



Adult Rehabilitative Mental Health Services (ARMHS)

ARMHS is a community-based service that helps adults with mental illness manage their symptoms while living in the community.

ARMHS staff provide individualized skills training in the following areas:

- ✓ Preventing relapse and hospitalization
- ✓ Communicating with others
- ✓ Managing and maintaining your home
- ✓ Gaining access to community resources
- ✓ Budgeting and shopping
- ✓ Cooking and nutrition
- ✓ Managing and preventing a crisis
- ✓ Coping with mental health symptoms
- ✓ Finding and maintaining employment

Lake Country Associates
218-366-9229

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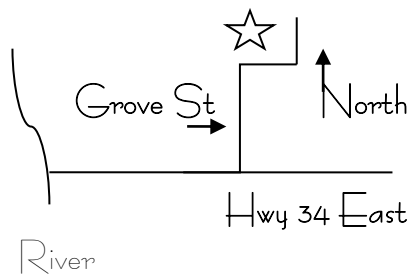
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Location of Services – ARMHS services are generally provided in your home or community, based on your needs and preferences. Lake Country Associates is certified to provide ARMHS services in Hubbard and Cass Counties.

Cost of Services – Rehabilitative Services are generally covered through insurance, carriers such as MA, GAMC, PrimeWest, Minnesota Care, and other insurance carriers. Contact Lake Country Associates for more information about our programs or to make a referral.

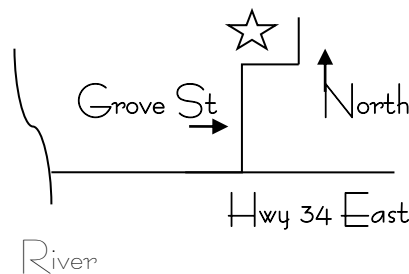
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