

Illness Management & Recovery

Implementation Resource Kit



DRAFT VERSION

2003

Information for Family Members and Other Supporters

What is the Illness Management and Recovery Program?

The Illness Management and Recovery Program consists of a series of weekly sessions in which specially trained mental health practitioners help people who have experienced psychiatric symptoms develop personal strategies for coping with mental illness and moving forward in their lives. The program can be provided in an individual or group format, and generally lasts between 3 to 6 months.

What are some of the benefits of the Illness Management and Recovery Program for people who have experienced psychiatric symptoms?

- ▶ Learning about mental illness and strategies for treatment
- ▶ Decreasing symptoms
- ▶ Reducing relapses and rehospitalizations
- ▶ Making progress toward goals and recovery

What will be taught in the Illness Management and Recovery Program?

The following subjects are covered in educational handouts:

1. Recovery Strategies
2. Practical Facts About Mental Illness
3. The Stress-Vulnerability Model and Treatment Strategies
4. Building Social Support
5. Reducing Relapses
6. Using Medication Effectively
7. Coping with Stress
8. Coping with Problems and Symptoms
9. Getting Your Needs Met in the Mental Health System

How can family members and other supporters help?

With the permission of the person who has experienced psychiatric symptoms, you can help by:

- ▶ Reading the educational handouts used in the program
- ▶ Attending some sessions with the practitioner and the person who has experienced psychiatric symptoms
- ▶ Reviewing the educational handouts with the person
- ▶ Helping the person develop and implement plans for coping with symptoms, reducing relapses, and pursuing recovery goals

How can people find out more about participating in the program?

- ▶ Visit our web site: www.mentalhealthpractices.org
- ▶ Contact your local community mental health center