Substance Use and Mental Health - Concept brief

Understand the idea behind substance use and mental health and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey notices difficulty remembering routines after some evenings and wants a nonjudgmental discussion.

The idea

IMR-informed planning can address substance use and mental health together.

An ordinary example

Casey notices difficulty remembering routines after some evenings and wants a nonjudgmental discussion.

What this can look like

Map how a substance-use pattern and mental health concerns may interact, labeling uncertainty and questions for the team.

Check the fit

What should be explored without jumping to a causal conclusion? 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 should be explored without jumping to a causal conclusion?

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-A13-1