Personal Recovery Vision - Concept brief

Understand the idea behind personal recovery vision and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants to return to a community art group.

The idea

IMR work connects illness-management skills with personally chosen life goals.

An ordinary example

Casey wants to return to a community art group.

What this can look like

Describe a meaningful role or activity and one small change that could support participation.

Check the fit

How could managing current difficulties support this goal? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

How could managing current difficulties support this goal?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A01-1