

# Community Support Services

A Program of

The Mental Health Center of Greater Manchester

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For more information visit:

[www.mhcgm.org](http://www.mhcgm.org)



The Mental Health Center  
of Greater Manchester

The Mental Health Center is a 501(c)3 charitable organization, serving more than 11,000 individuals each year. Nationally recognized for our treatment programs and leading-edge system of care, the MHCGM is the largest outpatient mental health provider in the state of NH and provides comprehensive behavioral health care services for individuals of all ages, with a focus on restoring health and improving quality of life.

# Illness Management & Recovery (IMR)

## Moving Towards Recovery



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## Illness Management and Recovery

IMR consists of a series of weekly sessions intended to help people experiencing symptoms of mental illness learn strategies for coping with their symptoms, preventing relapses and achieving recovery goals. It is a clearly understood, step-by-step approach to illness self-management and wellness. Consumers can choose to involve their family or other support persons in parts of the process.

## Why Does IMR Work?

IMR is an Evidence-Based Practice, meaning it has been proven to be effective in two or more scientific studies. The principles of IMR include:

- ◆ Personal responsibility
- ◆ Education
- ◆ Self advocacy
- ◆ Support
- ◆ Hope

Consumers develop their own definition of recovery, which many view as a process rather than a destination. The program is a series of individual or group sessions that meet weekly to help you and other consumers develop personal strategies for coping with mental illness and moving forward in life. There will be a pre-determined number of sessions.

## The IMR Program Provides

- ◆ Educational handouts and planning sheets with checklists
- ◆ Support and assistance from an IMR practitioner who will help apply the contents of the handouts toward developing strategies for managing your mental illness and achieving personal goals.
- ◆ Opportunities to practice with personalized strategies both during the weekly sessions and in every day life.



## Topics Covered Include:

- ◆ Recovery Strategies
- ◆ Practical Facts about Mental Illness
- ◆ The Stress-Vulnerability Model and Treatment Strategies
- ◆ Building Social Supports
- ◆ Reducing Relapses
- ◆ Using Medication Effectively
- ◆ Drug and Alcohol Use
- ◆ Coping with Stress
- ◆ Coping with Problems and Symptoms
- ◆ Having your Needs Met in the Mental Health System