

# What to Expect:

## Adult Rehabilitative Mental Health Services (ARMHS)

Adult Rehabilitative Mental Health Services (ARMHS) is a program to help patients who have a mental illness function independently in their homes or places of residence. Services are provided in four areas: Basic Living and Social Skills, Community Intervention, Medication Education and Transitioning to Community Living.

### **ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS) PROGRAM DETAILS**

ARMHS is a program for individuals who have a mental health diagnosis and are on Medical Assistance or a Prepaid Medical Assistance Product.

#### **Who is eligible?**

- ▶ Patients ages 18 or older
- ▶ Patients who have received a recent diagnostic assessment by a qualified mental health professional that indicates ARMHS services are medically necessary
- ▶ Patients who have substantial disability and functional impairment in three or more areas, thus markedly reducing self-sufficiency
- ▶ Patients who have the cognitive capacity to engage in and benefit from rehabilitative services techniques and methods
- ▶ Patients who have Medical Assistance or a Prepaid Medical Assistance Product (GAMC not eligible)

#### **What can I expect?**

- ▶ Our team will meet with you in your home or other community settings
- ▶ An ARMHS practitioner will meet with the patient at least once a week for a minimum of an hour and a half per week
- ▶ Patients continue to work with their ARMHS practitioner until their goals are met
- ▶ Our team of providers will work with your family and/or care team while you receive services from us if requested

#### **What basic living and social skills are taught?**

- ▶ Managing the symptoms of mental illness
- ▶ Managing a household
- ▶ Planning for employment
- ▶ Pursuing education
- ▶ Re-entering community living after treatment
- ▶ Getting outside help to deal with a difficult situation
- ▶ Discovering and using community resources to get needs met
- ▶ Communicating opinions, thoughts and feelings, or key information with others
- ▶ Preventing relapse
- ▶ Budgeting and shopping
- ▶ Developing a healthy lifestyle
- ▶ Learning to get around the community
- ▶ Monitoring use and effectiveness of medications

#### **Medication Education Services**

- ▶ Services provided individually or in groups focus on educating clients about mental illness and symptoms; the role and effects of medications in treating symptoms of mental illness; and the side effects of medications

### **MORE INFORMATION**

Read about our full program at:  
[www.nystromcounseling.com](http://www.nystromcounseling.com)

If you feel you would benefit from our ARMHS program, please call the clinic nearest you for more information or to make an appointment:

<b>Minnetonka</b> 952-206-2041	<b>Cambridge</b> 763-325-0301	<b>Apple Valley</b> 952-997-3020	<b>New Brighton</b> 651-628-9566	<b>Maple Grove</b> 763-274-3120	<b>Coon Rapids</b> 763-767-3350	<b>Woodbury</b> 651-714-9646	<b>Baxter</b> 218-829-9307
<b>Rochester</b> 507-516-0031	<b>Bloomington</b> 952-854-5034	<b>Eden Prairie</b> 952-746-2522	<b>Duluth</b> 218-722-4379	<b>Sartell/St. Cloud</b> 320-253-3512	<b>Otsego</b> 763-746-9492	<b>Mankato</b> 507-225-1500	