



## WHO WE ARE:

The Northeast & Caribbean MHTTC serves New York, New Jersey, Puerto Rico, and the US Virgin Islands, providing training, technical assistance, and resource dissemination to support and enhance the mental health workforce.

The Northeast & Caribbean MHTTC is located at Rutgers, the State University of New Jersey, School of Health Professions, Department of Psychiatric Rehabilitation and Counseling Professions.

## AREA OF FOCUS:

Illness Management and Recovery (IMR) is an evidence-based, manualized program designed to improve recovery outcomes for people with serious mental illnesses. It uses psychoeducational, cognitive behavioral, and motivational interventions and techniques to support the establishment and achievement of personally meaningful recovery goals. Participants work toward their mental health recovery by learning skills to manage their illness such as coping with symptoms and reducing stress; psychoeducation to increase knowledge of practical facts about mental health conditions and increase social connections to support community integration; behavioral tailoring to offer reminders to take medication; and cognitive behavioral approaches to challenge defeatist thinking and promote a hopeful view of recovery. Research suggests that participation in IMR improves recovery, reduces psychiatric symptoms and distress, and lowers risk of rehospitalization. To assess quality of implementation there are two fidelity scales available measuring programmatic fidelity and clinician level treatment adherence.

The Northeast and Caribbean MHTTC in the Rutgers Department of Psychiatric Rehabilitation and Counseling Professions believes IMR is a critical intervention that supports recovery from serious mental illnesses. It aligns with the values of Psychiatric Rehabilitation and the belief that recovery is possible. The Northeast and Caribbean MHTTC has expertise in IMR as a result of the Department's role as a training and TA center for IMR within the New Jersey state psychiatric hospital system for over 15 years and participation in NIH funded research on the practice and related tools.

## WHAT WE'VE DONE:

To expand the behavioral health workforce's knowledge and use of Illness Management and Recovery we have: (1) created a self-paced online course that provides an introduction to the practice, (2) developed a fact sheet outlining the elements of the practice, its outcomes, how it can be implemented and by whom, the associated costs, and available training, and (3) delivered webinars and in-person trainings to facilitate the understanding and implementation of IMR and topics related to recovery and illness identity.

### **Illness Management and Recovery: Self-Paced Online Course**

*This course is an introduction to the Illness Management and Recovery (IMR) program as an evidence-based practice which helps individuals develop tools to manage their mental health conditions, set meaningful goals and make progress towards their personal recovery. Learners will become familiar with the educational content of IMR and examine goal setting strategies that are useful in helping participants set and achieve individualized recovery goals. Motivational, educational and cognitive behavioral strategies that IMR facilitators use to run an effective group are discussed.*

### **Illness Management and Recovery Fact Sheet**

*This IMR Fact Sheet provides information about the practice to help organizations and providers determine if this practice is a good match for the needs of their clients, staff, and funders. It provides a comprehensive overview of the practice, including the supporting evidence, details about fidelity assessment instruments, the population for whom the practice is appropriate, the providers and systems who can implement the practice, and the investment of resources needed to deliver the practice effectively.*

### **Key Elements of Recovery from Serious Mental Illnesses and Recovery Oriented Services**

*This webinar presents the key elements of recovery from serious mental illnesses based on the research literature and reviews of first-person accounts from those in recovery. This webinar is the first in a series of webinars focused on services and practices that support recovery.*

# WHAT WE'VE DONE (CONTINUED)

## Illness Identity and Recovery from Serious Mental Illness: Beating the Stigma of Mental Illness

*This webinar series reviews evidence for the "illness identity model" which proposes that self-stigma has a profound impact on the recovery of people diagnosed with serious mental illness. It also discusses intervention options for addressing self-stigma.*

## Illness Management and Recovery: Self-Management Program Providing Psychoeducation, Relapse Planning, Coping and Social Skills Training, and Approaches for Medication Management

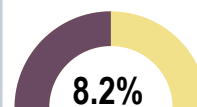
*This webinar presents the practice of Illness Management and Recovery and introduces IMR and its relation to recovery, the programs' contents and core values, strategies for recovery goal setting, and motivational, educational, and cognitive behavioral facilitation strategies.*

## Getting Back on the Road to Recovery: Focusing and Developing Recovery Goals

*This webinar highlights the challenges of focusing on recovery goals during the pandemic and provides tools and strategies to refocus using SMART goal planning.*

## OUTCOMES

Over 350 participants engaged in our activities related to Illness Management and Recovery and almost 600 completed our online IMR course. Participants have been overwhelmingly satisfied with our activities.



PERCENTAGE  
THE AREA OF  
FOCUS RANKS  
IN NEEDS  
ASSESSMENT

14 EVENTS  
OFFERED  
RELATED TO  
AREA OF FOCUS



11 PRODUCTS  
RELATED TO  
AREA OF  
FOCUS



95%

satisfied with  
overall quality

98%

would recommend  
to colleagues

93%

info will benefit  
development

83%

will use info in  
practice

## VOICES FROM THE FIELD

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*"The facilitator enhanced my knowledge to improve the effectiveness of the treatment team meeting with the resident to develop the goals."*

*"I learned about encouraging change, learning new skills, recognizing symptoms and reaching out before symptoms get worse."*

*"Learning the skills was most helpful – OARS, MI, CBT, strength based practice, goal setting."*

*"The approaches helped me think about how to conduct discussions with consumers to have an effective treatment plan."*

*"Learning how to work with and educate clients to foster hope and process was helpful."*

*"The live demo and role play was the most useful. Also the step by step breakdown of IMR and the definition of what recovery is."*”

## QUESTIONS?

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