

EVIDENCE-BASED
PRACTICES

KIT

Knowledge Informing Transformation

Using Multimedia to Introduce Your EBP

Illness Management and Recovery



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
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Disclaimer

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Using Multimedia to Introduce Your EBP

Using Multimedia to Introduce Your EBP is a collection of educational tools to help you introduce your Illness Management and Recovery (IMR) program to a variety of stakeholder groups, including the following:

- Mental health authorities;
- Advisory group members;
- Consumers;
- Families and other supporters; and
- Agency-wide staff.

Anyone who is trained in the IMR model (including evidence-based practices program leaders, staff, and advisory group members) should be able to use these tools during in-service training meetings or for community presentations to educate other stakeholder groups.

For references, see the booklet *The Evidence*.

Illness Management and Recovery

This KIT is part of a series of Evidence-Based Practices KITs created by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

This booklet is part of the Illness Management and Recovery KIT that includes a DVD, CD-ROM, and seven booklets:

How to Use the Evidence-Based Practices KITs

Getting Started with Evidence-Based Practices

Building Your Program

Training Frontline Staff

Evaluating Your Program

The Evidence

Using Multimedia to Introduce Your EBP

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**Illness
Management
and Recovery**

Using Multimedia to Introduce Your EBP

Introductory Video

This film gives viewers basic information about the Illness Management and Recovery (IMR) program, including the following:

- Practice principles;
- Practice philosophy and values;
- Basic rationale for services; and
- How the evidence-based practice has helped consumers and families.



English and Spanish versions of the Introductory Video are included on the DVD in the KIT.

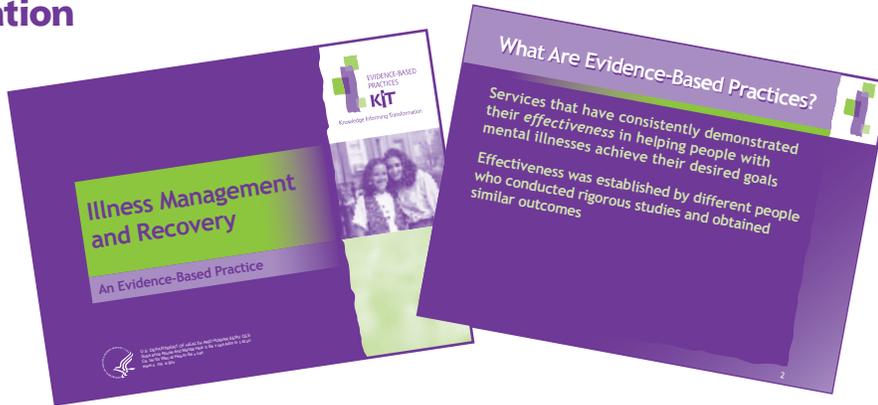


Sample Brochure

Using a brochure to introduce your IMR program to consumers, families, and community members is an easy way to disseminate basic information about IMR. We include a paper copy of English and Spanish versions in *Appendix A* of this booklet. Electronic copies are on the CD-ROM in this KIT so that you can tailor the brochure to your specific IMR program.



Introductory PowerPoint Presentation



We encourage those who are trained in the IMR model to offer basic community presentations and in-service seminars using the Introductory PowerPoint slides in this KIT. We include a paper copy of the presentation in *Appendix B* of this booklet. An electronic copy is on the CD-ROM in this KIT so that you can tailor it to your specific IMR program.

The slides provide background information about the following:

- Evidence-based practices in general;
- Illness Management and Recovery;
- Practice principles; and
- Critical components of the evidence-based model.

Use the presentation along with the other tools in this section to educate a wide array of stakeholders.

Using Multimedia to Introduce Your EBP

Appendix A: Sample Brochure

Use this sample brochure to introduce your Illness Management and Recovery program in your community. Both English and Spanish versions are on the next few pages. Electronic copies are on the CD-ROM in this KIT.





Illness Management and Recovery

CONTACT INFO
HERE



Evidenced-based treatment works



Providing information, support, and skills to help consumers manage their mental illnesses and move forward in their own recovery process.

This document was produced for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) under contract numbers 280-00-8049 with the New Hampshire-Dartmouth Psychiatric Research Center and 270-03-6005 with Westat.

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What is Illness Management and Recovery (IMR)?

IMR, an evidence-based practice, gives consumers information about mental illnesses and coping skills to help them

- Manage their illnesses;
- Develop goals; and
- Make informed decisions about their treatment

Why participate in IMR?

Knowledge empowers people. The more people understand the basic facts about their mental illnesses, the better equipped they are to speak for themselves and take an active role in their recovery.

Illness Management and Recovery supports consumers in their recovery process.

How does IMR work?

- | | |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ■ Consumers define recovery | IMR practitioners help consumers define recovery for themselves and identify personally meaningful recovery goals. |
| <ul style="list-style-type: none"> ■ Information is power | Education about mental illnesses is the foundation of informed decisionmaking. |
| <ul style="list-style-type: none"> ■ Collaboration is key | Practitioners help consumers build social networks and engage supporters in activities that promote recovery. |
| <ul style="list-style-type: none"> ■ Plans can help prevent relapses | Consumers learn to identify early warning signs and plan steps that they can take to prevent relapses. |
| <ul style="list-style-type: none"> ■ Illness management strategies work | Consumers learn new strategies to help them manage their symptoms, cope with stress, and significantly improve their lives. |



Manejo y recuperación de una enfermedad



Evidencia aplicada al tratamiento



Ofreciendo información, apoyo y habilidades para ayudar a los usuarios a manejar su enfermedad y avanzar en su propio proceso de recuperación.

Este documento fue producido por la Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) bajo los numeros de contrato 280-00-8049 con el Dartmouth Psychiatric Research Center y 270-03-6005 con Westat.

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¿Qué es el manejo y la recuperación de una enfermedad (IMR, por sus siglas en inglés)?

El IMR es una práctica basada en la evidencia que le da a los usuarios información acerca de las enfermedades mentales y habilidades para sobrellevarlas con el fin de ayudarles a:

- manejar sus enfermedades;
- desarrollar metas y
- tomar decisiones informadas sobre su tratamiento.

¿Por qué participar en el IMR?

El conocimiento capacita a las personas. Entre más comprendan las personas la información básica de sus enfermedades mentales, mejor capacitadas estarán para hablar por sí mismas y asumir un papel activo en su recuperación.

El manejo y la recuperación de una enfermedad apoya a los usuarios en su proceso de recuperación.

¿Cómo funciona el IMR?

- | | |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ■ Los usuarios definen la recuperación | Los profesionales que trabajan en el IMR ayudan a los usuarios a definir la recuperación por sí mismos y a identificar metas de recuperación que les sean importantes a nivel personal. |
| <ul style="list-style-type: none"> ■ La información es poder | La educación acerca de las enfermedades mentales es la base de la toma de decisiones informadas. |
| <ul style="list-style-type: none"> ■ La colaboración es la clave | Los profesionales ayudan a los usuarios a crear redes sociales e invitan a las personas de apoyo a participar en actividades que promueven la recuperación. |
| <ul style="list-style-type: none"> ■ Los planes pueden ayudar a prevenir las recaídas | Los usuarios aprenden a identificar señales tempranas de alerta y a planear los pasos que pueden seguir para prevenir las recaídas. |
| <ul style="list-style-type: none"> ■ Las estrategias del manejo de una enfermedad dan resultado | Los usuarios aprenden nuevas estrategias que les ayudan a manejar sus síntomas, sobrellevar el estrés y mejorar sus vidas de una manera considerable. |

Using Multimedia to Introduce Your EBP

Appendix B: PowerPoint Presentation

In *Appendix B*, you'll find paper copies of a presentation that you may use during sessions with your community or inservice seminars. An electronic copy of this presentation is on the CD-ROM in this KIT.





Illness Management and Recovery

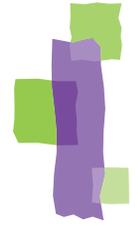
An Evidence-Based Practice



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What Are Evidence-Based Practices?



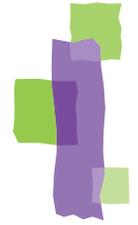
Services that have consistently demonstrated their *effectiveness* in helping people with mental illnesses achieve their desired goals

Effectiveness was established by different people who conducted rigorous studies and obtained similar outcomes

Examples of Evidence-Based Practices

- Illness Management and Recovery
- Integrated Treatment for Co-Occurring Disorders
- Supported Employment
- Assertive Community Treatment
- Family Psychoeducation

Why Implement Evidence-Based Practices?



According to the New Freedom Commission on Mental Health:

State-of-the-art treatments, based on decades of research, are not being transferred from research to community settings

Why Implement Evidence-Based Practices? (continued)

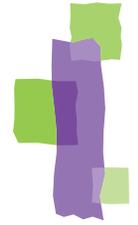


According to the New Freedom Commission on Mental Health:

If effective treatments were more efficiently delivered through our mental health services system ... millions of Americans would be more successful in school, at work, and in their communities

—Michael Hogan, Chairman

What Is Illness Management and Recovery (IMR)?



By providing information about mental illnesses and coping skills, IMR empowers consumers to:

- Manage their illnesses;
- Develop their own goals for recovery; and
- Make informed decisions about their treatment.

Practice principles



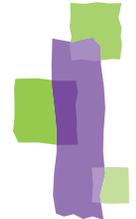
- Consumers define recovery.
- Education about mental illnesses is the foundation of informed decisionmaking.
- The Stress-Vulnerability Model provides a blueprint for illness management.
- Collaborating with professionals and significant others helps consumers achieve their recovery goals.
- Relapse prevention planning reduces relapses and rehospitalizations.
- Consumers can learn new strategies for managing their symptoms, coping with stress, and improving their quality of life.

How Is IMR provided?

Trained IMR practitioners meet weekly with consumers either individually or as a group for 3 to 10 months.

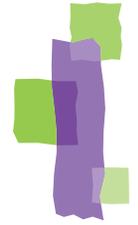
Critical components of IMR are summarized in educational handouts that practitioners distribute and review with consumers during the sessions.

Topic Areas in IMR Handouts



- Recovery strategies
- Practical facts on mental illness
- Stress-Vulnerability Model and treatment strategies
- Building social support
- Using medication effectively
- Drug and alcohol use
- Reducing relapses
- Coping with stress
- Coping with problems and persistent symptoms
- Getting your needs met in the mental health system

How Is IMR provided? (continued)



Practitioners provide a variety of interventions including:

- Psychoeducation;
- Behavioral tailoring (for consumers who choose to take medication);
- Relapse prevention; and
- Coping skills training.

Psychoeducation

Psychoeducation uses evidence-based teaching methods to provide basic information about mental illnesses and treatment.

Behavioral Tailoring

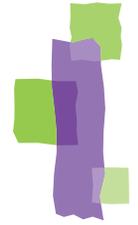
Consumers who choose to take medications learn strategies to help manage daily medication regimes.

Relapse Prevention

Relapse prevention involves helping consumers identify triggers of past relapses and early warning signs of impending relapse.

Consumers learn how to develop plans for preventing relapses.

Coping Skills Training



Coping skills training helps consumers identify and enhance effective strategies that they currently use to deal with symptoms.

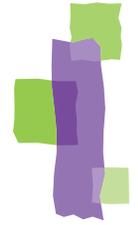
Consumers also learn and practice using new strategies.

Summary

IMR provides education about mental illnesses and strategies that help consumers manage their illnesses and pursue personal recovery goals.

People are empowered by knowledge. The more consumers understand the basic facts about their mental illnesses, the better equipped they are to speak for themselves and take an active role in their recovery.

Additional Resources



For more information about
Illness Management and Recovery and other
evidence-based practices, visit:

<http://www.samhsa.gov/SHIN>

CD Instructions:

To view the CD:

1. Insert CD into disc drive.
2. CD should start automatically on a Windows system with Internet Explorer 6 or above.
3. If you are on a Mac system or if the CD does not start automatically, find the CD directory and double click on the file: "StartHere.html".
4. Once the CD loads, click on the link to download the latest version of Acrobat Reader prior to viewing the content on the CD.
5. To quit, click on "File" in the upper left corner and select "Exit" or close the window.



DVD Instructions:

If the DVD does not play automatically, you may need to set the Autoplay function for DVD on your computer:

1. With the left mouse button, click on the Start Button and select My Computer.
2. With the right mouse button, click on the drive letter or icon for your DVD drive.
3. With the left mouse button, click on Properties.
4. In Properties, click the Autoplay tab.
5. Click on the dropdown arrow to display a list of content and disk types. ("Music files" may be selected by default.)
6. Find and select DVD movie or DVD video.
7. In Actions, click Select an action to perform by clicking on the circle. A green dot will appear in the circle, indicating it has been selected.
8. Click Play DVD video using Windows Media Player. Alternatively you may select another media player of choice, such as PowerDVD or WinDVD.
9. Click Apply, then OK.

