

Safe Transitions is currently providing ARMHS in St Louis, Carlton, Pine, Isanti, Chisago and Mille Lacs Counties.

For questions or referral contact:

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## SAFE TRANSITIONS

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## SAFE TRANSITIONS

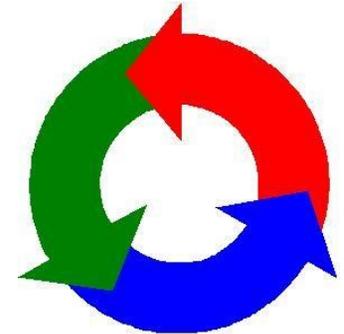
*The mission of Safe Transitions, Inc. is to make a positive difference in the lives of people with mental health needs.*

We strive for our mission by providing our clients with professional relationships with trained staff, and by assisting our clients in achieving their highest potential as they grow to become confident and independent to the best of their abilities, by providing respectful and individualized encouragement, support, and guidance.



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## SAFE TRANSITIONS



ARMHS

Adult Rehabilitative Mental Health Services

(218) 389-3291

[www.safetransitions.org/ARMHS](http://www.safetransitions.org/ARMHS)



**Adult Rehabilitative Mental Health Services (ARMHS)** is a program to help individuals who have a mental illness to function independently in their homes or places of residence. The four areas of services are:

**Basic Living and Social Skills:** Managing the symptoms of mental illness, Preventing relapse, managing a household, budgeting, healthy life style skills, using community resources to get needs met.

**Community intervention:** is provided to reduce a recipients barriers to community integration or independent living or to minimize the risk of hospitalization or other more restrictive living arrangement.

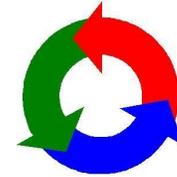
**Medication Education :** Services provided individually, focusing on educating clients about mental illness and symptoms; the role and effects of medication. Med Education provided by a registered nurse.

**Transition to Community Living:** Services which maintain continuity of contact between the rehabilitation service provider, the recipient and the facility of discharge. Transition to community living services are not intended to provide other areas of ARMHS.

### Who is eligible?

- \*Anyone 18 years of age or older
- \*Anyone with a diagnosed mental illness
  - \*Has substantial disability and functional impairment in three or more areas, reducing self-sufficiency.
  - \* Current Diagnostic Assessment that documents ARMHS services are medically necessary.
- \*Anyone eligible for medical assistance

**All services are based on mental illness symptom interference in daily life and medical necessity.**



### What can I expect from ARMHS?

- \* ARMHS practitioners meet with you weekly in your home or another community setting
- \* Sessions are at least once weekly for a minimum of 1 hour.
- \* Person centered goal planning
- \* ARMHS practitioners will continue to meet until goals are met.

