

Dartmouth PRC HAZELDEN

Evidence-Based Resources for Behavioral Health

THIRD EDITION

Illness Management and Recovery

Personalized Skills and Strategies
for Those with Mental Health Disorders

Implementation Guide

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Our mission is to create and publish a comprehensive, state-of-the-art line of professional resources—including curricula, books, multimedia tools, and staff-development training materials—to serve professionals treating people with mental health, addiction, and co-occurring disorders at every point along the continuum of care.

For more information about Dartmouth PRC–Hazelden and our collection of professional products, visit the Hazelden Behavioral Health Evolution website at www.bhevolution.org.

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As part of the Hazelden Betty Ford Foundation, Hazelden Publishing offers both cutting-edge educational resources and inspirational books. Our print and digital works help guide individuals in treatment and recovery, and their loved ones. Professionals who work to prevent and treat addiction also turn to Hazelden Publishing for evidence-based curricula, digital content solutions, and videos for use in schools, treatment programs, correctional programs, and electronic health records systems. We also offer training for implementation of our curricula.

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HOW TO USE THE CD-ROM

Included with this program is a CD-ROM that contains the participant handouts and additional facilitator materials. All the documents on the CD-ROM are in PDF format and can be printed and copied for your personal use.

To open the documents on the CD-ROM, you will need Adobe Reader. If you don't have Adobe Reader, this software can be downloaded for free at www.adobe.com.

For a list of what is contained on the CD-ROM and for further instructions, please see the *Read Me First* document on the CD-ROM. Additional information is also located in the appendix of this guide, and thumbnail views of the first page of each CD-ROM document are shown at the end of the Session Guidelines manual.



ACKNOWLEDGMENTS

As we publish the third edition of *Illness Management and Recovery (IMR)*, we wish to thank the many people who have been vital to its development and refinement during the past years.

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Finally, we wish to express our deep appreciation and gratitude to the many consumers and families who have participated in IMR, shared their stories, provided feedback, and enabled us to strengthen the recovery message and improve the overall program.



INTRODUCTION TO THE THIRD EDITION

The Illness Management and Recovery (IMR) program is designed to teach people with severe mental disorders how to more effectively manage their mental health disorders, also referred to as psychiatric disorders, thereby enabling them to make progress toward achieving their personal recovery goals. Developed from a comprehensive review of the research literature, IMR incorporates evidence-based strategies and presents illness self-management information and skills through a structured curriculum. The program materials are taught through a combination of motivational, educational, and cognitive-behavioral methods.

Early work on the IMR program demonstrated that it was feasible to provide IMR in routine settings serving people with severe mental disorders and indicated that the program could be implemented with high fidelity to the model and that effective implementation could be sustained over time. More recent controlled research on IMR has shown that the program improves illness self-management skills as well as symptomatic and functional outcomes.

Published by the Substance Abuse and Mental Health Services Administration (SAMHSA) and made available online in 2003, the original version of IMR included nine modules but no information about implementing the program in a group format. The revised, second edition of IMR was largely completed in 2006 and made available online in 2010.

Since its first release, IMR has been implemented across numerous states and countries with thousands of participants. This third edition of IMR incorporates a wide range of improvements and refinements based on the authors' collective experience and that of many other practitioners of IMR through the years.

The educational curriculum has been thoroughly updated and expanded upon, and the handouts for each of the now eleven modules have been modified to make them more user-friendly and easy to teach from. Improvements incorporated into the third edition include these:

- Optional module called Healthy Lifestyles has been added to the program.
- The handout Practical Facts about Schizoaffective Disorder has been added to module 2.

- New information about medications appears in module 5, *Using Medication Effectively*.
- New “Check It Out” sections in the handouts help participants apply information they have learned to their own experiences and encourage them to actively try strategies and skills during the sessions by using role plays.
- New Home Practice Sheets in the handouts ask participants to choose an activity that will help them put a new strategy or skill into practice and identify a step they will take toward their goal before the next session.
- The Session Guidelines have been expanded and include information on teaching each topic area in group sessions.
- Thumbnail views of the first page of each document on the CD-ROM are shown at the end of the Session Guidelines manual.
- All materials have been updated to reflect *DSM-5* language and criteria.

This Implementation Guide provides the information and teaches skills that organizations and practitioners need to implement the program. Practitioners will find tips for putting an organizational structure in place, strategies for engaging participants, and solutions to common problems in goal-setting and goal follow-up among IMR participants. Information on helping participants plan their progress after IMR, guidance on support groups, and recent research findings on the program are also provided.

Finally, in addition to the familiar IMR practitioner forms, many new and updated materials are available on the enclosed CD-ROM. Some of these new materials include

- certificates for completing modules and graduating from the IMR program
- a list of activities that practitioners can use to enliven IMR sessions
- an IMR Goal-Tracking Sheet to record and update participants’ progress toward short- and long-term recovery goals
- a Payoff Matrix to help participants explore the pros and cons of changing or not changing a specific illness management-related behavior

Altogether, the third edition of IMR contains multiple improvements that will ease the work of practitioners and speed participants’ acquisition of illness-management skills and, most importantly, contribute to their progress toward recovery.