

# Adult Rehabilitative Mental Health Services (ARMHS)

Our ARMHS program is designed to empower individuals with mental health challenges to live independently and thrive within their homes and communities. Services focus on building essential life skills, managing mental health symptoms, and fostering community integration.

Whether you need support with daily living tasks, accessing resources, or transitioning to community living, we're here to help every step of the way.



## Key Features:

### Symptom Management Support:

Receive personalized guidance to better understand and manage your mental health symptoms, promoting emotional stability and resilience.

### Daily Living Assistance:

Develop practical skills for managing household tasks, personal care, budgeting, and meal planning to enhance your independence.

### Community Living & Integration:

Connect with community resources and participate in activities that foster social connections and a sense of belonging. We also provide transportation to appointments, events, and essential services to keep you connected.

### Individualized Goals:

Work with our ARMHS team to identify your personal goals and create a tailored plan for achieving greater independence and self-reliance.

## What to Expect:

### Initial Assessment:

We begin with a Diagnostic Assessment to understand your needs, strengths, and challenges. This will be completed in your home by a qualified ARMHS specialist.

### Collaborative Goal Setting:

Together, we'll set specific, achievable goals and outline the steps to help you reach them.

### Skill-Building Sessions:

Receive hands-on support and practical training to develop skills for independent living, symptom management, and social integration.

### Ongoing Support and Progress Review:

Regular sessions with our team ensure you're making progress and adjusting your plan as needed to meet your evolving needs.

### Empowerment for Independence:

Our focus is on equipping you with the tools, confidence, and resources to live a fulfilling, independent life in your community.

## Contact Us



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