



Residential Services of Northeastern Minnesota, Inc.

PO Box 3008 1309 Rice Lake Road

ARMHS office: (218) 728-6825 ext: 162

Duluth, MN 55803

Phone: (218) 727-2696 Fax: (218) 727-2893

Website: www.residentialservices.org

ARMHS Fact Sheet

Assessment and Planning Process

Following the referral, a Diagnostic Assessment is provided by a Licensed Mental Health Professional, a Health History by a Registered Nurse (RN), and a Functional Assessment (FA) by a Mental Health Practitioner. The FA considers the client's current functioning in all areas of life approached from a holistic perspective. A Mental Health Worker is assigned to the client and an individualized treatment plan (ITP) is developed to address specific needs of the person. The ITP is developed by the treatment team, which always includes the client. Emphasis is always placed on how the person can accomplish establish personal goals and work toward living more independently.

ARMHS Services

ARMHS staff provide services to assist clients in three ways:

1. Assist a client with approaching and achieving his or her goals and to live more independently when a client's independent living abilities are impaired by the symptoms of their mental illness. This is done by assisting in enhancing psychiatric stability, social competencies, personal and emotional adjustment, and independent living skills.
2. Enable clients to either gain or retain stability and functioning, rather than deteriorate and lose significant functioning and/or have to be admitted into a more restrictive setting, possibly without these services.
3. Instruct, assist, and support the client in areas such as:
 - Medication education and monitoring, which includes an RN educating the client on:
 - Mental illness and symptoms;
 - The role and effects of medications in treating symptoms of mental illness; and
 - The side effects of medications.
 - Basic social and living skills in mental health management (symptom management)
 - Household management
 - Employment-related areas, and
 - Transitioning to community living (from a more restrictive setting):
 - To facilitate discharge from a hospital, residential treatment program, board and lodge facility, or nursing home (when the facility cannot provide or does not have the responsibility to provide these services).



Residential Services of Northeastern Minnesota, Inc.

PO Box 3008 1309 Rice Lake Road
Duluth, MN 55803

ARMHS office: (218) 728-6825 ext: 162

Phone: (218) 727-2696 Fax: (218) 727-2893

Website: www.residentialservices.org

Skill Building

Examples of areas in skill building are:

- Interpersonal communication
- Utilization of and integration into community resources
- Crisis assistance
- Relapse prevention (although, this program is not Chemical Dependency treatment)
- Budgeting, shopping, and healthy lifestyle skills and practices
- Cooking and nutrition
- Transportation
- Medication monitoring
- Mental illness symptom management
- Household management
- Employment related skills
- Transitioning only from Inpatient or residential treatment nursing homes, or other intensive residential setting

Eligibility

Eligible recipients must:

- Be age 18 or older
- Have a diagnosis of Severe and Persistent Mental Illness (SPMI), a Serious Mental Illness (SMI), or Traumatic Brain Injury (TBI)
- Severe and Persistent Mental Illness :
 - Schizophrenia
 - Bipolar disorder
 - Major Depression
 - Borderline Personality Disorder
 - Serious Mental illness:
 - Diagnosed Mental Illness where the symptoms or behavior interferes with the person being able reach her or his goals or to live more independently

Eligible recipients must (*continued*):

- Have the ability to set and progress toward her or his goals
- Have a substantial disability and functional impairment in three or more of the following areas, (included in Functional Assessment):



Residential Services of Northeastern Minnesota, Inc.

PO Box 3008 1309 Rice Lake Road
Duluth, MN 55803

ARMHS office: (218) 728-6825 ext: 162

Phone: (218) 727-2696 Fax: (218) 727-2893

Website: www.residentialservices.org

- Mental health Symptoms
- Mental health service needs
- Use of drugs or alcohol (although, this program is not Chemical Dependency treatment)
- Vocational functioning
- Educational functioning
- Social functioning (including use of leisure time)
- Interpersonal functioning (including relationships with the adult client's family)
- Medical health
- Dental health
- Obtaining and maintaining financial assistance
- Obtaining and maintaining housing
- Using transportation
- Where other functional deficits are present due to the effects of SMI or TBI
- Be eligible for MA (Medical Assistance).

Location of Services

We deliver services in:

- The client's home
- The home of a client's relative or significant other
- The client's job site
- The community:
 - Drop-in center
 - Psychosocial clubhouse
 - Social setting
 - Classroom; or
 - Other places in the community

For more information, please contact us on-line from www.residentialservices.org, or at (218) 728-6825 ext: 162