

# ILLNESS MANAGEMENT AND RECOVERY

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# What is Illness Management and Recovery?

- Illness Management and Recovery is a program that helps people:
  - Set meaningful goals for themselves
  - Acquire information and skills to develop more mastery over psychiatric illness
  - Make progress toward personal recovery



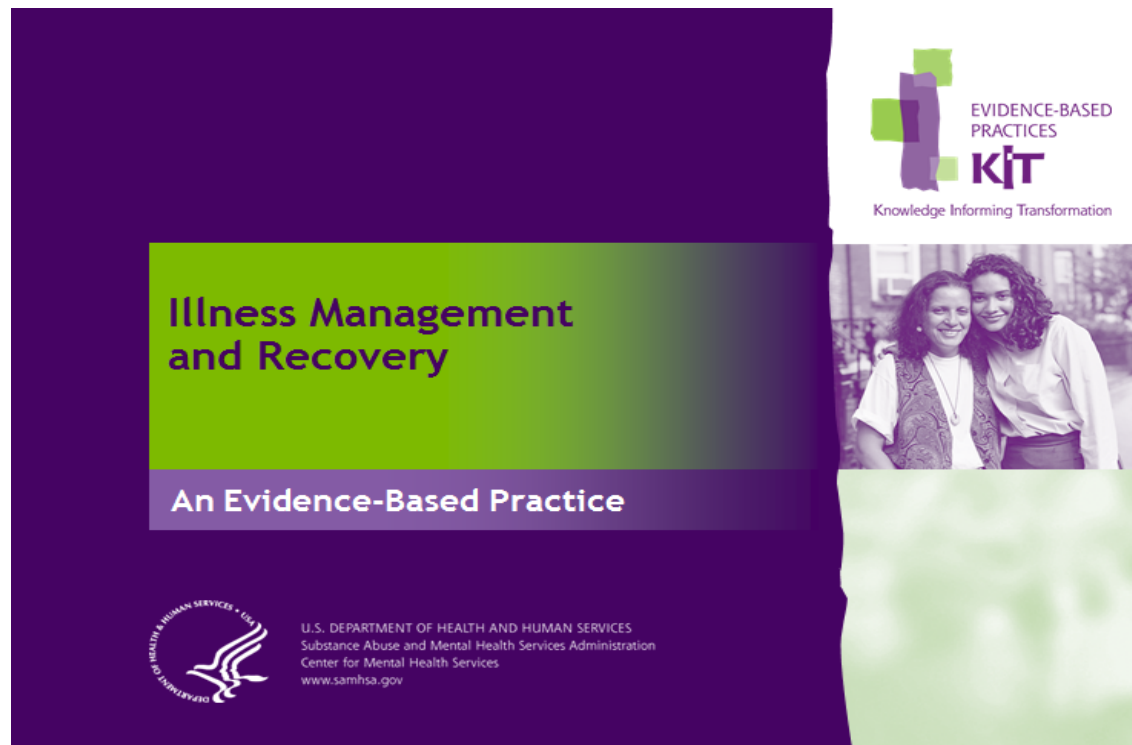
# Core Values of IMR

- Hope
- Respect
- Consumer and Practitioner collaboration
- Personal choice



# IMR Project Leaders

Kim Mueser and Susan Gingerich of the  
Dartmouth Research Center



# IMR Project Leaders



Mary Ellen Copeland

Author, educator and mental health  
advocate

Wellness Recovery Action Plan (WRAP)

[mentalhealthrecovery.com](http://mentalhealthrecovery.com)

# Core Ingredients of IMR

- 3-6 months of weekly sessions conducted by practitioners
- Educational materials that contain practical information and strategies
- Practitioner's guide with tips for teaching people about mental illness and helping to implement strategies

# IMR Topics

- Recovery Strategies
- Practical Facts about Mental Illness
- Stress-Vulnerability Model
- Building Social Support
- Using Medication Effectively
- Alcohol and Drug Use
- Reducing Relapses
- Coping With Stress
- Coping with Problems and Symptoms
- Getting Your Needs Met in the Mental Health System



# What is the evidence?

40 randomized controlled studies of illness management programs were reviewed.

Four effective components of successful programs were identified.

See: Mueser, K. et.al. (2002) Illness management and recovery for severe mental illness: a review of the research. *Psychiatric Services*, 53, 1272-1284.



# What is the evidence?

- Psychoeducation
- Simplifying Medication
- Behavioral Tailoring of Medication Plans
- Social Skills Training for working with Prescribers
- Motivational Interventions
- Relapse Prevention
- Coping Skills Training

# Workbook Structure



- Introduction
- Goals
- Number and pacing of sessions
- Structure of the session
- Motivational strategies
- Educational strategies
- Cognitive-behavioral strategies
- Homework
- Tips for common problems
- Review questions

# Structuring the Session

1. Informal socializing, identification of major problems. 1-3 min.
2. Review the previous session. 1-3 min.
3. Discuss previous homework. Praise all efforts and problem solve obstacles. 3-5 min.
4. Follow up on goals. 1-3 min.
5. Set the agenda for the current session. 1-2 min.
6. Teach new material. 30-40 min.
7. Agree on new homework. 3-5 min.
8. Summarize progress in current session. 3-5 min.