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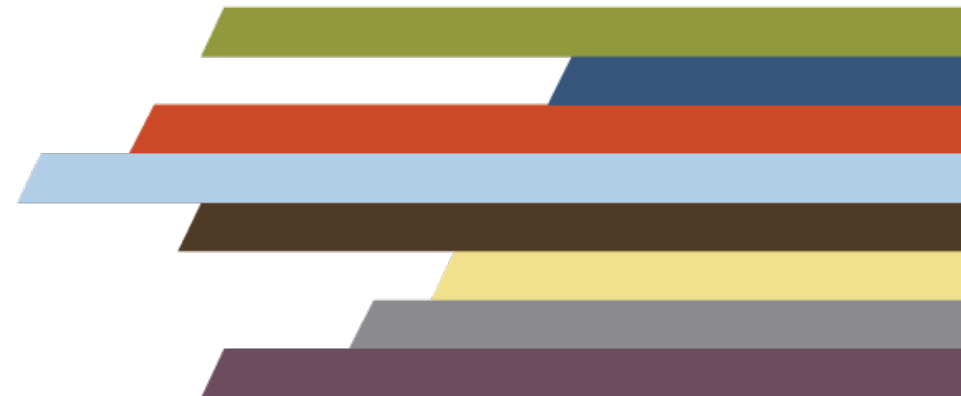
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# Illness Management & Recovery

Jennifer Sperduto, MS

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and  
Counseling Professions



# Northeast and Caribbean MHTTC

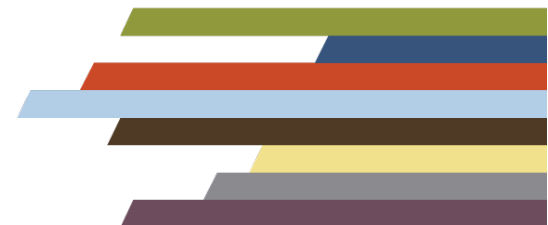
- Provides 5 years (2018 – 2023) of funding to:
  - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
  - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
  - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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# Grow Your Knowledge and Skills



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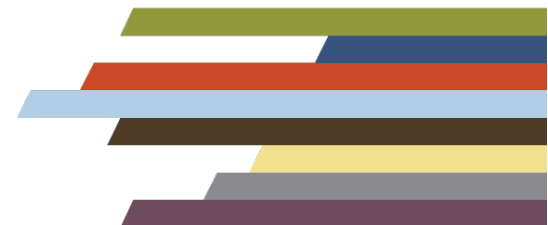
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# Upcoming Webinars

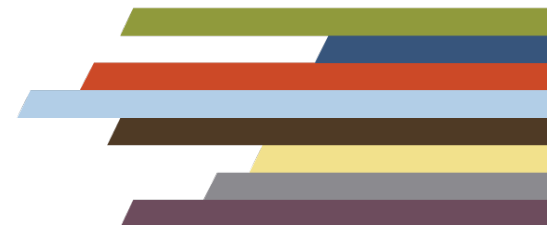
- Peer Provided Services  
Tuesday 3/31/20 1:00 – 2:30 ET
- Supervision of Peer Providers  
Tuesday 4/7/20 1:00 – 2:30 ET
- Role of Health and Wellness in Recovery  
Thursday 4/23/20 1:00 – 2:30 ET
- Role of Religion and Spirituality in Recovery  
Thursday 5/7/20 1:00 – 2:30 ET
- Recovery in the Hispanic and Latinx Community  
Thursday 5/21/20 1:00 – 2:30 ET



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# Feedback

- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs.

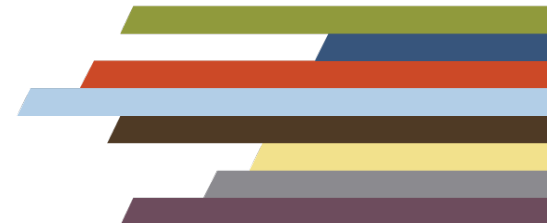
**Therefore, your feedback counts!**



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# Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

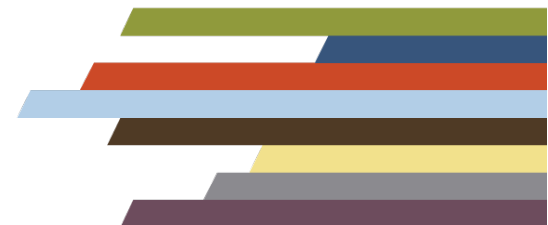
THANKS!



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# Your Interactions with Us

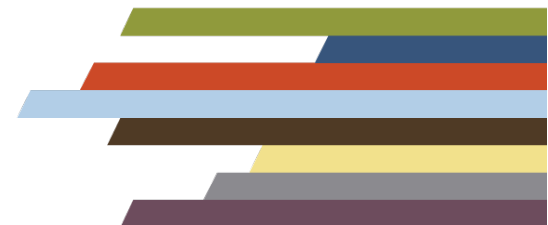
- Question and Answers
  - Q & A will occur at the end of the call.
  - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
  - Throughout the webinar, we will be asking for your input.
  - Please use the Chat or Poll features in Zoom located on the task bar.



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# Jennifer Sperduto



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# Session Objectives

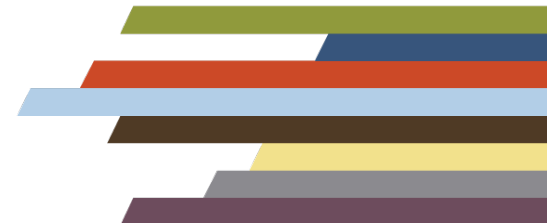
1. Learn what IMR is and its relation to recovery
2. Become familiar with IMR contents and core values
3. Identify Goal Setting Strategies
4. Review strategies for IMR clinicians
  - motivational, educational, cognitive-behavioral



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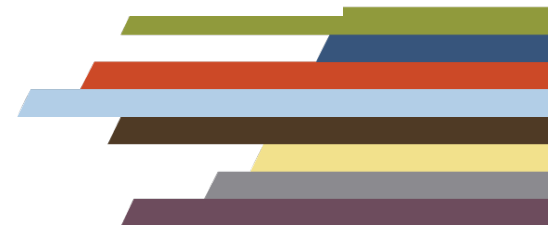
# What is Recovery?



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# One definition of Recovery:

“Recovery is a process, a way of life, an attitude, and a way of approaching the days challenges. It is not a perfectly linear process. At times our course is erratic and we falter, slide back, regroup, and start again...The 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.”

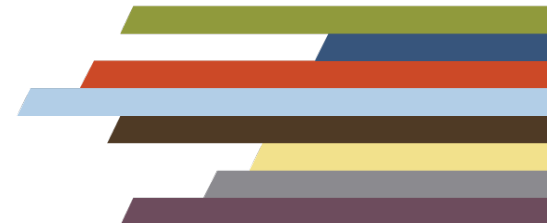
Patricia Deegan, 1988



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# Definition of Recovery from the New Freedom Commission

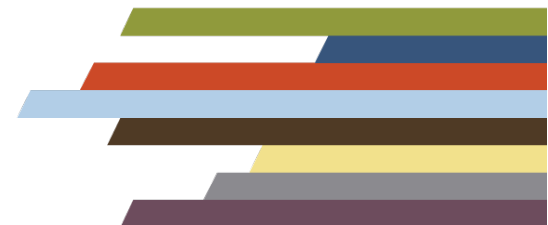
“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.”



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# Poll Question 1

***What are the things that you needed during your recovery? What helped YOU in your recovery process?***

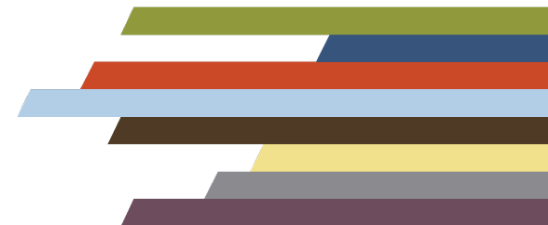
- *Time*
- *Support*
- *Friendship/Family*
- *Knowledge*
- *Hope*
- *Professional help*
- *Acceptance*
- *Personal choice*
- *Focusing on positives/strengths*
- *Opportunity to try, fail and grow*



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# Common Elements of Recovery

Individualized and Person Centered

Empowerment

Self-direction  
(Choice)

Non-Linear

Support

Holistic

Strengths  
based

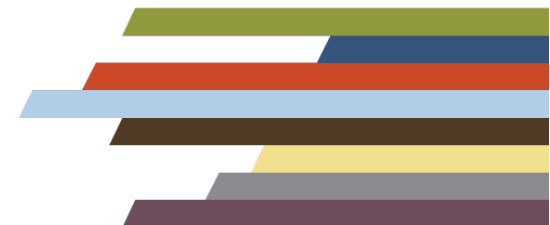
HOPE



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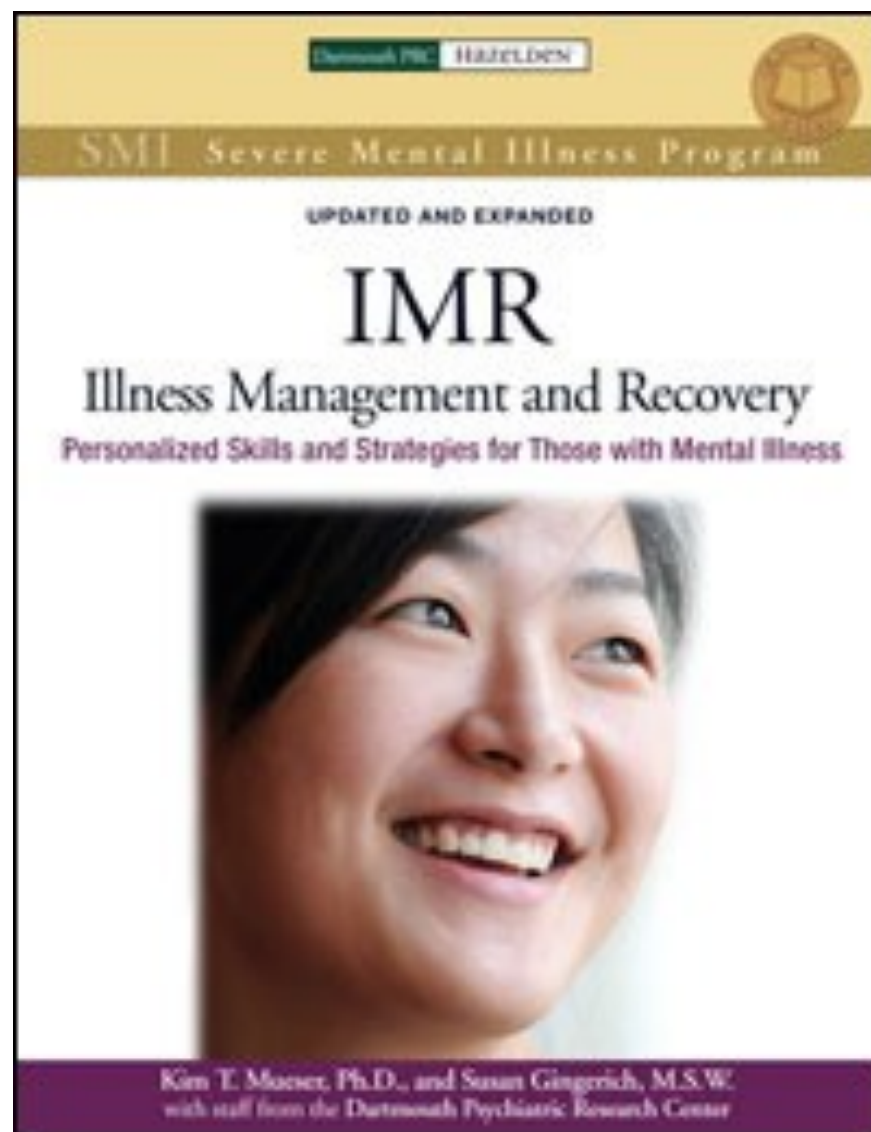


# What is IMR?

A structured step by step program that helps participants:

- seek meaningful goals for themselves
- acquire information and skills to develop more control over their psychiatric illness
- make progress towards their own personal recovery

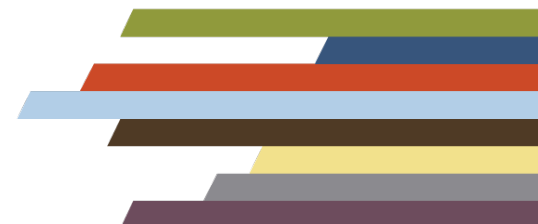
(Dartmouth and Hazelton Institute, 2011)



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# Goals of IMR

Inspire people to become hopeful about their recovery

Prepare people to be informed decision-makers about their own treatment

Free people up to spend less time dealing with their illness and more time enjoying life

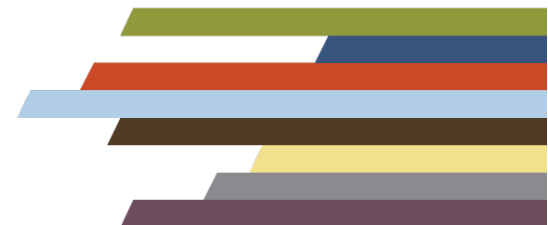
Help people gain more sense of control over their mental illness



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# How does Illness Management relate to Recovery?

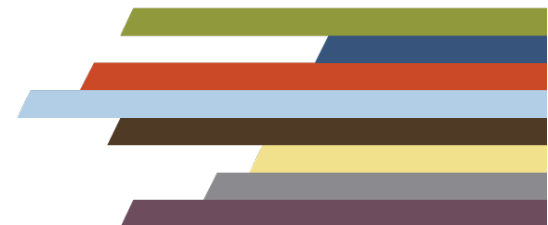
- Focuses on setting and tracking progress towards personally meaningful goals
- Improved ability to manage ones illness is a common recovery goal
- Avoiding relapses and hospitalizations gives people greater control over their lives and allows more time for pursuing personal goals
- Less distress from symptoms leads to better quality of life



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# Core Values of IMR

Hope

Self-  
Determination

Person  
Orientation

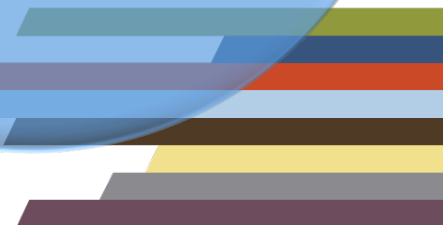
Partnership  
and  
Respect



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# What is unique about IMR?

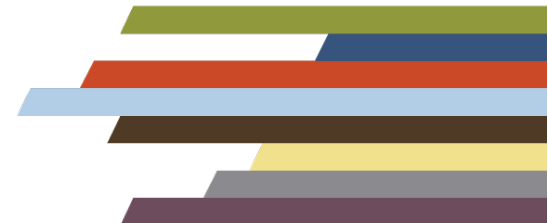
- Its structure
- Its comprehensiveness
- Its format
- Its recovery orientation
- Its evidence base foundation



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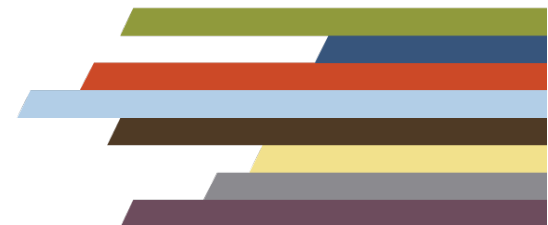
# IMR – an Evidence-Based Practice



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# What are Evidence-Based Practices?

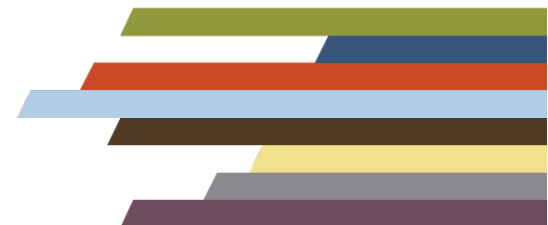
- Services that have demonstrated their effectiveness in helping consumers to achieve important outcomes in several different research trials
- Research trials were conducted by different people and achieved similar outcomes



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# Effective Components of Illness Management Programs



- Psychoeducation



- Behavioral tailoring for medication adherence



- Relapse prevention training



- Coping skills training



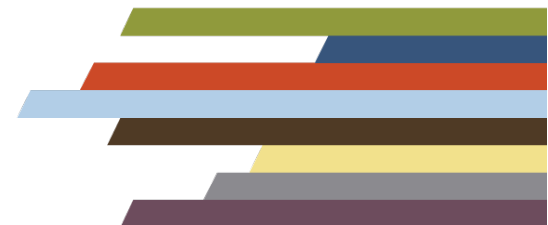
- Social skills training



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# IMR Overview

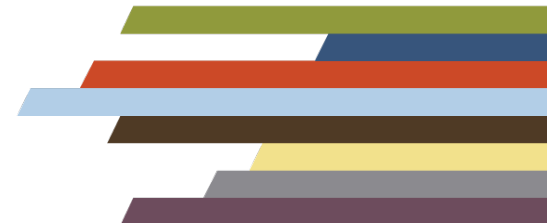
- About 6 months/twice per week
- 6-8 people in a group
- Participants set personal and meaningful goals
- Participants practice skills in IMR sessions and outside group
- Practitioners use motivational, educational, and cognitive behavioral techniques
- 11 educational modules



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# Structure of IMR Sessions

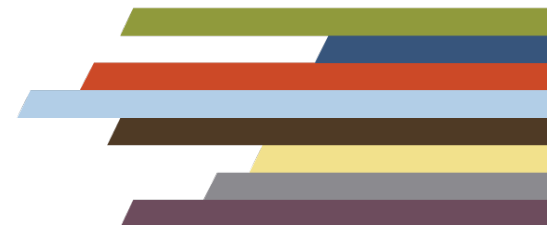
1. Informal socializing
2. Review previous session
3. Review practice assignments
4. Follow up on goals (2-3 participants on rotating basis)
5. Set agenda for current session
6. Teach new material from handout (usually a few pages)
7. Develop a practice assignment with participant(s)
8. Summarize session and progress made



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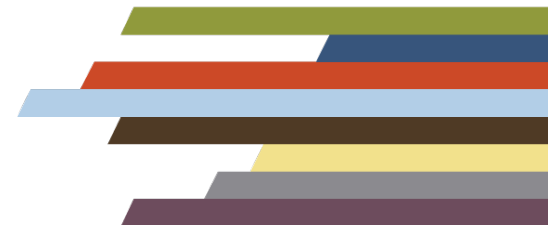
# The 11 Educational Modules



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# Educational Handouts

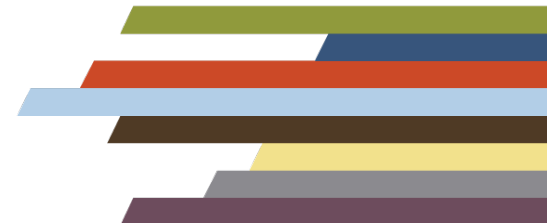
- Broken into clear topic areas within each module (4-7 topics per module)
- Built in prompts for applying information and doing role plays
- Home Practice Sheets for each handout topic
- Summary points throughout each handout



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# 1 – Recovery Strategies

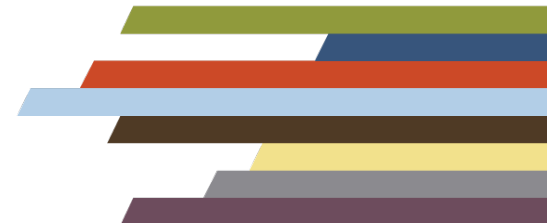
- ✓ Defining Recovery
- ✓ Exploring Areas of Life You Would Like to Improve
- ✓ Identifying A Personal Recovery Goal
- ✓ Breaking Down Your Goal
- ✓ Following Up on Your Goal and Solving Problems



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# 2 – Practical Facts about Mental Illness



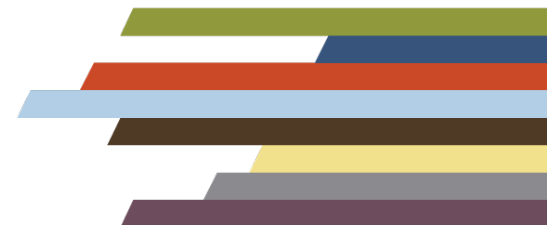
- ✓ Understanding the Disorder and its Diagnosis
- ✓ Learning What Happens after People Develop Symptoms
- ✓ Taking Positive Steps to Manage the Disorder
- ✓ Dealing with Negative Attitudes and Beliefs about Mental Illness (Stigma)



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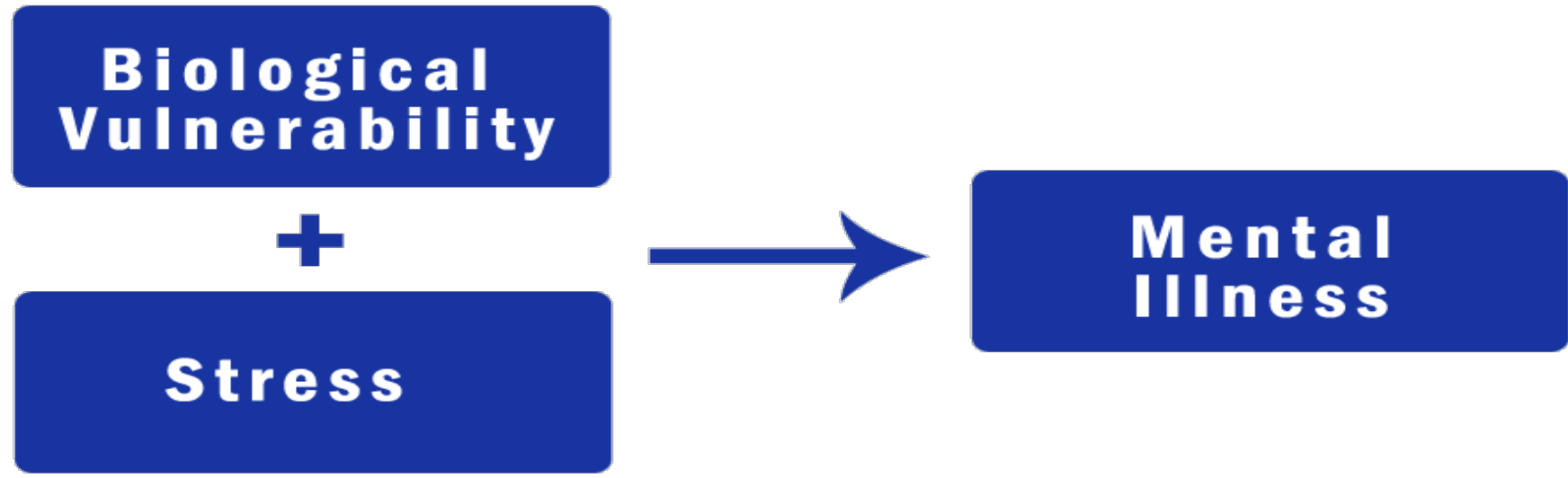
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# 3 – Stress-Vulnerability Model



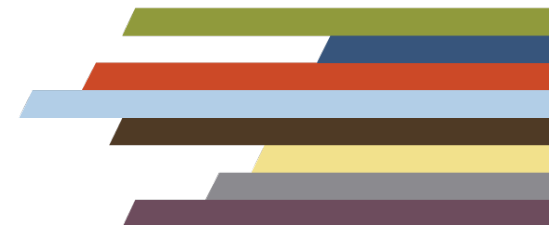
- ✓ Understanding the Causes of Mental Illnesses
- ✓ Learning What Improves Symptoms and Reduces Relapses
- ✓ Understanding Treatment Options
- ✓ Reducing Relapses



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# 4 – Building Social Support



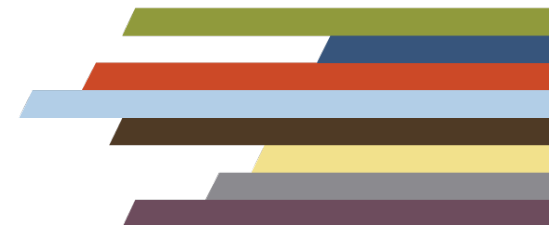
- ✓ Recognizing the Importance of Social Support
- ✓ Connecting with People
- ✓ Having Enjoyable Conversations
- ✓ Sharing Personal Information
- ✓ Understanding Other People
- ✓ Developing Closer Relationships



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# 5 – Using Medication Effectively



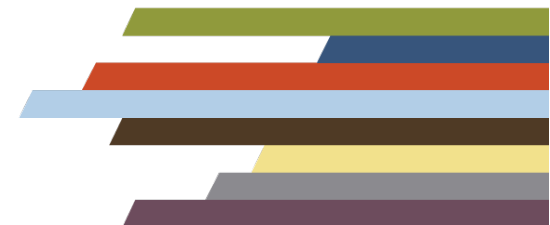
- ✓ Learning about the Role of Medication in Managing Symptoms
- ✓ Identifying and Dealing with Side Effects
- ✓ Making an Informed Decision about Medication
- ✓ Getting the Best Results from Medication



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# 6 – Drug and Alcohol Use

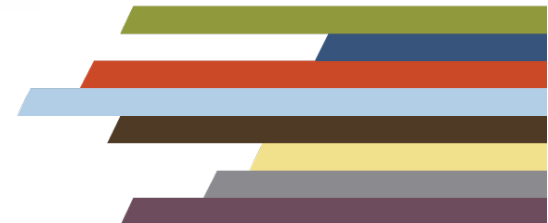
- ✓ Identifying Common Reasons People Use Drugs and Alcohol
- ✓ Recognizing Problems that Alcohol and Drugs Can Cause
- ✓ Weighing Pros and Cons of Sobriety
- ✓ Identifying Personal Reasons for Sobriety
- ✓ Finding New Ways of Getting your Needs Met
- ✓ Making a Personal Sobriety Plan



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# 7 – Reducing Relapses

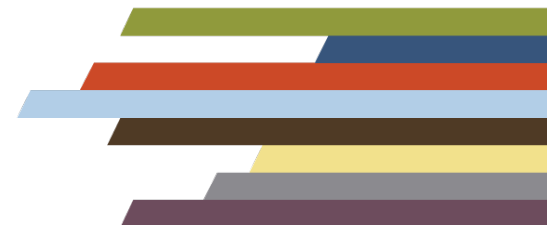
- ✓ Identifying Triggers of Relapse
- ✓ Recognizing Early Warning Signs of Relapse
- ✓ Developing a Relapse Prevention Plan
- ✓ Putting your Relapse Prevention Plan into Practice



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# 8 – Coping with Stress

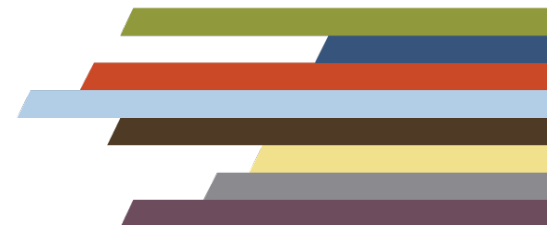
- ✓ Learning What Causes Stress
- ✓ Identifying the Signs of Stress
- ✓ Preventing and Coping with Stress
- ✓ Using Relaxation Techniques
- ✓ Making a Plan for Preventing and Coping with Stress



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# 9 – Coping with Persistent Symptoms



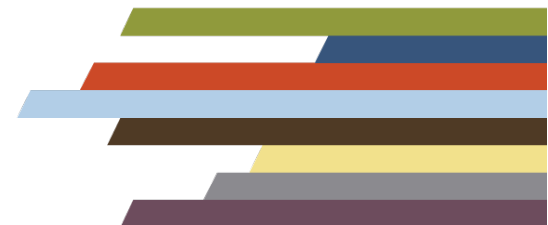
- ✓ Identifying Persistent Symptoms
- ✓ Coping with Depression and/or Anxiety
- ✓ Coping with Hallucinations and Delusions
- ✓ Coping with Sleep Problems and Low Energy
- ✓ Coping with Anger Problems and Concentration
- ✓ Making a Plan for Continuing to Use Coping Strategies



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# 10 – Getting your Needs Met in the Mental Health System

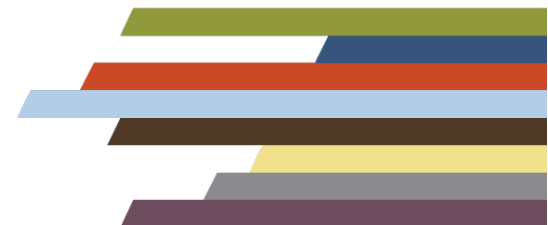
- ✓ Overview of Community Mental Health Services
- ✓ Financial and Health Insurance Benefits
- ✓ Advocating for Yourself in the Mental Health System



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# 11 – Healthy Lifestyles



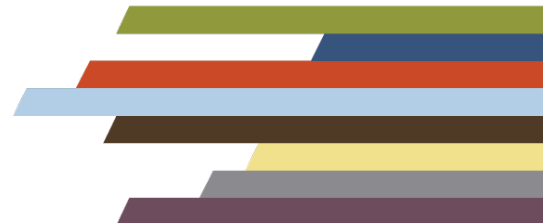
- ✓ Diet
- ✓ Exercise
- ✓ Personal Hygiene
- ✓ Sleep



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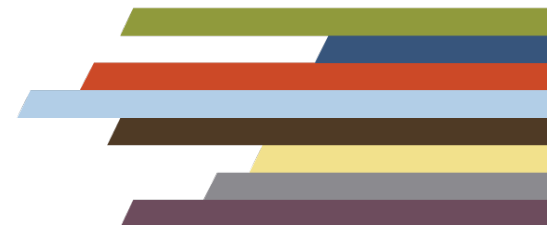
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# Recovery Goals



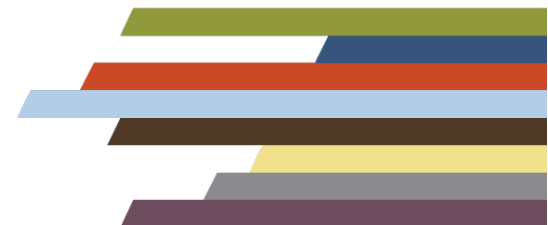
- Individualized
- Personally meaningful
- Range from the modest to the ambitious
- Don't impose your own beliefs
- Explore how person would like his or her life to be different



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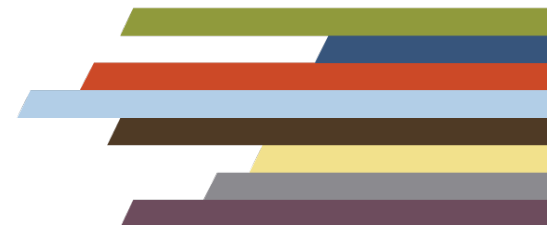
- ✓ Acknowledge people may have negative experiences in previous goal-setting
- ✓ Try alternate phrases: “changes to make” or “things you want to do”
- ✓ Break overall goal into short term goals and manageable steps
- ✓ Aim for goals that are measurable and achievable
- ✓ Follow up on goals



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# Strategies for Practitioners

Motivational

Educational

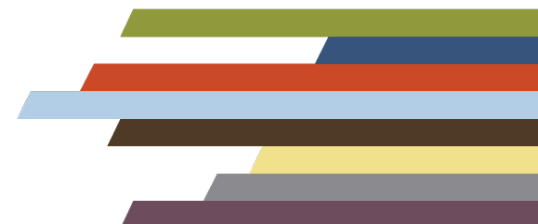
Cognitive Behavioral



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# Motivational Strategies

- People are motivated to learn things if they are relevant to personal goals

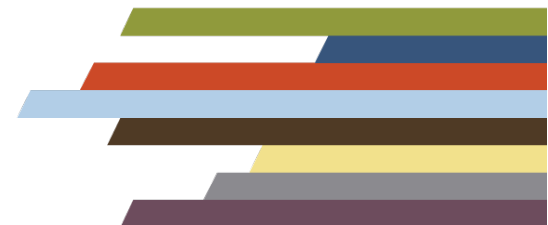
**If a person doesn't view learning certain information or skills as relevant to his/her needs, they will not be motivated to invest the effort to learn**



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# Motivational Strategies

Connect IMR materials to goals

Explore barriers, fear, lack of confidence

Help person explore pros and cons of change

Reframe experiences in a positive light

Share stories about recovery

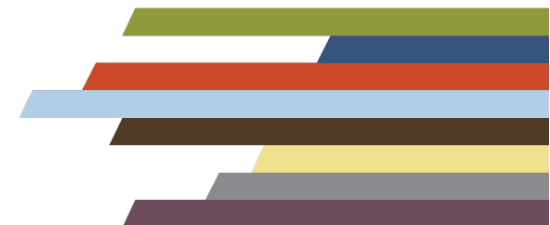
Convey hope and confidence in person



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# Motivational Techniques (OARS)

## Open-ended questions

- Getting the participant to do more of the talking, exploring options

## Affirmations

- Recognizing participant strengths. Statements that emphasize that change and success are possible.

## Reflective Listening

- Making statements back to the participant about your view of what they are saying.

## Summarizing

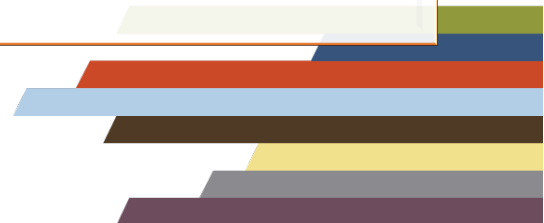
- Type of reflective listening. Reflect back what the participant has been saying, putting attention on important points.



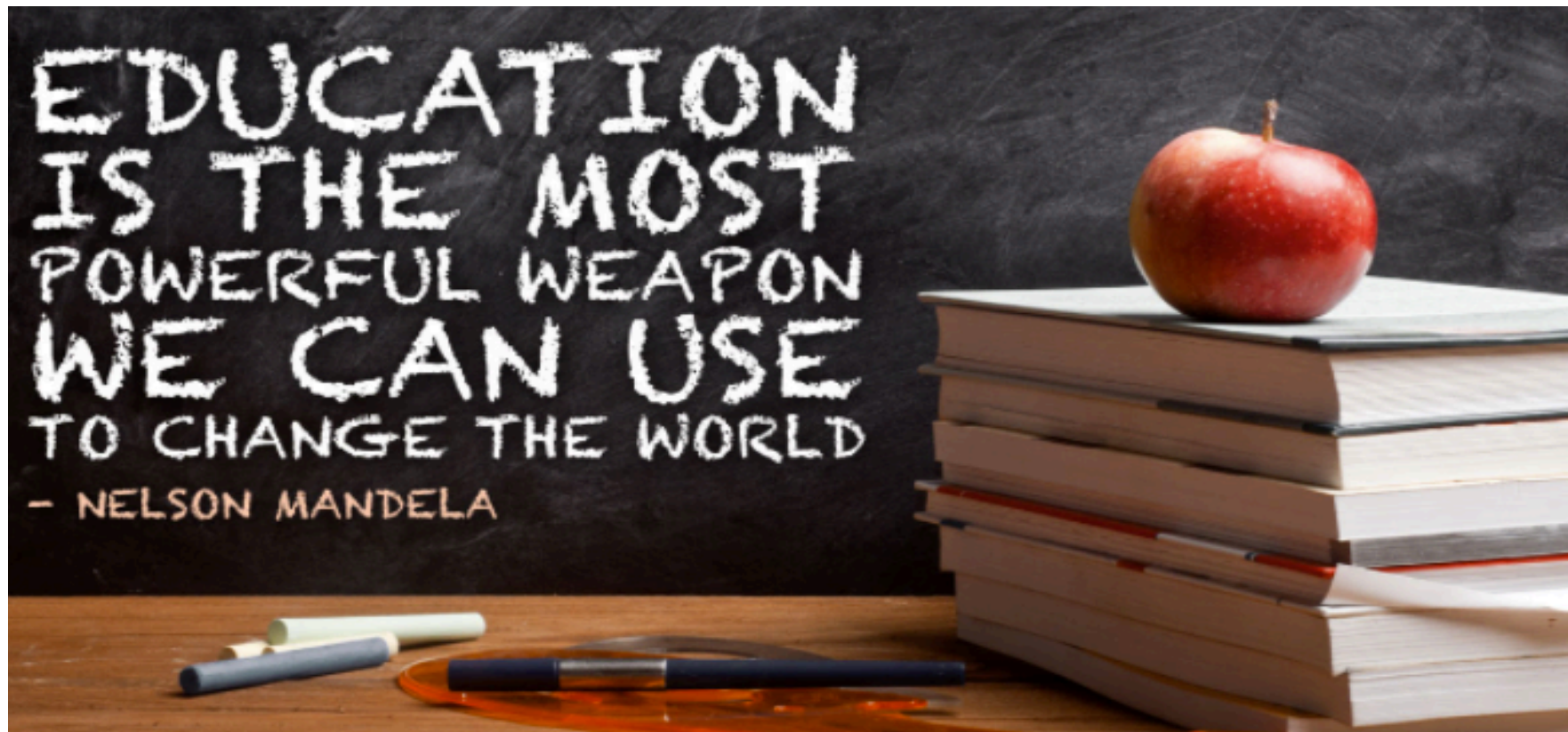
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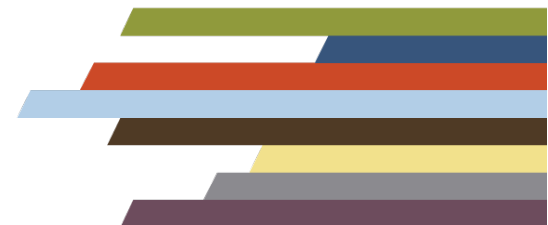
# Educational Strategies



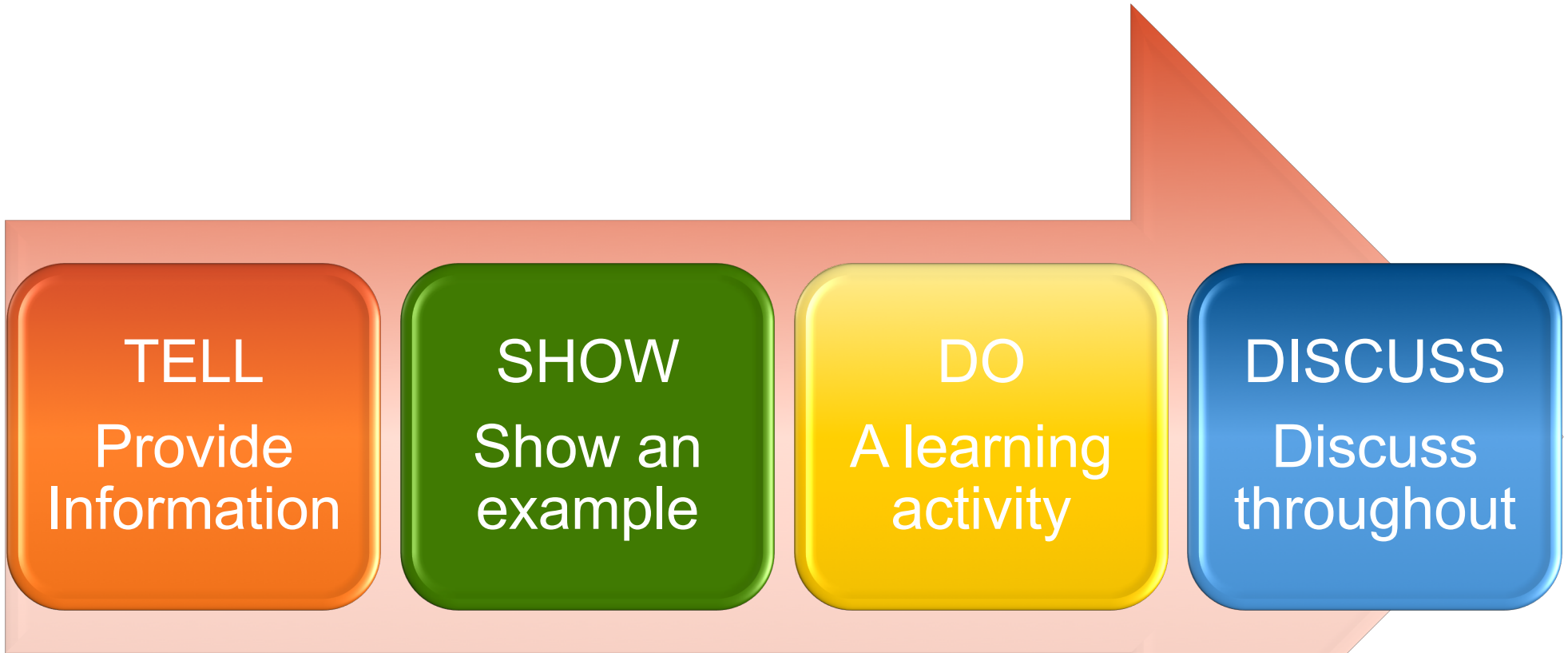
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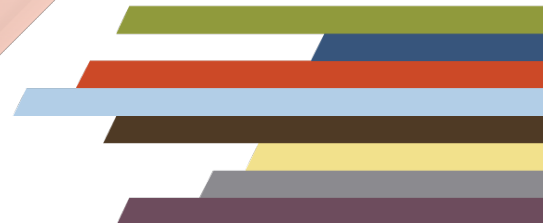
# Tell-Show-Do-Discuss



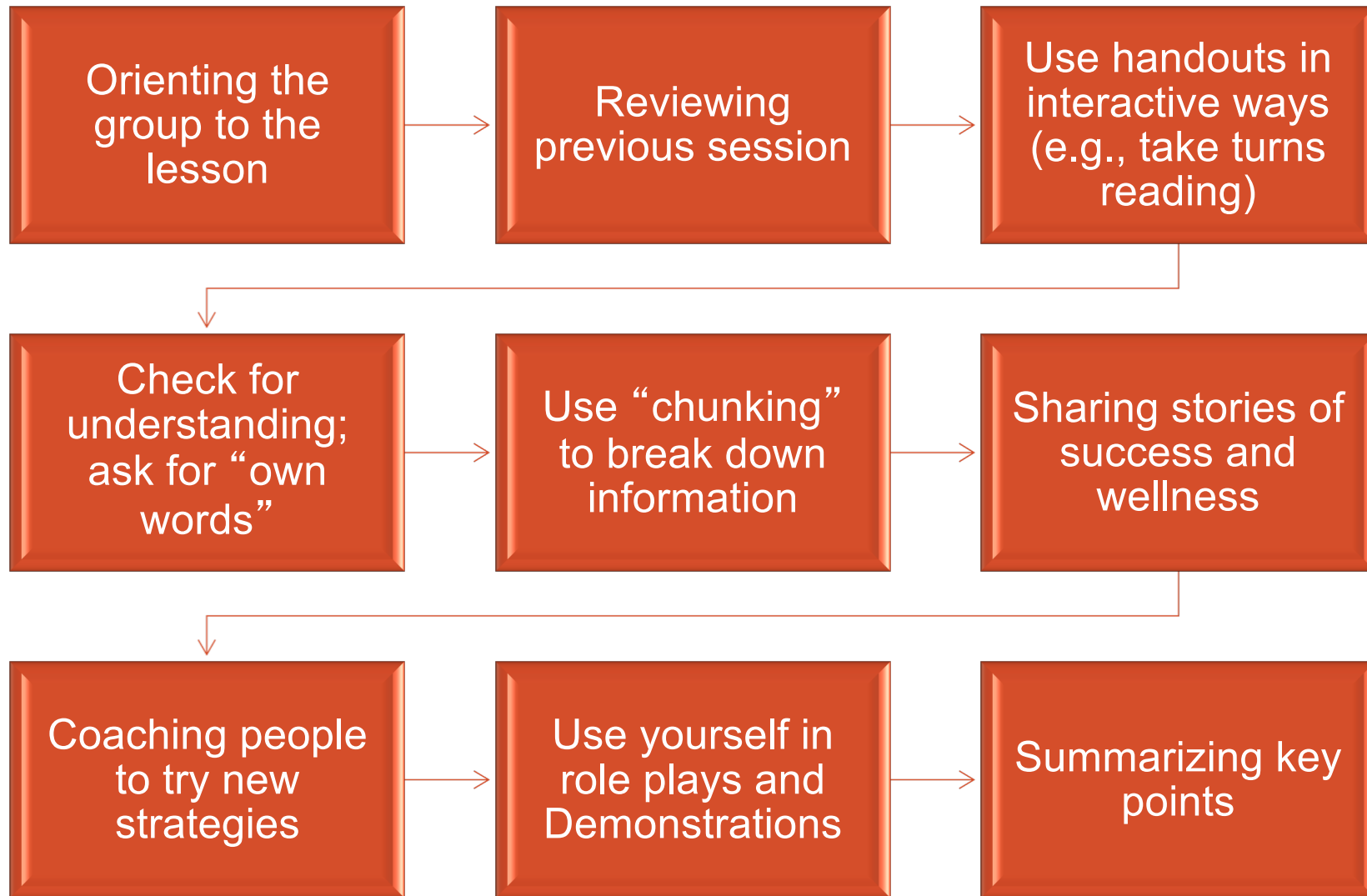
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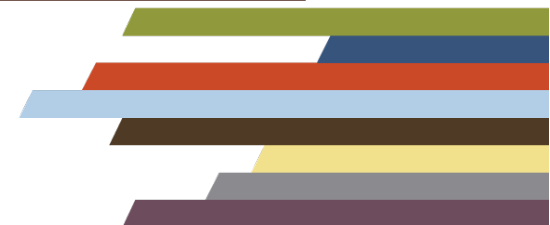
# Educational Strategies



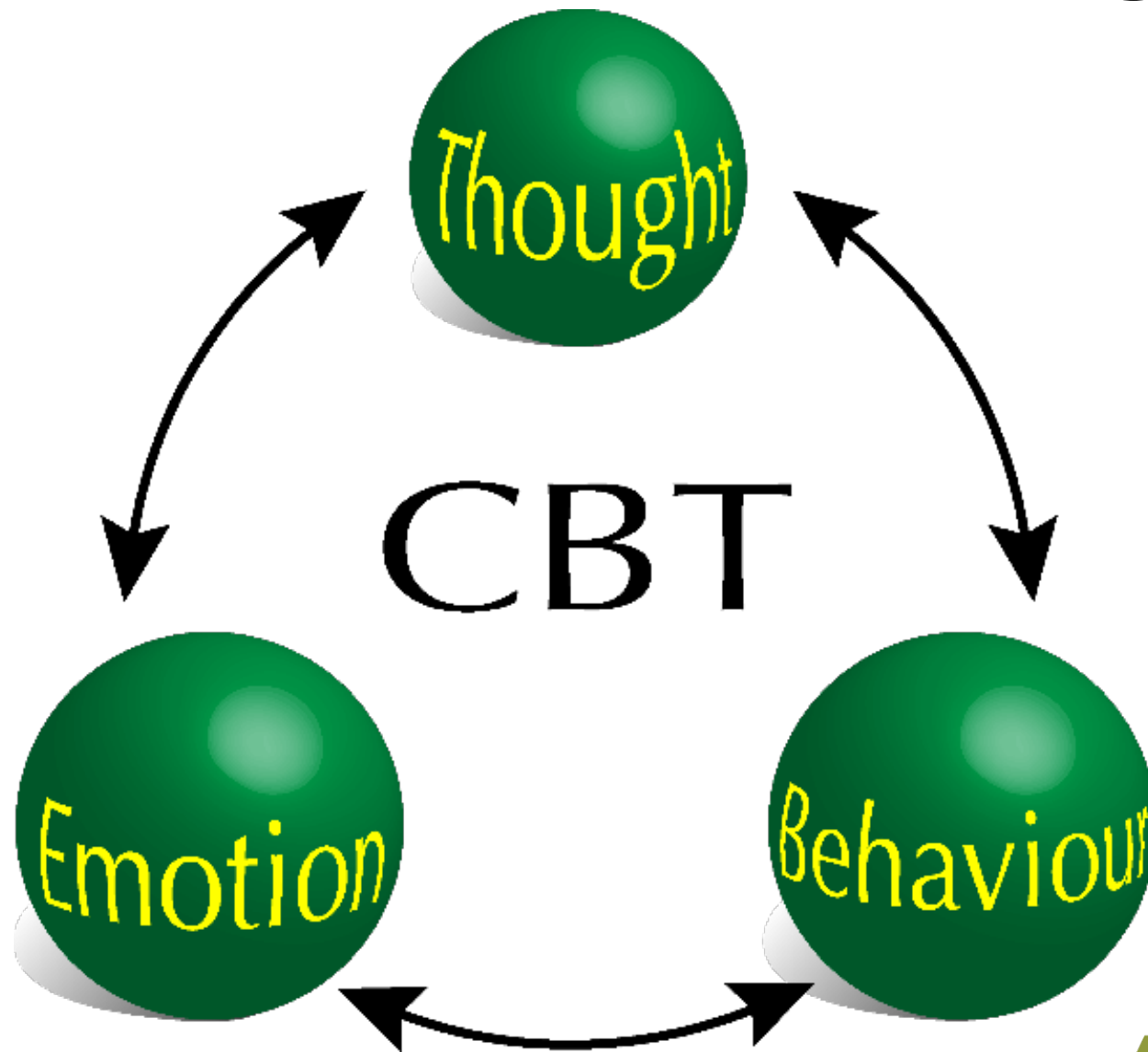
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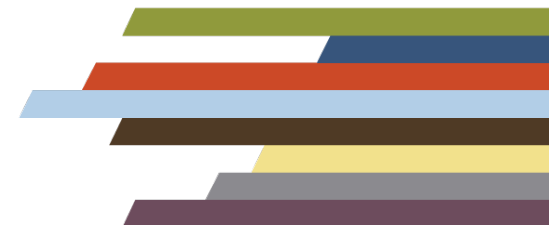
# Cognitive Behavioral Strategies



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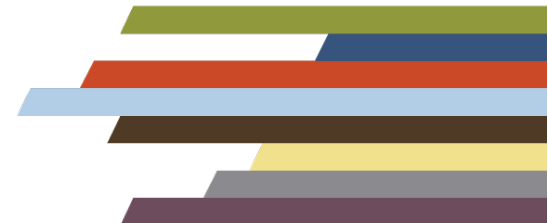
# Cognitive Behavioral Model



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# Cognitive-Behavioral Strategies

## Reinforcement

- Using positive reinforcement to encourage, praise, demonstrate confidence and enthusiasm

## Shaping

- Recognizing and rewarding small steps or successes that are in the direction of the bigger goal.

## Modeling

- Demonstrating skills, setting the example

## Cognitive Restructuring

- Reframing and considering alternative explanation to events

## Practice

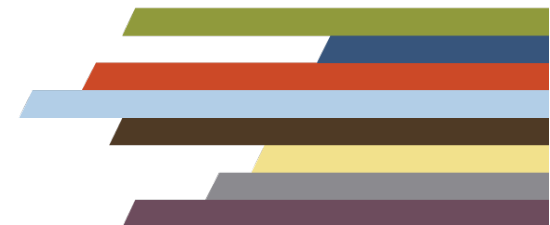
- Practicing skills, repetitive use of skills



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# Practice Assignments



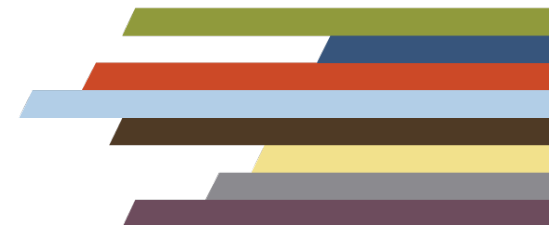
- Traditionally called “homework” (but no one likes homework!)
- Develop assignments collaboratively
- Focus on small improvements
- Review assignment, then Praise—Problem Solve—Praise at next session



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# Summary

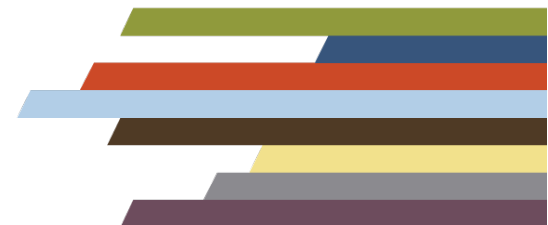
- Illness Management and Recovery (IMR) is a structured program that:
  - helps individuals with mental health conditions seek personally meaningful goals for themselves
  - acquire information and skills to develop more control over their psychiatric illness, and
  - make progress towards their own personal recovery.
- IMR Clinicians use a combination of motivational, educational and cognitive behavioral techniques to facilitate the group.



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“THE POINT OF RECOVERY  
ISN'T TO LIVE WITHOUT  
UPS AND DOWNS —IT'S  
LEARNING HOW TO LIVE  
WITH THE UPS AND DOWNS.”





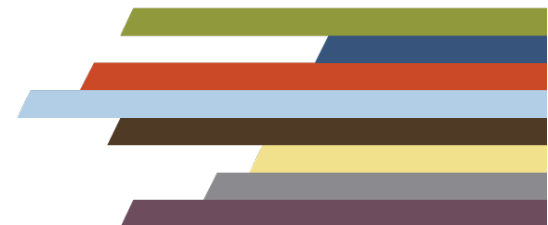
THANK YOU!



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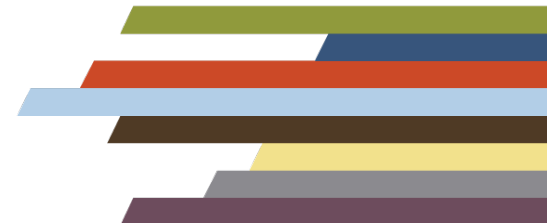
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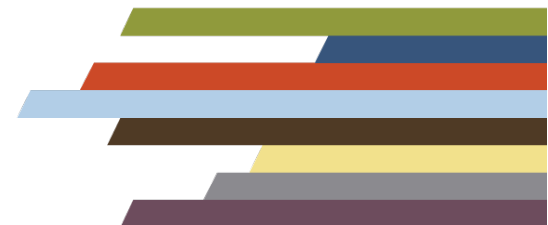
[ww2.mentalhealthpractices.org](http://ww2.mentalhealthpractices.org)



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