Involving Supporters by Consent - Concept brief

Understand the idea behind involving supporters by consent and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants a friend involved in planning but not in every clinical conversation.

The idea

Supporter involvement should respect the person's privacy and preferences.

An ordinary example

Casey wants a friend involved in planning but not in every clinical conversation.

What this can look like

Choose what may be shared, with whom, for what purpose, and how permission can change.

Check the fit

What boundaries would make involvement more useful? 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

What boundaries would make involvement more useful?

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-A12-1