

# Adult Rehabilitative Mental Health Services

## ARMHS

### Rehab Option Services / Minnesota

**“Enable a recipient to retain stability and functioning if the recipient is at risk of losing significant functionality or being admitted to a more restrictive service setting without these services; and**

**Instruct, assist, and support a recipient in areas such as medication education, monitoring, basic living & social skills, mental illness symptom management, household management, employment-related, or transitioning to community living.”**



**MN Statute 256B.0623**

# Establishing Medical Necessity for a Rehabilitative Service

A serious mental illness...

where symptoms are impairing functioning

And

Those functional issues interfere with the person's achievement of his /her own personal recovery goals.



...ARMHS is complimentary to other services a person may have, or may need

Clinical & Psychiatric Treatment



Employment / Vocational

Case Management

Education/Training

~\* **Service Coordination**

# Covered Services

MH Basic Living & Social Skills  
Medication Education  
Community Intervention  
Transition to Community Living  
**New!** Certified Peer Specialist Services

## Non-covered Services

Room & Board  
Personal care  
Transportation  
Vocational

(job development/placement/occupational training)

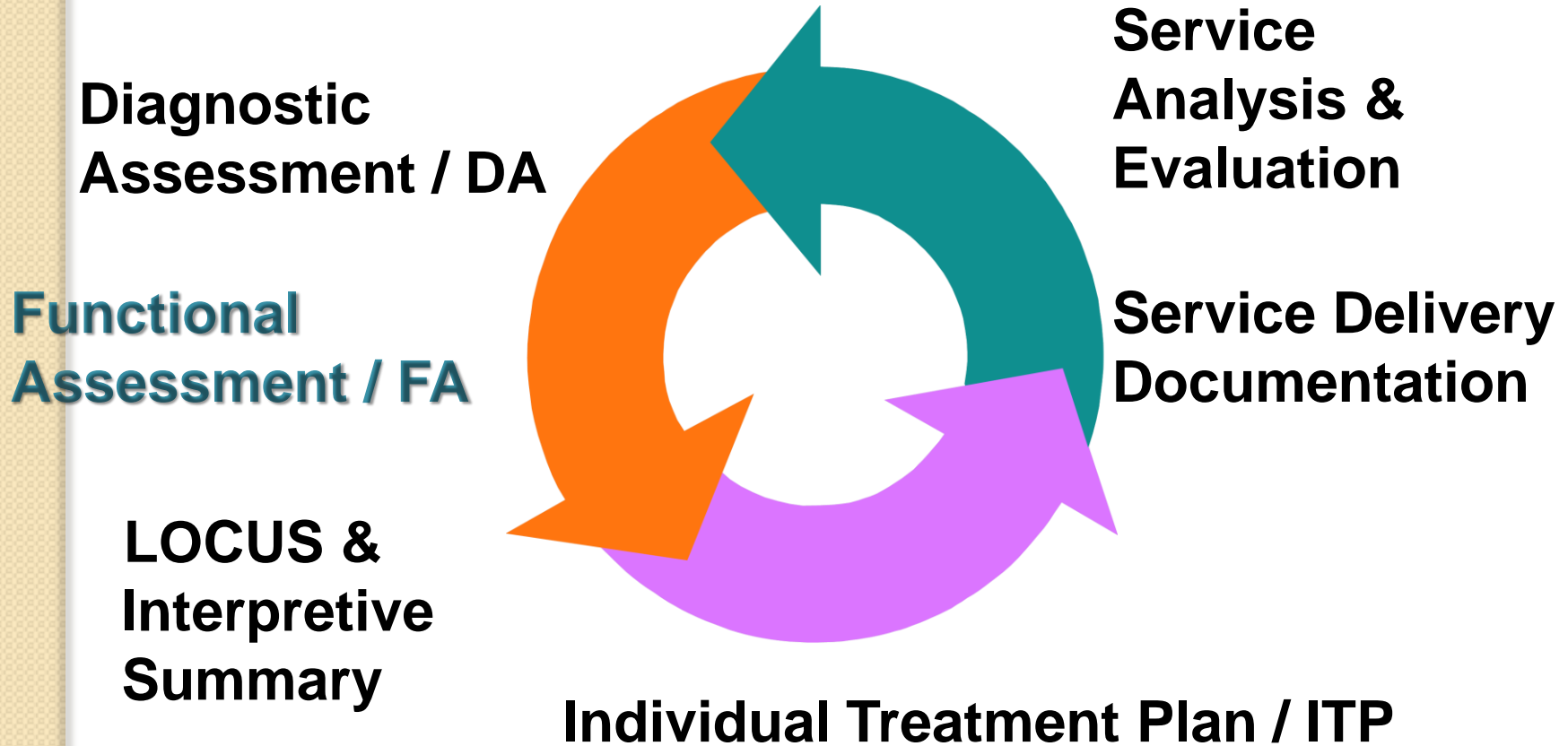
Academic Education  
(classroom instruction)

Services to persons in public institutions  
(inmates of a penal institution, in active treatment,  
under state administrative control)



# Continuum of Mental Health

## Service Delivery



# Functional Assessment

**Assesses Current  
Functioning in These  
14 Life Domains →**

**+**

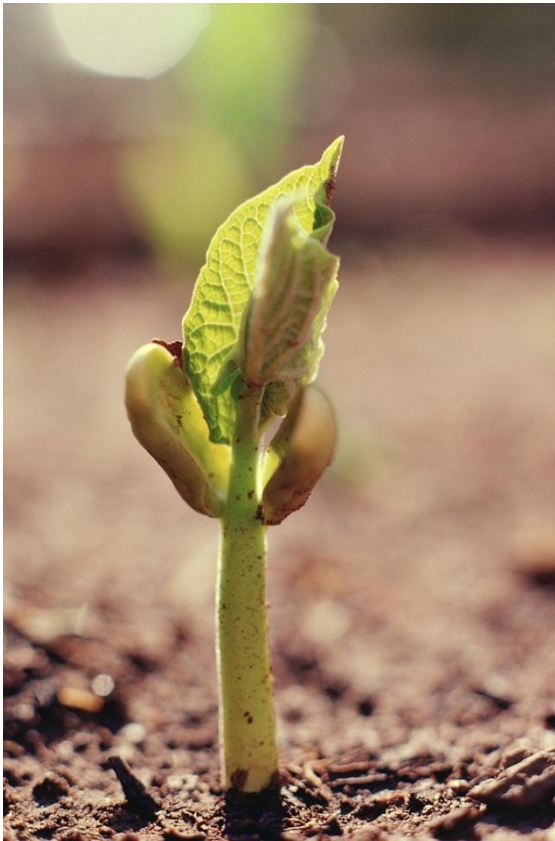
**Describe how the  
symptom(s) of the  
diagnosed mental  
illness impact  
functioning  
& what happens  
because of this  
functional barrier.**



**This Establishes  
Medical Necessity**

- Mental health symptoms
- MH service needs
- Use of drugs or alcohol
- Vocational
- Educational
- Physical & Dental Health
- Transportation
- Social functioning
- Interpersonal functioning,
- Self-care & independent live capacity
- Financial
- Housing &
- OTHER

# Rehabilitation “Buckets”



- Acquiring /Generalizing A Skill Or Ability,
- Developing / Using Community Resources & Natural Supports, Or
- Resulting In The Person Developing & Shaping Their Recovery Vision/Goal.



# Individual Treatment Plan (ITP)

## “The Action Plan”

**Recovery Vision/Outcome:** A statement that describes what the person would like to see happen in their future life, which is not happening now.

**Rehabilitation Goal:** Describes the targeted area for change & the person's desired outcome.

**Objective:** A small “forward” step linked to the Rehabilitation Goal which can be attained in 3-6 months.

**Interventions:** What the ARMHS staff will do specific to the person's use of a skill or ability needed to attain their objective. Uses “Action Verbs” to describe how the person will learn or generalize the skill or ability needed in a specific role or setting.



## On-line Resources & Contact Info

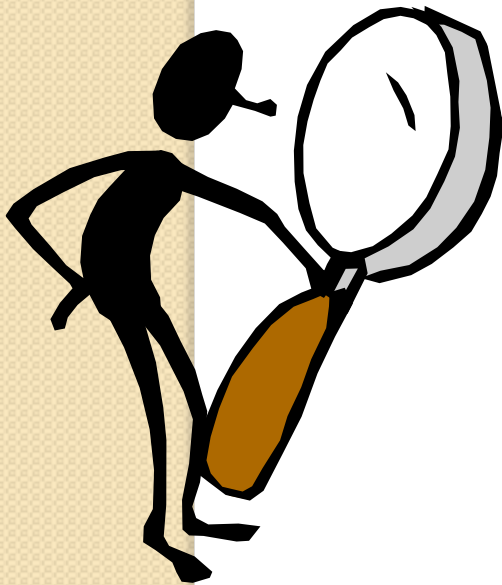
Google → **Adult Rehabilitative MH Services (ARMHS)**

**MN Health Care Programs (MHCP) Website**

- <http://www.dhs.state.mn.us/provider>

**MN DHS ARMHS** webpage →

- <http://www.dhs.state.mn.us/ARMHS>
- Quick links are posted in the "Documents/Training" section



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