Reviewing IMR-Informed Practice - Concept brief

Understand the idea behind reviewing imr-informed practice and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey's action plan worked once and needs a new transport option.

The idea

Review supports learning and adaptation rather than scoring recovery.

An ordinary example

Casey's action plan worked once and needs a new transport option.

What this can look like

Summarize one skill attempted, what happened, current needs, and a question for the next collaborative session.

Check the fit

What adjustment keeps the personal goal in view? 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 adjustment keeps the personal goal in view?

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-A20-1