

Are you or someone you know struggling with mental health symptoms and frequent hospital visits? Do you or they want to build coping skills and live independently in the community?

What is ARMHS?

ARMHS is a recovery-based rehabilitative program that enables individuals to develop and improve their psychiatric stability in various areas of their lives, such as mental illness symptom management, interpersonal communication, household management and relapse prevention. Skills that have been lost or diminished due to symptoms of mental illness can be acquired, practiced and enhanced through training and education.

Our qualified ARMHS practioners provide one-on-one support both in the home and in the community.



Make a referral today!

To find out if this program is right for you or to make a referral, visit:
reachforresources.org/armhs



Scan Me!

Questions?

For general questions please contact:

Jessica Preiner

Managing Director - Mental Health Services
(952) 737-2980

jpreiner@reachforresources.org

Please email referrals to:

ARMHS Department

ARMHS@reachforresources.org

5900 Green Oak Drive, Suite 303
Minnetonka, MN 55343

Phone: 952-200-3030

Fax: 952-229-4468

reachforresources.org
info@reachforresources.org

@Reach4Resources



**Adult Rehabilitative
Mental Health Services
(ARMHS)**

What can ARMHS help with?

Our ARMHS practitioners can support people with skills and goals like:

- Mental illness symptom management
- Healthy lifestyle decisions
- Interpersonal communication
- Household management
- Community resource utilization/integration
- Crisis assistance
- Relapse prevention
- Cooking and nutrition
- Transportation access
- Medication education and monitoring
- Employment-related skills
- Transition to community living services



Who qualifies for ARMHS?

Reach provides ARMHS services to adults who:

- Are age 18 or older
- Live in Hennepin, Ramsey, or Dakota Counties
- Are on medical assistance or PMAP
- Have been diagnosed with a serious and persistent mental illness (SPMI) such as Major Depressive Disorder, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, or Borderline Personality Disorder
- Have a functional impairment in 3 or more life domains due to the symptoms of the diagnosed SPMI

ARMHS Success Stories

"I am eternally thankful for the work my ARMHS worker has done with me. I have flourished in a way that I think would have taken me so much longer, or maybe not have happened if I never got involved in ARMHS. I am stable and independent; and I handle things so much better. My interpersonal skills especially have improved drastically. I have a couple of 3s here, and they are entirely circumstantial and not through lack of trying from me and my ARMHS worker. Thank you so very much!"

"ARMHS is extremely helpful with many areas! I love my new apartment and am meeting new people and exploring new ways to organize and start working. ARMHS helped me keep my benefits and apartment!! Thank you."

"I was never aware that so much help was available to me."

