

A service that
comes to you,
where ever you
are!



We proudly serve:
Ramsey, Hennepin, Dakota,
Washington, Isanti, Anoka, and
Chisago counties.



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Applied Care Services

ADULT REHABILITATIVE
MENTAL HEALTH SERVICES
(ARMHS)

WHAT CAN ARMHS HELP ME WITH?

INTERPERSONAL COMMUNICATION



NAVIGATING TRANSPORTATION

CRISIS ASSISTANCE



MANAGING AND COPING WITH MENTAL HEALTH SYMPTOMS

RELAPSE PREVENTION SKILLS



MEDICATION EDUCATION AND TRAINING

HEALTHCARE DIRECTIVES



HOUSEHOLD MANAGEMENT SKILLS

BUDGETING AND SHOPPING SKILLS



EMPLOYMENT RELATED TASKS

HEALTHY LIFESTYLE SKILLS AND PRACTICES



TRANSITIONING TO COMMUNITY LIVING SPACES

COOKING AND NUTRITIONAL SKILLS



ENGAGING IN MEANINGFUL ACTIVITIES

What is ARMHS?

ABOUT

ARMHS is a mental health service that aims to improve mental health understanding, skills training, stabilization, and functioning.

This service is provided in home or in the community and participants are eligible if:

- You have Medicaid through the state of MN
- Must be 18 years old or older
- Must have a mental health diagnosis

Anyone who wants to feel more confident and self-assured, and is willing to work hard to manage their symptoms, is invited to contact us so we can partner in your healing journey.

GETTING STARTED

When you start with ARMHS, we begin with an intake diagnostic and then pair you with a mental health practitioner who will join you on your journey towards wellness. Together you will take small steps towards the vision you have for your future.

HEALTHY COMMUNITIES

At ACS, we value healthy communities. Based on this value, we accept individuals transitioning from prison to life on the outside. To assist in all our client's basic needs, we also offer employment at our Work Recovery Program and SUD services with housing as needed.

Call us today to schedule an appointment!



REVIEWS

"Thanks to the support of ACS, I'm graduating ARMHS with my driver's license, a job, and a better understanding of my mental health. I've accomplished big milestones with their support."

- ARMHS client

"ACS was the answer to my prayers! The resources that they had access to was priceless. They solved problems that I had simply given up on. I am grateful and lucky to be one of their clients."

- ARMHS client