



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Illness Management and Recovery (IMR): An Overview

Register
bit.ly/36ohGhi

The Northeast and Caribbean MHTTC is offering a self-paced, online, three-part HealthKnowledge course. This course is an introduction to the Illness Management and Recovery (IMR) program as an evidence-based practice that helps individuals develop tools to manage their mental health conditions, set meaningful goals, and make progress towards their personal recovery.

This course consists of three modules:



IMR: An Overview



Educational Modules and Goal Setting



Practical Strategies for IMR Clinicians

Course Guide



Jennifer Sperduto, PhD, MS, CPRP

Lecturer, State Hospital Psychiatric Rehabilitation Initiative

Department of Psychiatric Rehabilitation & Counseling Professions

Rutgers, The State University of New Jersey

For more information, please contact northeastcaribbean@mhttcnetwork.org

Follow us on Facebook, Twitter, and LinkedIn: @NECMHTTC