

Program Values

- Hope and optimism
- People are their own experts through their experiences with mental illness
- Personal choice is essential
- Practitioners are collaborators
- Practitioners view participants as active members in their own treatment and competent decision-makers

This publication is authorized by the Oklahoma Health Care Authority in accordance with state and federal regulations and printed by the University of Oklahoma Printing Services. Cost of the printing was \$363.00 for 500 copies. OHCA is in compliance with Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. Copies have been deposited with the Oklahoma Department of Libraries Clearinghouse. The Oklahoma Health Care Authority does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services. Order additional copies on the OHCA Web site www.okhca.org.

QBRENG-EVBS-ILLMGMT-2006



Oklahoma Evidence-Based

Practices Implementation Project

Supported by The Real Choice

Systems Change Grant

Kimrey Suttles, LCSW

Oklahoma Health Care Authority

405-522-7652

Kimrey.Suttles@okhca.org

Adult Recovery
Collaborative of
Oklahoma

Illness
Management
and
Recovery

Evidence-based
practice



The Illness Management and Recovery Program

This program provides assistance to those who have experienced psychiatric symptoms in developing personal strategies for coping with mental illness and moving forward beyond the illness. The format consists of a series of weekly sessions over 3 to 10 months with specially trained mental health practitioners.

Program Goals

- Learning about mental illness and strategies for treatment
- Decreasing symptoms
- Reducing relapses and re-hospitalizations
- Making progress toward individual goals and recovery

Program Subjects

- Recovery Strategies
- Practical facts about mental illness
- Stress-vulnerability model and treatment strategies
- Building social support
- Reducing relapses
- Using medication effectively
- Coping with stress
- Coping with problems and symptoms
- Getting needs met in the mental health system

Involvement of Family and Supportive Others

Family members and other supportive people are encouraged to become involved with the participant's permission. These individuals may assist through helping develop a relapse prevention plan, providing a role in the process of goal achievement, helping with homework, reading handouts, or attending some sessions.

Adult Recovery Collaborative of Oklahoma

Oklahoma Department of
Mental Health &
Substance Abuse Services
Oklahoma Health Care Authority
Oklahoma Department of
Human Services
Oklahoma Department of
Rehabilitative Services