

What is ARMHS?

ARMHS is a mental health service which assists participants in developing the skills necessary to make positive changes in their lives.

This ARMHS program is certified by the State of Minnesota.

The goal of ARMHS is to enable the individuals to develop and enhance psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills when these abilities are impaired by the symptoms of mental illness.

ARMHS Practitioners assist and support individuals in areas such as the following:

- Interpersonal Communication
- Community Resource Utilization
- Mental Illness Symptom Management and Relapse Prevention
- Medical Education/Management
- Budgeting, Shopping, and Nutrition Skills Training and Household Management
- Transition to Community Living Services

For more information about LCFS's ARMHS or CSP Programs, or to make a referral, please contact:

Lighthouse Child & Family Services

(320) 983-3858 (Ext 8019)

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www.lighthousecfs.com

210 Central Ave N, Ste. 4

Milaca, MN 56353

Fax: (651) 342-8029

LCFS accepts all major medical insurances including:

Health Partners

Medica

Medical Assistance

Blue Cross Blue Shield

Preferred One

MN Care

UCare

Medicare



*Each of us has a light within.
So, let yours shine!*

Adult Rehabilitative Mental Health Services (ARMHS) & Community Support Program (CSP)

ARMHS

ARMHS uses a combination of individual/in-home services and group sessions to teach management and recovery skills to people experiencing serious forms of mental illness.

The ARMHS program is designed for individuals experiencing significant mental health symptoms. Our services focus on helping consumers live and work in their home communities.

The ARMHS program seeks to improve independent living skills, promote integration into the community, and encourage healthful psychological functioning.

We work with consumers in developing a treatment plan that will assist them in developing meaningful and supportive relationships, enhance skills to live as independently as possible, learn ways to prevent relapse, cope with serious and persistent mental health symptoms, and manage stress.

Who is eligible for ARMHS?

People who have authorization for services from Minnesota Medical Assistance or health coverage by a PMAP. People who have been diagnosed with a serious and persistent mental illness, and these symptoms impact their life.

Referrals

Consumers may self-refer, or be referred by a social worker, physician, psychiatrist, therapist, clergy person, and by family or court services.

Currently Serving:

Chisago County

Isanti County

Kanabec County

Mille Lacs County

Pine County

Community Support Program

Some of the areas CSP workers focus on with consumers are:

- Budgeting/Financial Management
- Household Management Skills
- Finding/Keeping Housing
- Teaching Social Skills
- Utilizing Community Resources
- Developing Recreation/Leisure Time Resources
- Nutritional Skills
- Improving Mental Health Symptoms
- Medication Support and Education
- Parenting Skills
- Employability
- Benefits Assistance

Currently Serving:

Chisago County
Mille Lacs County
Pine County