

RISE'S MISSION

Rise unlocks potential and opens doors to success for people with disabilities or other challenges through creative solutions and customized support.

We envision a progressive, supportive, and collaborative environment that fosters meaningful growth and provides opportunities to live a life filled with purpose.

In Anoka County, please contact:

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In Greater Minnesota (Benton, Chisago, Isanti, Kanabec, Mille Lacs, Pine, Sherburne, Stearns, and Wright Counties), please contact:

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An Equal Opportunity Employer

ARMHS - ADULT REHABILITATIVE MENTAL HEALTH SERVICES



**PUSHING BOUNDARIES.
UNLOCKING POSSIBILITIES.**

YOU HAVE GOALS AND DREAMS. RISE CAN HELP YOU MAKE THEM A REALITY

PERSONALIZED SERVICES TO ADDRESS YOUR MENTAL HEALTH AND HOUSING NEEDS

When the symptoms of mental illness get in the way of an individual's ability to live a meaningful life, Rise's Adult Rehabilitative Mental Health Services (ARMHS) can help.

Rise can provide you ARMHS in:

- Your home
- The home of a relative or friend
- Rise offices
- Social and other community settings like the library, coffee shops, community centers, etc.

ARMHS will help you:

- Coordinate and deliver high quality mental health services in natural settings.
- Prevent mental health relapse or crisis, thus reducing the risk of hospitalization.
- Deliver services in a culturally competent manner.

Who is eligible?

- 18 years of age or older
- MA (Medical Assistance) or Prepaid Medical Assistance (PMAP) coverage
- Have a primary diagnosis of a serious mental illness

Together we can address many issues

The role of Rise's mental health practitioner (MHP) is to model, encourage, coach and teach skills so you are able to develop a belief in your own ability to achieve what may have seemed unattainable before.

ARMHS are designated by the State of Minnesota and support you in developing skills in areas such as, but not limited to:

- Interpersonal communication skills
- Community resources use and integration skills
- Relapse prevention skills
- Crisis planning/symptom management
- Transportation skills
- Independent living skills
- Household management skills
- Healthy lifestyle skills and practices
- Medication education
- Mental illness symptom management, relapse prevention
- Transition to community living skills
- Employment-related skills
- Other important aspect of your life

We will create a personalized plan to help guide you toward developing the skills you need to reach your specific objectives and goals. The time you will spend with a MHP varies from person to person, and typically decreases as you achieve your personal goals.