IMR Module 1 - Overview

1.1 Title Slide

Notes:

Illness Management and Recovery (IMR)

An Overview

Northeast and Caribbean MHTTC at Rutgers University

2021

1.2 About the Series

About These Modules

These modules consist of 3 one hour sessions with interactive exercises and assessments.

01 Illness Management and Recovery (IMR)
Overview of IMR and its Relationship to Recovery

02 IMR Educational Modules and Goal Setting
Running an IMR group, contents of the IMR program and goal setting strategies

03 Practical Strategies for IMR Clinicians
Motivational, educational and cognitive behavioral strategies

Use headset for best audio experience

Northeast and Caribbean (HHS Region 2)
MHTTC Mental Health Technology Transfer Center Network
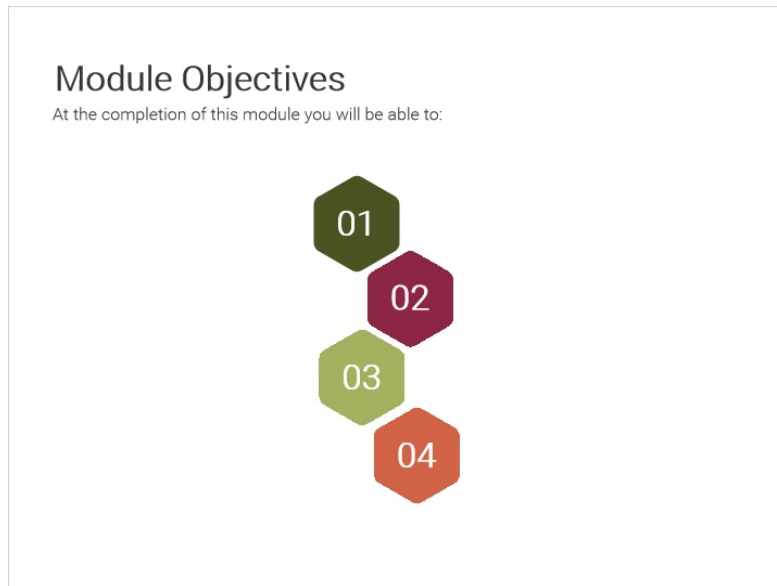Funded by Substance Abuse and Mental Health Services Administration

Notes:

Welcome to the first module in a series of three on Illness Management and Recovery! I am glad you could join me as we talk about this important topic. Illness Management and Recovery, also referred to as IMR, is a structured program that helps individuals with mental health conditions seek meaningful goals for themselves, acquire information and skills to develop more control over their mental health conditions, and make progress towards their own personal recovery.

In this course, participants will learn how illness management relates to recovery, become familiar with the IMR program's core values and content, and review motivational, educational and cognitive behavioral strategies for IMR practitioners.

There are three modules in this series, each taking approximately one hour to complete. The modules contain content that focuses on different areas to consider, along with resources, multimedia, reflective opportunities and assessments.   Progressing through the modules is straightforward. There are links at the top of the screen for resources and a transcript. You can pause the audio at any time. Printed instructions can be found in the

Resource section of the module.

1.3 Objectives

Notes:

This first module will introduce you to Illness Management and Recovery, or IMR, an evidence-based practice that helps individuals develop tools to manage their mental health condition, set meaningful goals, and make progress toward their recovery.

Click on the tiles to view the objectives for this self-paced module.

At the completion of this module you will be able to:

1. Define recovery and identify its common elements
2. Explain the relationship between illness management and recovery
3. Explore the core values of IMR
4. Identify the evidence-based components of IMR

1.4 Your Guide

Your Guide

Jennifer Sperduto, MS, CPRP

Lecturer, State Hospital Psychiatric Rehabilitation Initiative
Department of Psychiatric Rehabilitation & Counseling Professions
Rutgers, The State University of New Jersey

Develops and implements recovery oriented programming.

- 25 years experience in the mental health field
- Experienced in a variety of settings
- Trainer, consultant and evaluator
- Focused on implementation and fidelity of evidence-based practices
- Developed curricula for recovery-oriented programming to improve discharge at state hospitals

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Notes:

The creator of this course is Jennifer Sperduto, a Lecturer from the Department of Psychiatric Rehabilitation and Counseling Professions at Rutgers University, School of Health Professions. Jennifer has worked in the mental health field in a variety of community settings for over 25 years, and currently provides technical assistance, consultation, and training to the staff of a state psychiatric hospital. She develops and implements recovery-oriented programming at the state hospitals, and one of those programs is Illness Management and Recovery that you'll be learning about today.

1.5 Words Have Power

Notes:

Before we begin this course, I'd like to take a moment to address the language and terms I'll be using throughout the course. As I go through this review, I encourage you to take inventory of the language you use within your practice to determine how it helps or hinders building a positive, recovery-oriented environment. Language is very important and it is my intention to use terms that are affirming, respectful, inclusive and recovery-oriented.

To this end, I will be using the terms people or individuals and people or individuals with mental health conditions to describe people who are participating in mental health services. When describing these individuals in the Illness Management and Recovery program, I will use the term participants as this reflects their group member status. I will be using the term practitioner to describe people who are delivering mental health services and supports and facilitator to describe people who are delivering the Illness Management and Recovery program. These terms are intended to be inclusive of all practitioners and facilitators despite various training or educational backgrounds and position titles, for example, psychologists, social workers, counselors, peer specialists, case managers, and more.

1.6 Reflection: What is Recovery?

Reflection: What is Recovery?

How do you define recovery? What does recovery mean to YOU?

Identify at least 2 indicators of recovery.

After you've written down your answer, check to see how other people previously responded.

Please note your answers are NOT stored and will automatically be deleted once you advance to the next slide.

YOUR ANSWER   WHAT OTHERS SAY

type your text here

Notes:

I'd like to begin this course by asking you to think about how you define recovery.   We can recover from many things, not just a mental health condition or an addiction.

So, how do you define recovery? What does recovery mean to you? Take a moment now to think about what recovery means and identify at least 2 indicators of recovery. Type your text in the box provided. Then select the tab "What Others Say" to compare your response to others.

Tab - What Others Say
People have previously responded to this question with answers such as:
Feeling better
Emotional or physical healing
Regaining something lost or taken away
Being in control of your life
Feeling happier
Moving forward
Achieving a better quality of life

1.7 Definition of Recovery

Notes:

Let's look at some other definitions of recovery. Dr. Patricia Deegan's definition is often cited. Dr. Deegan is a Clinical Psychologist, a Professor at Dartmouth University, an advocate for disability rights, and a pioneer in the mental health recovery movement. She was also diagnosed with schizophrenia at age 17. Much of Dr. Deegan's work focuses on recovery and empowerment for people with lived experiences of mental health conditions.
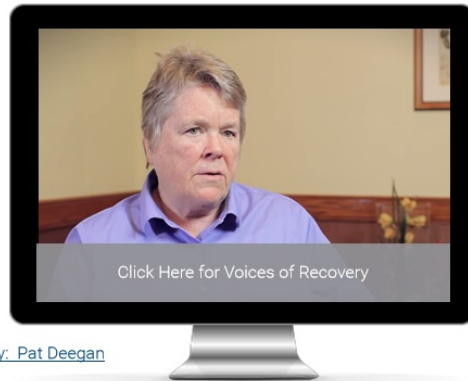
She says:
"Recovery is a process, a way of life, an attitude, and a way of approaching the day's challenges. It is not a perfectly linear process. At times our course is erratic and we falter, slide back, regroup, and start again. …[T]he need is to reestablish a new and valued sense of integrity and purpose within and beyond the limits of the disability; the inspiration is to live, work, and love in a community in which one makes a significant contribution."

1.8 Voices of Recovery

Voices of Recovery

Watch this inspiring video of Pat Deegan as she discusses her experience of being diagnosed with schizophrenia and the people and events that sparked and shaped her recovery journey.

Click Here for Voices of Recovery
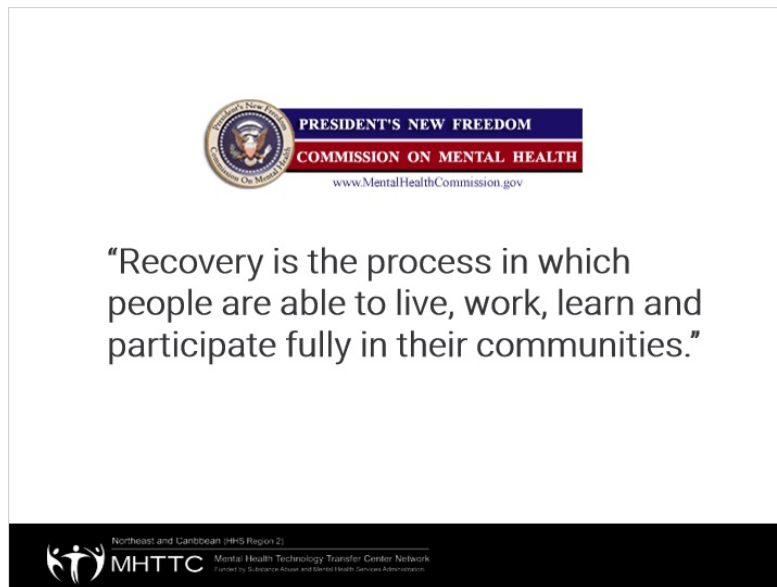
Voices of Recovery: Pat Deegan

Notes:

Take the time to watch this 5 minute video in which Pat Deegan discusses her experience of being diagnosed with schizophrenia at age 17, and the people and events that sparked and shaped her recovery journey.

Video Link:
https://www.youtube.com/watch?v=yawlKbOvHHo

1.9 New Freedom Commission

Notes:

As people pushed for more recovery-oriented services, it became more and more apparent that services for people with mental health conditions and disabilities were fragmented. In 2002, President Bush unveiled the New Freedom Commission on mental health to address the problems in the current mental health delivery system and to increase educational and employment opportunities for people with disabilities, including adults experiencing mental health conditions.

The vision statement of this Commission is: "We envision a future when everyone with a mental illness will recover, a future when mental illnesses can be prevented or cured, a future when mental illnesses are detected early, and a future when everyone with a mental illness at any stage of life has access to effective treatment and supports - essentials for living, working, learning, and participating fully in the community."

Their definition of recovery is: "Recovery is the process in which people are able to live, work, learn, and participate fully in their communities."

1.10 Reflection: Necessary Items for Recovery

Notes:

As we can see from Dr. Deegan's description and the definition put forward in the Presidents' New Freedom Commission, recovery is individualized, and can have multiple definitions.

We all have something from which we've recovered or are in the process of recovering. Think about something in YOUR life, something significant from which you've needed to recover. It could be an illness, a loss of a relationship or divorce, loss of a job, a death of a loved one, a physical injury or accident. What did you need during your recovery? What helped YOU in your recovery process? Type your answer in the box. Then select the tab "What Others Say" to compare your response to others.

What Others Say
People have previously responded to this question with answers such as:
Time
Support
Friendship
Family
Knowledge

Hope
Professional help
Acceptance
Personal choice
Focusing on positives/strengths
The opportunity to try, fail and grow

1.11 Common Elements of Recovery

Notes:

As many of the responses show, there are some common elements to recovery, despite the fact that people can be recovering from different types of life events.   Click on each tab to find out more.

Individualized
Each person's recovery process is unique. One person's recovery does not look like another's. Because of this, recovery supports should be individualized and person-centered, meaning supports, activities,

interventions and services should be tailored to the individuals' needs. The supports one person finds helpful to their recovery may not be the same for someone else.

Empowerment
Recovery involves empowerment, which is the process of becoming stronger, gaining confidence, and being more in control of one's life. Empowerment includes reclaiming authority and responsibility for your own life.

Self-Direction
Recovery should be based on self-direction. This gives individuals the freedom to be independent and make decisions and choices for themselves. It also involves the "dignity of risk".   Sometimes mental health providers and others who care about people living with mental health conditions want to protect them from negative consequences. To this end they may try to dissuade the individual from trying something new because they're concerned it won't work out or the individual will fail. The dignity of risk is the idea that everyone should have the opportunity to take reasonable risks, try, fail, grow and learn from those experiences.

Strengths-Based
Another common element of recovery is that it is strengths-based. Some approaches to mental health treatment focus on impairments and limitations. Recovery is supported by approaches that focus on what the person CAN do, rather than what they cannot.

Nonlinear
Recovery is not time limited, nor is it a linear process. It's a process that doesn't always follow a straight path and doesn't always look like forward progress. Recovery is about making progress, having some setbacks or relapses, and continuing to move onward.

Support
We don't typically recover alone. We need the support of others. Support is an integral part of recovery and can come in many forms. Support can come

from family, friends, professionals, and peers. Peer support, or support from someone who has had similar experiences, can be a powerful element of recovery.

Holistic

Another element of recovery is that it is holistic and embodies the whole person. This means that recovery is not just about reducing the symptoms of the condition, but living a full and fulfilling life. A holistic approach looks at the social, physical, spiritual and emotional dimensions impacted by the condition as well as the strengths that someone has in each of these areas.

Hope

And, finally, HOPE. Hope that things can and will get better and hope for the future. This element is critical to the practice of Illness Management and Recovery. Hope is the quality that motivates us to achieve goals and to keep moving forward. Hope is the driving force that helps us persevere, even when things are difficult. One of the goals of IMR is to inspire people to become hopeful about their recovery.   We, as practitioners, have to be hopeful for people when they don't have hope for themselves.

1.12 8 Dimensions

Notes:

As we mentioned previously, recovery doesn't only mean the freedom from or the absence of symptoms of a condition. Recovery is about looking at the whole person and understanding what impact the condition has had in all life domains. For example, if someone is experiencing acute psychiatric symptoms that affect their ability to work, this could impact their financial and environmental well-being. Increased stress from this could affect them physically and also impact their ability to participate in meaningful activities or relationships.
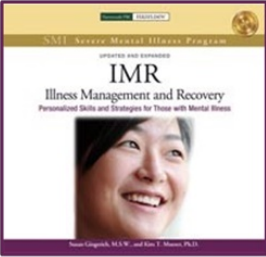
One of the models that highlights the holistic element of Recovery is a model from SAMHSA that comes out of Dr. Peggy Swarbrick's work and others that includes 8 wellness dimensions. This model describes holistic wellness as a critical resource for ALL people to achieve their life goals. It is a very personal, self-defined state that encompasses balance in the 8 dimensions or life domains.

Like recovery, wellness is not necessarily the absence of disease, illness, and stress but the presence of purpose in life, active involvement in satisfying work and play, joyful relationships, a healthy body and living environment,

happiness and supportive relationships.

1.13 What is IMR and How Does It Relate to Recovery?

Notes:

So, now that we've defined recovery, let's take a look at what the IMR program is and explore how illness management relates to recovery.

Illness Management and Recovery is a structured program that helps individuals with mental health conditions seek meaningful goals for themselves, acquire information and skills to develop more control over their mental health condition, and make progress toward their own personal recovery.

Illness management is related to recovery in that the program provides individuals with knowledge, tools and supports to manage their condition so they can minimize relapses and avoid hospitalizations. Less time spent hospitalized means more time for pursuing personal goals and doing the things that are important and meaningful to them. Less distress from

symptoms can lead to a better quality of life.

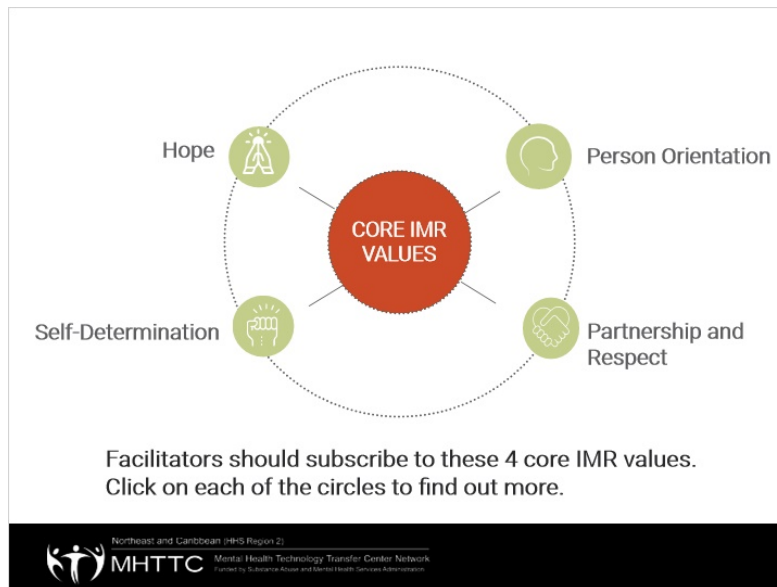## *1.14 Goals of IMR*

Notes:

So how does IMR help participants do that?

The overall goals of IMR are to:

- Inspire people to become hopeful about their recovery, especially at times when they may not feel very hopeful;

- Prepare people to be informed decision-makers about their own treatment, as the individual is the expert on themselves;

- Free people up to spend less time dealing with their mental health condition and more time enjoying life; and finally,

- To help people gain a sense of control over their mental health condition and their future.

1.15 Core IMR Values

Notes:

There are core values in Illness Management and Recovery that all facilitators should subscribe to. You might hear some similarities between these values and the common elements of recovery we discussed earlier. Click on each of the circles to find out more.

Hope
Hope is essential and critical for recovery. As facilitators of this program, it is our job to be hopeful for people when they don't have hope for themselves. We need to provide hope that recovery isn't only possible but it's a reality for many people who experience a mental health condition.

Person Orientation
People have strengths, talents, and interests, not just limitations, deficits and condition-related characteristics. We want to focus on strengths and what people can do and not what they can't. We believe that everyone has the capacity to learn, grow and recover. One way we demonstrate this value is to focus on past successes and build on those in the present.

Self-Determination

People with mental health conditions have a right to choose what are important to them and how they want to proceed in achieving those goals. Individuals should be empowered to make decisions regarding their own treatment and choices. A practitioner or facilitator's role in IMR is to provide information and support the person to make informed choices for THEMSELVES.

Partnership and Respect

Partnership is really the spirit of IMR. Facilitators work side-by-side with the person in an equal relationship that demonstrates respect; respect for the person, their choices, and their *experience.*

1.16 Unique About IMR

Notes:

Beyond the core values of IMR there are several elements that make it different than other programs. Click on each tab to find out more.

Structure

The information in IMR is presented to participants in a structured manner following a detailed agenda. This structure makes it easier for participants to learn the material and actively participate. We will cover this in more depth in the next module.

Comprehensiveness

IMR covers a wide variety of topics such as recovery strategies, medication management, avoiding drugs and alcohol, developing social supports and coping skills, getting your needs met in the mental health system, along with relapse prevention and living a healthy lifestyle.

Format

IMR is a manualized program that is structured to maximize learning and address a variety of learning styles. The information is presented in various ways, using activities, checklists, discussions, role playing, and skills practice to reinforce learning.

Recovery

IMR is based on the concept of recovery, therefore all content is connected to one's personal recovery goal, making it personally relevant for each person. Participants are more motivated to pursue a goal if it is personally meaningful.

Evidence-Based Foundation

IMR has an evidence-based foundation. Evidence-based practices are approaches that have demonstrated effectiveness in producing specific outcomes across multiple research trials. IMR is composed of several evidence-based approaches.

1.17 Effective Components of IMR Programs

Notes:

As was mentioned, part of what makes IMR unique is that it was developed as a combination of practices that already had an evidence base. Click on each of the tabs to explore the evidence-based components that make up IMR.

Psychoeducation

Psychoeducation is the process of teaching individuals with mental health conditions about those conditions, the associated symptoms, and rehabilitation and treatment options. Psychoeducation has been shown to improve knowledge. However, knowledge alone doesn't lead to recovery. It's the knowledge, in combination with additional approaches, that improves outcomes.

Behavioral Tailoring for Medication

Behavioral tailoring for medication adherence involves developing strategies to simplify taking medication, incorporating medications into a daily routine, setting up cues and reminders in one's environment, helping to develop a plan, and establishing new routines. Behavioral tailoring has been shown to improve medication adherence.

Relapse Prevention Training

Relapse prevention training includes identifying triggers and early warning signs of a relapse, strategies to implement when warning signs happen, and developing plans to get support when needed. Relapse prevention training has been shown to reduce relapses and help people avoid hospitalizations.

Coping Skills Training

Coping Skills Training reduces the severity of persistent symptoms and decreases the distress experienced from symptoms. Coping skills training helps an individual evaluate their current coping skills, amplify the use of effective skills, and learn new skills to manage symptoms.

Social Skills Training

Social Skills Training helps to improve social functioning, including quality and number of relationships and improves interpersonal skills that are related to achieving recovery goals.

1.18 Positive Results

Notes:

While the separate components utilized in IMR are evidence-based, since its inception, there have been additional studies conducted to test the effectiveness of the combination of strategies used in the Illness Management and Recovery program.

Studies of IMR have found an increase in participants' knowledge of mental health conditions and an ability to cope with symptoms, a decrease in distress related to symptoms, and an improvement in hope and progress toward goal achievement.

One particular study, done with IMR participants in a state psychiatric hospital, found that for every hour of IMR programming the individual attended, there was a 1.1% LESS chance they would return to the hospital, suggesting that IMR has the potential to increase community tenure after discharge.

1.19 Fidelity

Notes:

As with other evidence-based approaches, the IMR program has a fidelity tool that measures both the clinical and programmatic fidelity group implementation of IMR to ensure that the group is being run according to the "IMR formula" and the elements that make it effective.

The programmatic fidelity tool assesses the structural components of the group, such as number of participants, availability of materials for participants, and the comprehensiveness of the curriculum.

The clinical fidelity tool measures the process components of the group and the group facilitator, such as the use of particular teaching strategies, goal setting approaches, relapse prevention training, and hopefulness of the group facilitator.

Fidelity assessments should be done periodically to provide feedback to facilitators so they can offer the most effective group. Although the fidelity tools were designed to be used for group-format delivery, the tools can also

be adapted to measure the fidelity of one-to-one sessions.

1.20 Moving On

Notes:

In this module you've learned about recovery, the relationship of illness management to recovery, and Illness Management and Recovery as a program to help individuals with mental health conditions set meaningful goals and make progress towards their recovery.

In the next module we will discuss the content and topic areas covered in the IMR program, review the educational handouts and experiential activities for groups, and present the process for goal setting. Please join us!