

Illness Management and Recovery Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, has adopted the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Illness Management and Recovery KIT as an evidence-based practice guide. The full guide is available at: [Illness Management and Recovery Evidence-Based Practices \(EBP\) KIT | SAMHSA Publications and Digital Products](#) [Illness Management and Recovery Evidence-Based Practices \(EBP\) KIT | SAMHSA Publications and Digital Products](#) Providers engaged in the treatment of people with serious mental illnesses (SMI) are encouraged to consider the use of this set of evidence-based practices as part of their overall treatment plan.

Impact of the Condition

- Serious Mental Illnesses such as Schizophrenia, Bipolar Disorder and Major Depression are clearly defined illnesses with well-established symptoms and treatments (1)
- The chronic and yet episodic nature of these illnesses offers the opportunity for education and rehabilitation to reduce the impact of symptoms and decrease the likelihood of relapses.
- People with adequate knowledge and skills can make more informed decisions about their treatment, increase self-management of their illness, and assert more control over their symptoms and goals for recovery.
- Loneliness, isolation, passivity, and hopelessness are risk factors for poor outcomes for people with SMI.

Summary of the Guidelines

Illness Management and Recovery (IMR) is a set of psychiatric rehabilitation activities designed to empower self-management of illness and meaningful personal recovery goals through knowledge and skill development.

IMR relies on Four Core Components:

1. Psychoeducation
2. Behavioral Tailoring
3. Relapse Prevention
4. Coping Skills Training

SAMHSA offers evidence-based kits to integrate IMR into clinical and supportive care as a best practice. Trained IMR practitioners can meet either individually or as a group to provide education and handouts on 10 key topics: recovery strategies, facts on mental illness, stress-vulnerability models, medication management, drug/alcohol use, reducing relapses, coping with stress, and self-advocacy within the mental health system. Knowledge and skills can be

instrumental in helping people to make informed decisions and take an active and empowered role in their treatment and recovery.

IMR and its components have been shown to be effective across people of different genders, ages, geographies, ethnicities, and treatment settings (2). Participants in IMR rehabilitation have been found to know more about their illness, have fewer hospitalizations, less distress, and more consistent medication use (1,2). Although the components of IMR were developed from professional illness management programs, the SAMSHA toolkit can assist with implementing IMR in many settings with a high level of fidelity to the model.

Additional tools to assist providers with educating their patients on behavioral health conditions are available on the MVP Health Care website by following the link below.

[Quality Programs and Initiatives | MVP Health Care](#)

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 1-2247**.

Further References:

1. Substance Abuse and Mental Health Services Administration. *Illness Management and Recovery: Building Your Program*. HHS Pub. No. SMA-09-4462, Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2009. Available at [Building your program – Illness Management and Recovery \(samhsa.gov\)](http://www.samhsa.gov)
2. Mueser KT, Meyer PS, Penn DL, et al: *The Illness Management and Recovery program: rationale, development, and preliminary findings*. Schizophrenia Bulletin 32(suppl 1):S32–S43, 2006
3. Hasson-Ohayon I, Roe D, Kravetz S: *A randomized controlled trial of the effectiveness of the illness management and recovery program*. Psychiatric Services 58:1461–1466, 2007
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