



# ArcaMind

GLOBAL INSTITUTE FOR  
MENTAL HEALTH SOLUTIONS

## What others are saying about the benefits of Problem Management Plus (PM+)

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### Employers

“The strength of PM+ lies in its simplicity and accessibility. The strategies require minimal effort from participants and can be seamlessly integrated into daily routines, even for those experiencing significant stress.

“It’s easy to overlook simple yet effective ways to support wellbeing. PM+ not only reinforces these strategies, but also fosters connection. Many participants initially feel isolated, but hearing from others with similar experiences helps build a sense of belonging and support. This program has been instrumental in providing much-needed reflection and community.”

– **Sharita Khatiwada, Mental Health and Psychosocial Counselor, International Rescue Committee (IRC) Atlanta**

“PM+ has helped initiate broader conversations about mental health, reducing stigma and increasing awareness. Many clients initially believed there was little they could do to improve their mental health due to a lack of knowledge or resources. However, these sessions proved invaluable—not only for them, but also for their communities. Many participants shared what they learned with friends and family, allowing the benefits of PM+ to extend well beyond the group setting.”

– **Diana Gomez, Mental Health Specialist, International Rescue Committee (IRC) Atlanta**

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### PM+ Training Participants

“Grounding in mindful techniques and taking the time to listen with empathy are the hallmarks that make this program work. Helping others resolve their problems in a way that empowers them to gain control will serve them now and in the future.”

– **Carl Huber, Community training participant**

“I am forever a better fitness instructor and human being after going through PM+ training.”

– **Heidi Rudstrom, ForeverWell Coordinator, Duluth Area Family YMCA**

## PM+ Training Participants, continued

I am writing to share my positive experience and wholehearted testimonial regarding my recent participation in the PM+ (Problem Management Plus) training.

The PM+ training has been an incredibly valuable journey for me, both professionally and personally. Throughout the course, I gained a deep understanding of practical, evidence-based strategies for supporting individuals experiencing stress, adversity, or mental health challenges. The training was comprehensive, well-structured, and delivered in an engaging manner that made even complex topics accessible and practical.

I particularly appreciated how interactive the sessions were, allowing me to actively participate, ask questions, and practice the skills I was learning. Role-plays, group discussions, and real-life scenarios helped me build my confidence and refine my techniques. The facilitators were knowledgeable, supportive, FUN, and created a safe learning environment where I felt comfortable to share and learn from others.

Through this training, I have developed crucial skills in problem-solving counseling, stress management, behavioral activation, and strengthening social support networks. I now feel far better equipped to help individuals navigate challenges and improve their well-being in meaningful ways.

Participating in PM+ has significantly enhanced my professional capacity to provide support, and I am excited to apply these skills in my work. I am grateful for the opportunity to be part of this training and highly recommend it to anyone seeking to expand their skills in mental health and community support interventions.

Thank you to the entire PM+ team for your dedication and for providing such an impactful and empowering learning experience.

**- Jamie, Director of Mission Services, True North Goodwill**

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## PM+ Training Recipient

“When I started the PM+ program I felt like a pinball – unfocused, with constant emotional highs and lows, and I lacked confidence in myself. Following the learning of the PM+ strategies, I became a better advocate for myself, making it possible for me to ask for help. This area had been really difficult, because I didn't want to bother others. The deep breathing has changed my life. I feel more calm, less rushed. I can give myself more grace and use a softer approach with others.”

**Anne, PM+ support recipient**

