Navigating Services - Concept brief

Understand the idea behind navigating services and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey is unsure which service handles a referral.

The idea

Knowing roles and routes can reduce the burden of seeking help.

An ordinary example

Casey is unsure which service handles a referral.

What this can look like

Create a map of providers, peer services, scheduling contacts, and questions about eligibility or cost.

Check the fit

Who can clarify the next step without making you tell the whole story again? 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

Who can clarify the next step without making you tell the whole story again?

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-A17-1