

Discovering Choices

Discovering Choices offers outpatient treatment services to individuals who may not feel they have the financial resources to afford treatment.

What do we offer?

Our dedicated, licensed staff conducts an assessment on all clients to gather information regarding the severity of use and how use has impacted daily functioning or mental health, in order to develop an appropriate treatment plan. Treatment options are tailored to the needs of individual clients and may include:

- Phase 1 - Six-week outpatient treatment program including individual therapy, psychoeducation, and process groups
- Phase 2 - Eight-week recovery management program to gradually transition participants to the community
- Specialized treatment tracks for adults, pregnant and parenting women, and individuals with co-occurring psychiatric and substance use disorders
- Elective adjuncts to outpatient treatment process that offer holistic supports to recovery such as Yoga, Healing Circles, or Mind-Body skills

Who to Refer

Eligible individuals include:

- Texas residents over the age of eighteen (18)
- Those who meet financial and clinical criteria
- Those who can maintain sobriety in the community

Priority admission for:

- Pregnant women
- Individuals at high risk for overdose
- Individuals referred by DFPS
- Injecting drug users



Documents for Screening

- Valid Texas ID (driver's license, TX ID or other sources of state identification deemed appropriate). In some cases a copy of a valid source of ID is accepted.
- Insurance information (if you have insurance or receive benefits; private or other state health insurance cards, Medicaid letter and/or Medicare card)
- List of medications for medical and/or mental health reasons (current or past).
- Wage information (pay stubs, Medicaid and/or Medicare, Award Letter from Social Security if applicable or other sources deemed appropriate)

For more information or to inquire about eligibility, please call 713-942-4100, option 3.

You know someone who needs us. ✨