Substance Use and Mental Health - Review journal

Review an attempt at substance use and mental health and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. IMR-informed planning can address substance use and mental health together.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What should be explored without jumping to a causal conclusion? My optional adjustment or support request:

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-A13-5