



Lee Carlson Center™
FOR MENTAL HEALTH & WELL-BEING

ADULT REHABILITATIVE MENTAL HEALTH SERVICES (ARMHS)

ARMHS is for individuals with SPMI/SMI who are at least 18 years old and want to enhance their psychiatric stability, social competencies, personal and emotional adjustment, and independent living and community skills.

Services are provided in four focus areas:

- **Basic Living and Social Skills**
Examples: Interpersonal communication, community resource utilization and integration, budgeting, shopping, cooking and nutrition, symptom management, household management, etc.
- **Community Intervention**
- **Medication Education**
- **Transitioning to Community Living**

Recipients will work with their assigned ARMHS worker to schedule sessions for an agreed upon time and location.

The cost of service is billed to Medical Assistance (MA). Services are provided in your home or in the community.

Referrals

To make a referral call our intake line at 763-780-3036 or submit a referral online at leecarlsoncenter.org

Our Mission

To provide exceptional and affordable mental health services for families, children, youth, and adults in our community.

Our Vision

The organization's vision is to be the agency of choice providing accessible, person-centered and creative services, strategies and solutions that promote mental wellness in our community while honoring the uniqueness and dignity of every individual.

About Us

Lee Carlson Center for Mental Health & Well-Being has been a beacon of hope and healing in Anoka County and surrounding North Metro since 1979. We are the only non-profit mental health provider in the community who serves people of all ages.

Our innovative community based programs include:

- Individual, family, and group therapy as well as psychological testing and psychiatric services.
- Family focused domestic abuse program, offering therapy to men, women and children impacted by violence.
- School-based services that help youth from early childhood through high school in 6 school districts across Anoka and North Hennepin counties.
- Bridgeview drop-in center for adults living with serious and persistent mental illness, offering support and therapy groups, housing support and employment services, health and well-being related programming, and training and education.
- In home for children and families (CTSS)
- Intensive Treatment Foster Care (ITFC)



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