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
- Communicating opinions, thoughts and feelings, or key information with others
- Discovering and using community resources to get needs met
- Getting outside help to deal with a difficult situation

**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

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

- **Duluth**
  Apple Valley 952-997-3020
  New Brighton 651-628-9566
  Maple Grove 763-274-3120
- **St. Cloud**
  Coon Rapids 763-767-3350
  Otsego 763-746-9492
- **Woodbury**
  651-714-9646
- **Bloomington**
  952-854-5034
- **Eden Prairie**
  952-746-2522
- **Duluth**
  218-722-4379
- **St. Cloud**
  320-253-3512
- **Baxter**
  218-829-9307

Medicare MN · Medical Assistance (MA) · Prepaid Medical Assistance Plan (PMAP) · Reduced Private Pay Rates