

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.

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 1.5 hours 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?

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

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