ARMHS

Adult Rehabilitative Mental Health Services (ARMHS) are 1:1 supportive services that are provided within a community setting. An ARMHS worker typically has some experience in mental health but is *not* a therapist, psychologist, or psychiatrist. An ARMHS worker can meet the client anywhere in the community, including the client’s home, job site, educational setting, or community center. The worker assists the client in addressing logistical, social, financial, and symptom-related challenges that negatively impact the client’s ability to maintain independent living within the community. For example, an ARMHS worker might assist the client in learning coping skills for anxiety so the client can maintain employment, help the client identify the appropriate public transit route to get to the grocery store, or guide the client through completing an application for housing.

This service is only available to people enrolled in a MN Healthcare program (such as Medical Assistance).

A more detailed description about ARMHS services can be found at the MN Department of Human Services website:<https://www.dhs.state.mn.us/main/idcplg/Dental-Services-Overview.doc?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=id_058153>

Many organizations offer ARMHS services. A complete list of providers can be accessed at this webpage:<https://mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/>