

**SECTION
SERVICES****SUBJECT
Illness Management and Recovery (IMR)****DEFINITION**

Illness Management and Recovery (IMR) is an education program for adults with mental illness. IMR consists of a series of weekly sessions where certified IMR instructor help people who have experienced psychiatric symptoms to develop personalized strategies for managing their mental illness and moving forward in their lives. The program can be provided in an individual or group format and generally lasts between four and ten months. In the sessions the certified instructor works collaboratively with individuals, offering a variety of information, strategies, and skills that individuals can use to further their own recovery. There is a strong emphasis on helping individuals set and pursue personal goals and helping them put strategies into action in their everyday lives.

SERVICE REQUIREMENTS

A Department trained IMR trainer provides IMR Instructors training. The Instructor must show proof in the form of a training certificate indicating that they have successfully completed such a program.