

# Illness Management and Recovery

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“Illness Management and Recovery (IMR) 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.” (IMR Implementation Resource Kit)

Eleven modules (which include educational handouts for participants) cover such subjects as recovery strategies, practical facts about mental illness, the Stress-Vulnerability Model of mental illness, building social supports, reducing relapses, using medications effectively, coping with stress, coping with problems and symptoms, substance use, healthy lifestyle habits, and getting needs met in the MH system.