ArcaMind | GLOBAL INSTITUTE FOR MENTAL HEALTH SOLUTIONS

CHW Solutions
Community Health Worker services made easy

Problem Management Plus (PM+)

Practical Tools for Managing Client Stress and Adversity

ArcaMind was created to help

The Miller-Dwan Foundation launched ArcaMind in 2024 to address our country's growing mental health crisis and the shortage of care providers.

Our work focuses on evidence-based tools developed by the World Health Organization (WHO), that focus on prevention through problem solving techniques and stress reduction.

We train lay-people, or non-specialists using community-led models, expanding the mental health workers in a culturally responsive manner.

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Prevention-based Approach to Mental Health

PM+ can reduce the burden on the formal systems by working with those in distress to provide skills to reduce stress and anxiety.

PATHWAYS OF CARE



The Problem Management Plus (PM+) Model

The PM+ Model has three facets

Supervised by a licensed professional for clients needing more care

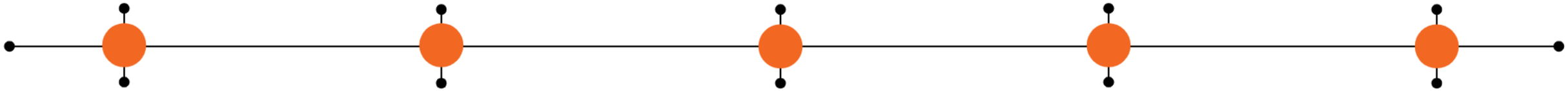
Lay Professionals (PM+ Helpers)

Individuals receiving PM+ (participants/clients))

PM+ Helpers are from the community, so already have relationships and trust.

PM+ meets people where they are at, rather than seeking care in facilities. It can be delivered one-on-one or in group settings.

The Five Session (PM+) Intervention



1 Intro to PM+ Managing Stress

- Introduction & confidentiality (5 mins)
- Review from assessment & PSYCHLOPS (10 mins)
- What is PM+? (20 mins)
- Understanding adversity (30 mins)
- Managing stress (20 mins)
- Ending the session (5 mins)

2 Managing Problems

- General review and PSYCHLOPS (5 mins)
- Managing Problems (70 mins)
- Managing stress (10 mins)
- Ending the session (5 mins)

3 Get Going, Keep Doing

- General review and PSYCHLOPS (5 mins)
- Managing Problems (35 mins)
- Get going, Keep Doing (35 mins)
- Managing stress (10 mins)
- Ending the session (5 mins)

4 Strengthening Social Support

- General review and PSYCHOLOPS (5 mins)
- Managing Problems (20 mins)
- Get going, Keep Doing (20 mins)
- Strengthening social support (30 mins)
- Managing stress (10 mins)
- Ending the session (5 mins)

5 Staying Well Ending PM+

- General review (20 mins)
- Staying Well (30 mins)
- Imagining How to help other (20 mins)
- Looking to the future (15 mins)
- Ending the program (5 mins)

Proven effectiveness of PM+

"PM+ significantly improved mental health outcomes, including anxiety, depression, psychological distress and PTSD. These results suggest that PM+ is effective in enhancing mental health."

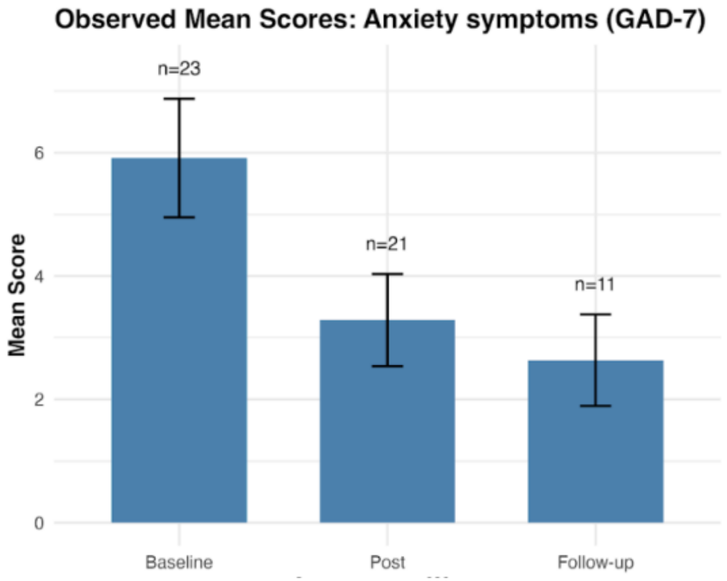
-The effectiveness of Problem Management Plus (PM+) in treating psychological distress, depression, and anxiety: A meta-analysis approach. Advances in Mental Health, 2025.

"PM+ is feasible, acceptable and safe. [It] is effective, with overall moderate to large effect sizes, in improving symptoms of common mental health problems. PM+...can be adapted and effectively delivered by trained helpers to target a wide range of common mental health concerns."

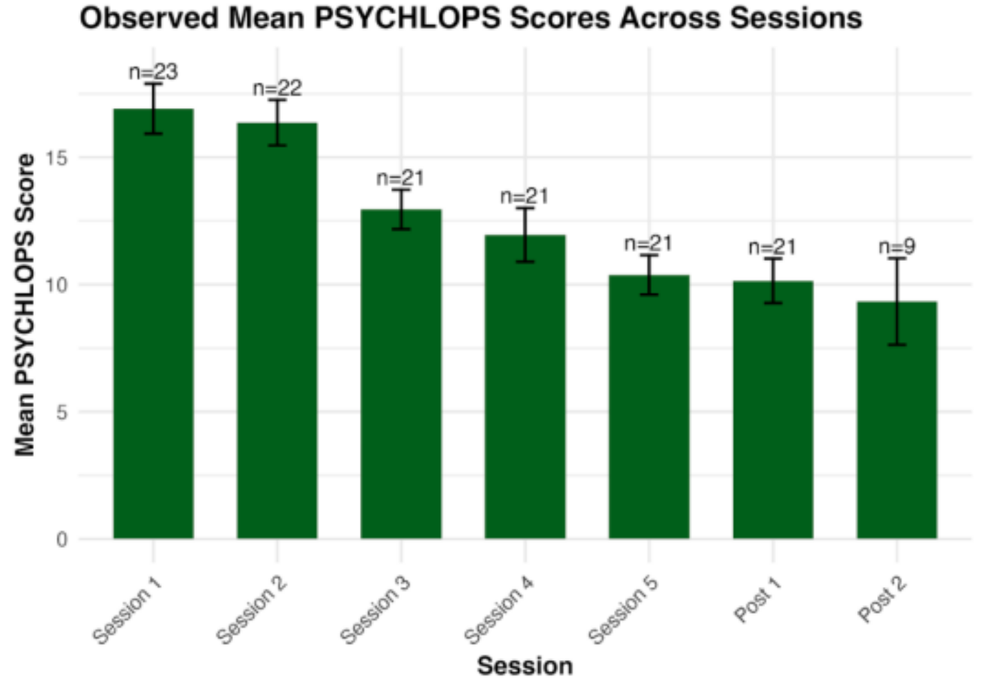
-A scoping review of the literature on the application and usefulness of the Problem Management Plus (PM+) intervention around the world. BJPsychOpen, 2024.

Results from Pilot Project in Minnesota

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Reductions in Anxiety Scores Sustained Over 20 Weeks
Follow-up data has a lower confidence due to response rate.



Using the PSYCHOLPS (client perspective on their own psychological distress), a steady decline occurred over the 5-sessions. **This was maintained and continued to drop 20-weeks post intervention.**

Divine Konnections

"I think anyone working in human services should have this training." -- PM+ Helper

How have the skills you learned in PM+ training impacted your own life?

81.8%

Helpers that had positive responses

CHW Solutions

Community Health Worker services made easy

1. Women-owned business launched in 2016

2. Based in St. Paul, MN with a statewide service area and national presence

3. Dedicated to developing sustainable models for CHW services

4. Service buckets:
    - Direct CHW services
        a) Health education
        b) Patient self-management skill building
        c) Connections to community resources
    - Clinical oversight and claims submission
    - Technical assistance and consulting



PM+ an Excellent Fit in the CHW Swim Lane

- **Tailored for non-clinical workforce**
- **Uses an established assessment tool**
- **Focuses on managing everyday stressors incorporating health education, self-management skill building, and community connections**
- **Delivers an intervention that bridges coping skills with practical problem-solving skills**
- **Structured to be delivered in a patient's native language in culturally appropriate manner**
- **Patients can be referred specifically for PM+ interventions or PM+ can be incorporated as stressors are identified**



Learning resources for CHW services reimbursement:

1. DHS MHCP CHW Provider Manual (click here)
2. DHS MHCP CHW Enrollment Criteria and Forms (click here)
3. MDH/CHW Solutions CHW Billing Tool Kit (click here)

Problem Management Plus in Practice

We look forward to hearing more about your ideas!

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