

"CIBHS seeks to establish new sites for evidence-based practices that have shown successful outcomes."

Illness Management and Recovery (IMR) is an evidence based psychiatric rehabilitation practice. The curriculum of IMR can be used in both a group and individual setting. The primary aims of IMR are to empower participants to:

- Set and work towards meaningful goals
- Explore information and practice skills to develop mastery over their wellness
- Make progress towards their own personal vision of recovery

IMR Research:

Overall, individuals who participated in IMR improved in the following areas:

- Increased their knowledge of mental illnesses (or challenges to wellness)
- Reduced relapses and re-hospitalizations
- Reduced symptoms (distress from extreme states)
- Used medications more consistently (when used as a wellness strategy)

How is IMR delivered?

- An IMR Orientation Session
- 11 Modules of curriculum covered in weekly group or individual sessions co-facilitated by peer specialists
- Weekly individual outreach offered in between group sessions

What are the topics covered in IMR?

- Recovery strategies
- Practical facts on mental illness
- Stress-Vulnerability Model and treatment strategies
- Building social support
- Using medication effectively
- Drug and alcohol use
- Reducing relapse
- Coping with stress
- Coping with problems and persistent symptoms
- Getting your needs met in the mental health system
- Healthy Lifestyles

For more information on starting an IMR program at your agency please contact Rick Goscha at the California Institute for Behavioral Health Solutions (CIBHS): 916.956.4309 or RGoscha@cibhs.org.