



IMR: Illness Management and Recovery Implementation Guide: Personalized Skills and Strategies for Those with Mental Health Disorders (Severe Mental Disorders Program)

Susan Gingevich, Kim T. Mueser

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The core treatment and continuing care component of the severe mental illness (SMI) line, this comprehensive curriculum is designed to help those with SMI identify personal recovery goals and develop self-management skills through education and training. Illness Management and Recovery helps people with SMI identify personally meaningful goals and work to achieve these goals by addressing smaller, more manageable segments of those goals. Each user-friendly module is centered on a skill or area of information related to illness management. Includes practitioner's manual, session guidelines, CD-ROM with reproducible handouts, and a bonus DVD produced by SAMHSA (Substance Abuse and Mental Health Services Administration).

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