



ILLNESS MANAGEMENT AND RECOVERY

DESCRIPTION

Illness Management and Recovery (IMR) is a consumer-oriented psychological treatment protocol for individuals diagnosed with serious mental illness. Topics include recovery strategies, practical facts about mental illness, the stress-vulnerability model, building social support, using medication effectively, reducing relapses and coping with stress, problems, and symptoms. IMR is considered a front-line intervention for the treatment of serious mental illness.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Mental Health

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Illness Management and Recovery** must be delivered by Psychology Services.