



Lakes Region Mental Health Center

Illness Management & Recovery

WHAT IS ILLNESS MANAGEMENT & RECOVERY (IMR)?

IMR is an evidence-based practice that uses proven methods to assist people with severe mental illness to achieve positive results. This method has proven most successful with people diagnosed with schizophrenia, schizoaffective disorder, bipolar disorder and major depression.

GOALS OF ILLNESS MANAGEMENT AND RECOVERY PROGRAM:

- Learn about your mental illness and strategies for treatment
- Decrease your symptoms
- Reduce relapses and returns to the hospital
- Progress toward your goals and recovery

TOPICS COVERED:

- Recovery strategies
- Learning practical facts about mental illness
- Exploring treatment strategies
- Coping with substance misuse
- Building social support networks
- Developing crisis management skills
- Using medication effectively