

## **Illness Management and Recovery Clinical Guideline**

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the Substance Abuse and Mental Health Services Administration's (SAMHSA) Illness Management and Recovery as an evidence-based practice guide. The full guideline is available at: <https://mnprc.org/wp-content/uploads/2019/01/PowerPoint-IMR.pdf>

### Impact of the Condition

- Serious Mental Illnesses such as Schizophrenia, Bipolar Disorder and Depression are clearly defined illnesses with well- established symptoms and treatments.
- As with any chronic disease process, there is a recurrent course of symptoms that require multiple treatment modalities for effective management.
- Person directed treatment helps to identify emergent symptoms and by developing partnerships with peers, providers and other supports can mitigate further exacerbation and relapse.
- Evidence Based Practices have effectiveness demonstrated by studies with similar outcomes.

### Summary of the Guidelines

Illness Management and Recovery (IMR) is a strength-based approach, composed of strategies that provides information and tools on self-management of mental illness and to develop personal goals for recovery. This is essentially, a plan or map of how to recognize symptoms and to address them with an identified support network, consisting of providers, peers, and family.

There are five principles:

1. The Patient define what recovery means and identifies meaningful goals.
2. Education on mental illnesses and substance use and how this impacts informed decision making.
3. Collaboration between identified supporters and providers to develop resource networks.
4. Plans can help prevent relapses
5. Develop strategies to monitor symptoms, cope with stress and focus on personal goals.

SAMHSA offers evidence-based kits to integrate IMR into clinical and supportive care as a best practice. Trained IMR practitioners can meet either individually or as a group to provide education on recovery strategies, facts on mental illness, stress-vulnerability, medication management, drug/alcohol use, reducing relapses, coping with stress and self-advocacy. Knowledge is empowering and can be instrumental in helping people take to make informed decisions and take an active role in their treatment and recovery.

Additional tools to assist providers with educating their patients on behavioral health conditions are available on the MVP Health Care website by following the link below.

[Quality Programs and Initiatives | MVP Health Care](#)

In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 1-2247**.

Further References:

1. Hasson-Ohayon I, Roe D, Kravetz S: *A randomized controlled trial of the effectiveness of the illness management and recovery program*. Psychiatric Services 58:1461–1466, 2007
2. Mueser KT, Meyer PS, Penn DL, et al: *The Illness Management and Recovery program: rationale, development, and preliminary findings*. Schizophrenia Bulletin 32(suppl 1):S32–S43, 2006