individual, family and group counseling (parents and teens), parent meetings, aftercare services (teens only), after school program (teens only) and a young adult program (ages 18-25)*

Texas Health and Human Services Department

www.dshs.texas.gov/tobacco
www.dshs.texas.gov/vaping
www.yesquit.org

- *Resources for quitting vaping, tobacco and/or nicotine.*

The Right Step

12350 Wood Bayou Dr. Houston TX 77013
1-844-309-5982 | www.rightstep.com

- *Services include several levels of care (inpatient drug rehab program, detox, outpatient programs, dual diagnosis programs)*

INSPIRING EXCELLENCE

LEARNERS INTO LEADERS