

What to Expect: Adult Rehabilitative Mental Health Services (ARMHS)



Adult Rehabilitative Mental Health Services (ARMHS) is a supportive, skills-based program designed to help adults with mental health diagnoses **build independence and function more confidently in their homes and communities.** Services focus on strengthening daily living skills, improving social and community functioning, understanding medications, and supporting successful transitions to community living.

Program Details

Who is Eligible?

Anyone ages 18 or older and who:

- Have a recent diagnostic assessment from a qualified mental health professional indicating that services are medically necessary. Participants must experience significant functional challenges in multiple areas of daily life and have the ability to engage in and benefit from rehabilitative, skills-based support.

Worried about insurance? Our ARMHS program is covered under Medical Assistance and pre-paid Medical Assistance.

What Can I Expect?

You will meet with your ARMHS practitioner at least **once a week for a minimum of 1.5 hours.** These visits can occur in your home or in a community setting. You will continue to work with your care team until your goals are met and successful transitions are occurring. Our providers can also work with your family and/or care team while you receive services if requested.

What Skills Are Taught in ARMHS?

Through ARMHS, you can receive support in areas such as:

- Managing your mental illness
- Preventing relapse
- Utilizing community resources
- Planning for employment
- Pursuing education
- Medication education
- Managing a household, budgeting and shopping
- Re-entering community after treatment
- And so much more!