Building Social Support - Concept brief

Understand the idea behind building social support and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey has a relative for transport and a peer for companionship.

The idea

Social support can include practical assistance, companionship, and chosen family.

An ordinary example

Casey has a relative for transport and a peer for companionship.

What this can look like

Map people and services by the kind of support they can realistically provide.

Check the fit

Where is support reliable, and where is another option needed? 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

Where is support reliable, and where is another option needed?

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-A11-1