

# **The Powerful Role of the Individual in Sustaining Recovery**

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# Focus of Presentation

- Developing an *individual* definition of recovery
- The Illness Management and Recovery Program
- Ways to support a friend or family member in his or her recovery



# **Developing a Definition of Recovery**

# Recovery

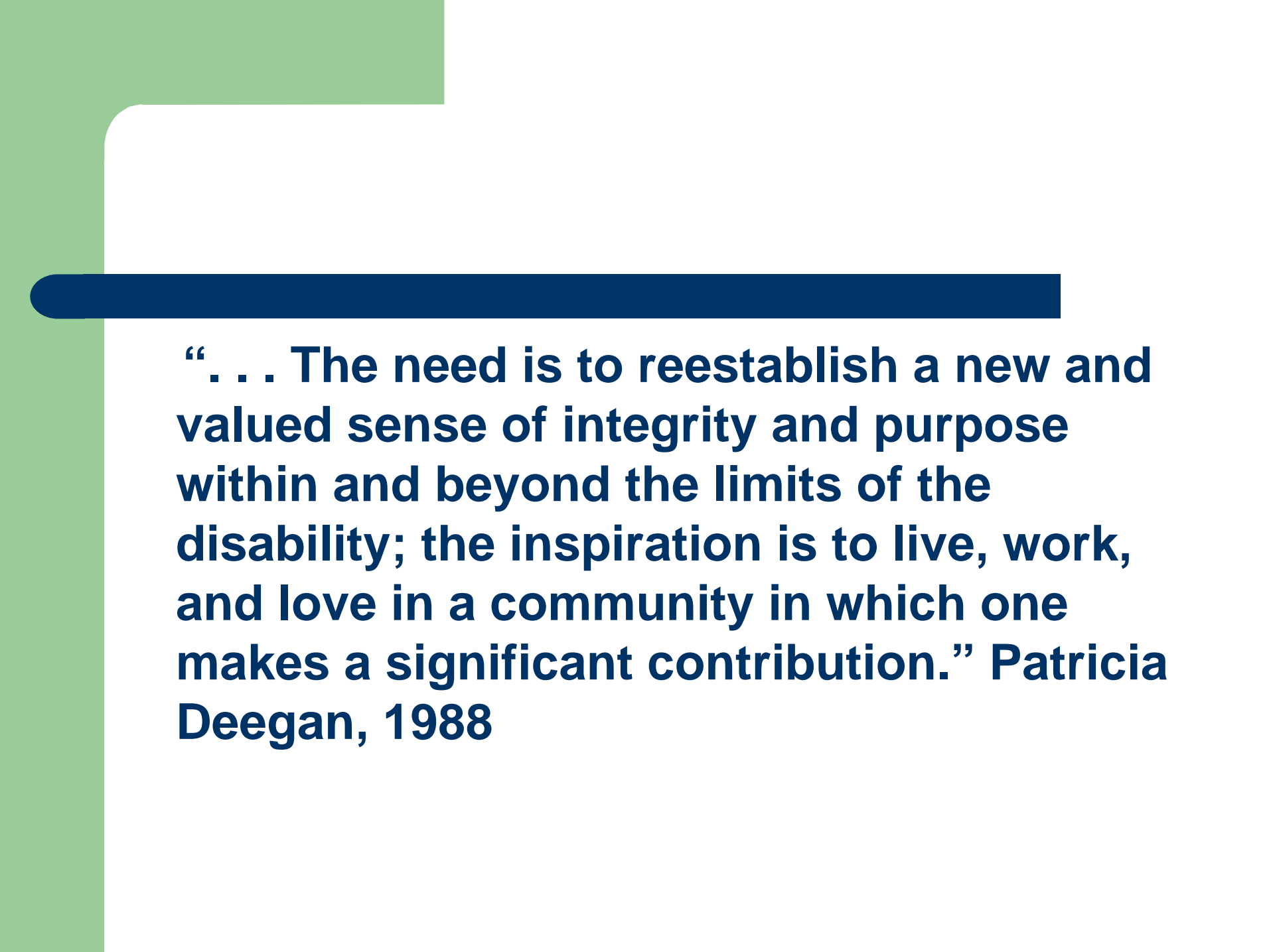
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**Outcome?**

**Process?**

# One definition of recovery

**“Recovery is a process, a way of life, an attitude, and a way of approaching the day’s 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**

# Another Definition of Recovery

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**“Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.” (William Anthony, 1993)**

# **The definition of recovery from President's New Freedom Commission (2003):**

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

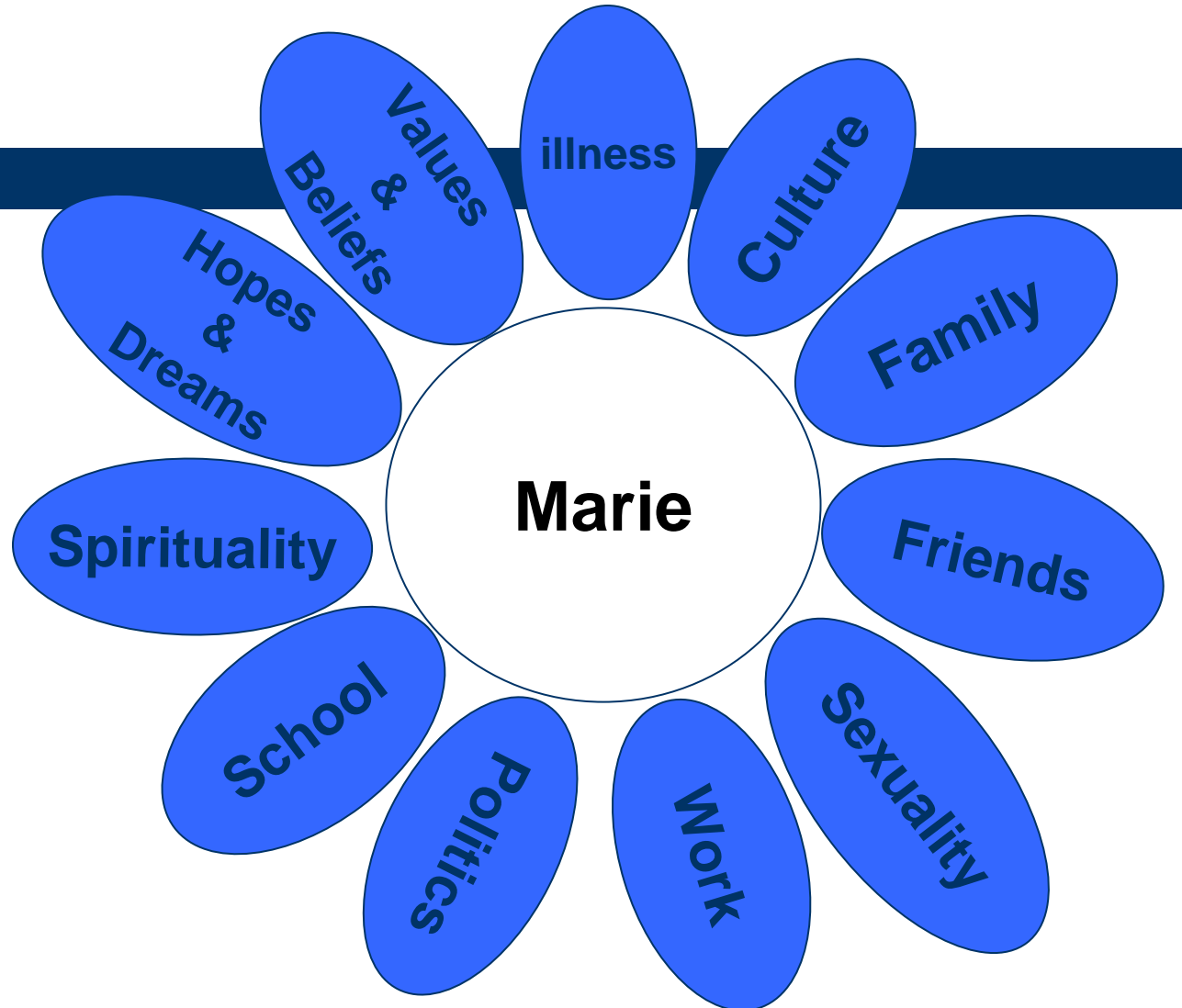


**Still another way of looking at recovery. . .**

# How I am Seen By Others After Being Diagnosed With Mental Illness



# Recovery: Putting myself back in the center of my Life (illustration by Patricia Deegan)





# **The Illness Management and Recovery Program (IMR)**

# Core Ingredients of Illness Management and Recovery

- **5 to 10 months of weekly or twice weekly sessions (longer as needed)**
- **10 educational handouts (modules)**
- **Practitioners use motivational, educational, and cognitive behavioral techniques**
- **People set and pursue personal recovery goals**
- **People practice skills in IMR sessions**
- **Home assignments help people practice what they are learning in their home environment**
- **Significant others can be involved**
- **Residential staff members can be involved**

# **IMR Resource Materials**

**([www.samhsa.gov](http://www.samhsa.gov))**

- **Educational handout for each module**
- **Practitioners' guidelines for each module**
- **Group leader's session-by-session guide for each module**
- **Introductory videotape (15 min.)**
- **Practice demonstration videotape (3 hrs)**

# Personal recovery goals are the foundation of IMR

- **Individualized**
- **Personally meaningful**
- **Range from the modest to the ambitious**

# Examples of Long-Term Meaningful Goals

- **Get a job**
- **Continue education**
- **Develop activities to do for fun**
- **Make friends**
- **Get a girlfriend**
- **Manage stress**
- **Improve health**
- **Live independently**
- **Manage money**

# Goals are Broken Down

- **Long-term goals are broken down into 2 or 3 short-term goals related to achieving the long-term goal**
- **Each short-term goal is broken down into manageable steps**
- **Steps towards goals are reviewed on a regular basis (weekly or once or twice per month) and modifications are made as needed**

# IMR Topic Areas (Modules)

- 1. Recovery Strategies**
- 2. Practical Facts about Mental Illness  
(schizophrenia, bipolar disorder, major depression)**
- 3. The Stress-Vulnerability Model and  
Treatment Strategies**
- 4. Building Social Support**
- 5. Using Medication Effectively**

## **Topic Areas (Modules) (cont.)**

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- 6. Drug and Alcohol Use**
- 7. Reducing Relapses**
- 8. Coping with Stress**
- 9. Coping with Problems and Symptoms**
- 10. Getting Your Needs Met in the Mental Health System**

# Content of IMR Sessions

- **Review previous session**
- **Follow up on home assignments**
- **Follow-up on recovery goals**
- **Teach material from an IMR module, including practicing new skills**
- **Develop homework assignment collaboratively**
- **Summarize progress made**

# Involvement of Family & Other Supportive People

- **Individuals are encouraged to involve family members and other supportive people in the IMR program**
- **With the individual's permission, supporters can help in a variety of ways:**
  - attend some sessions
  - read handouts
  - assist with home assignments
  - provide opportunities to practice new skills
  - participate in developing a relapse prevention plan
  - Assist in taking action steps towards achieving goals

# The IMR Program in NJ

- **Comprehensive training of clinicians to provide IMR (workshops, ongoing consultation)**
- **IMR is being provided by trained clinicians in over 30 agencies throughout the state**
- **IMR provided in all 5 state psychiatric hospitals (on at least one unit)**
- **IMR is written into the partial hospital and partial care regulations**

# **IMR Training & Consultation Specialist**

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**How friends and family  
members and can  
support recovery overall**

# How families and friends can support recovery overall

- Explore participation in IMR and other recovery programs
- Explore the meaning of recovery together
- Help person identify and pursue personal recovery goals
- Support autonomous decision-making
- Encourage involvement in peer support centers
- Help develop coping strategies as needed
- Keep hope alive!

# Keeping Hope Alive



- **Convey belief that the person can get better and make changes in his or her life.**
- **Notice even small improvements.**
- **Recognize that recovery takes time.**
- **Develop a “conspiracy of hope” among friends and family members.**

# Conclusions

- **It is vital that individuals define what recovery means to them and develop their own personal recovery goals.**
- **The Illness Management and Recovery (IMR) program can help individuals learn information, strategies and skills to take steps toward achieving their recovery goals.**
- **In NJ, the IMR Program is available in over 30 agencies and in the 5 state hospitals**
- **Families and other supporters can be extremely helpful to individuals in their journeys to recovery.**

# Closing Comments

**“Having strategies for coping with mental illness is extremely important. It’s hard to enjoy life when you’re constantly having symptoms. However, believing in yourself, having hope that things will continue to get better, and looking forward to your future are also vital in overcoming mental illness. . .**



**“. . . Our hopes and dreams are not delusions. Our hopes and dreams are what make us human.”**

**David Kime, 2002**