

Enhanced Illness Management and Recovery Manual

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UNIVERSITY OF MINNESOTA

University of Minnesota – Twin Cities Campus
School of Social Work • College of Education and Human Development

Enhanced Illness Management and Recovery Manual

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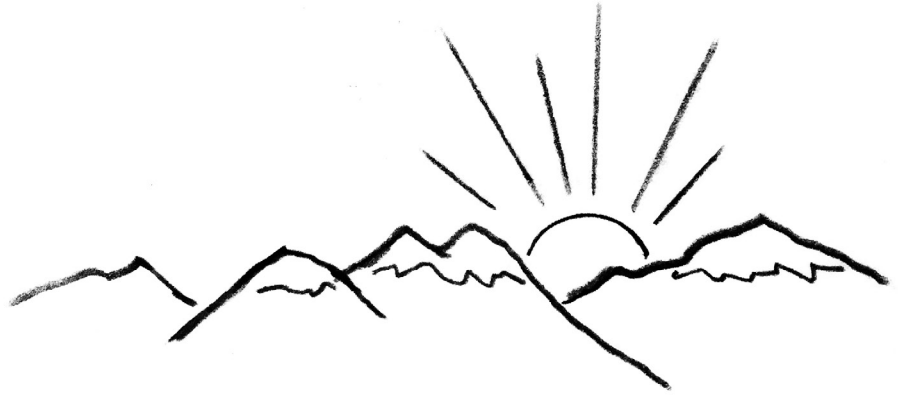
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MODULE 1

Recovery Strategies

Enhanced Illness Management and Recovery

“For me a better life quality includes a balance of good health, both physical and mental, spiritual growth through worship and fellowship, a challenging, rewarding job and meaningful social, personal and familial relationships. Recovery is a journey, not a destination. For me, recovery is a state of being; a feeling of sustainable wellness and continuous growth.”

— JOHN C., *writer, sculptor, designer in recovery from co-occurring disorders*

Questions to get us started:

What does recovery from mental illness mean to you?

What does recovery from substance use problems mean to you?

Based on what recovery means to you, what changes would you like to make in your life?

How can you make those changes?

We will cover **5 topics** in this Module:

Topic 1:

What is Recovery and What Helps People in the Recovery Process?

Topic 2:

Exploring Changes You Would Like to Make in Your Life, PART 1

Topic 3:

Exploring Changes You Would Like to Make in Your Life, PART 2

Topic 4:

Identifying a Personal Recovery Goal and Making Plans to Achieve it

Topic 5:

Following Up on Your Goal and Solving Problems

Reminder, set an **Agenda:**

It is helpful to set an agenda for each session with your practitioner. Here is an example below for each Enhanced IMR session:


1. Review the last session
2. Check in on progress in specific areas. This checklist may be different each time.
3. Learn information about a new topic
4. Summarize session and decide on home practice


Topic 1

What is Recovery and What Helps People in the Recovery Process?

This handout is about Recovery Strategies. In it, you will learn to define recovery in your own terms. You will also explore different parts of your life to identify areas you'd like to improve. We'll start by looking at what recovery means— in substance use and in mental illness.

This session will introduce two important subjects to help you start creating your own recovery plan:

 Understanding recovery

 Moving forward in the recovery process

Each of these ideas will be described in detail throughout this topic. We encourage you to discuss these topics with your E-IMR practitioner, or with other group members. Talking about topics can improve your understanding and your confidence for using the information in your life.

Understanding recovery

There is no “correct” definition of recovery from mental illness or recovery from substance use problems. Each person can define recovery in their own way—for both mental health and substance use issues. Some people think of recovery as a process, while others think of it as a goal or an end result. Some people focus on the positive effects recovery brings to their lives. To them recovery means, “living the kind of life I want,” or “living a happy, healthy life.”

Here are some more examples of how people have defined recovery:


“Recovery from mental illness is not like recovering from the flu. It’s about recovering your life and your identity.”

“Being in recovery from substance abuse means recognizing the negative effects alcohol and drugs have had on you and your loved ones, and making a choice not to use in order to reclaim your life.”

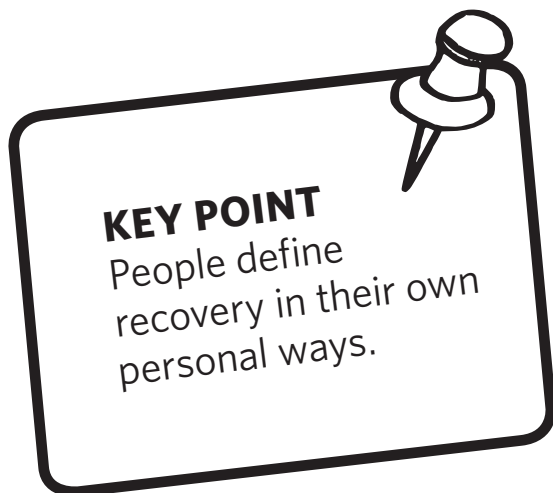
“Recovery for me is having good relationships and feeling connected to others. It’s about enjoying life.”

“For me, recovery is having a job and living in my own apartment.”

Let’s Talk About It

 Do any of these definitions strike a chord with you?

Which examples describe what is important to you?



For many people, being in recovery means having your symptoms well managed, so that you can enjoy life and cope with the daily highs and lows it brings. Here are some more examples of how different people look at recovery from substance use and mental health problems:


“Recovery is knowing that you can’t control your own drinking and drugging, and that you have to stop. That’s when my life really began.”

“I will know I have recovered when I am not hospitalized anymore.”

“To me, recovery means more than simply not drinking. It’s about being healthy—taking care of my physical and my mental health. Without that, I know I’m just a ‘dry drunk.’ I’m not living a healthy life yet.”

“Recovery means having more important things to do than just focusing on your problems: it’s a sense of purpose, or something you want to accomplish.”

Let’s Talk About It

 Do any of these aspects of recovery have special meaning for you?

In what ways are recovery from mental illness and recovery from substance use problems the same? How are they different?

What does recovery from each type of problem mean to you?

Moving forward in the recovery process

People use a variety of different strategies to help themselves in the recovery process. You probably already do things that help you in recovery. Read through the following examples of recovery strategies to learn what others have done.

● **Develop a social support system**

"It helps me to have friends and family I can do things with and talk things over with. Sometimes I have to work on these relationships and make sure I stay in touch."

● **Have friends and family who don't use substances**

"I've found it's important to have people in my life who don't drink or use drugs. Spending time with them gives me something better to do than to use substances."

● **Stay active**

"The more I do to stay active during the day, the better things go. I make a list each day of what I want to do, including both fun things and work things."

● **Express creativity**

"I like to write poetry. It's a way of expressing my emotions and putting my experiences into words. It's very satisfying. Sometimes I share my poetry with others. I like to read other people's poems, too."

● **Be involved in self-help programs for mental health, substance use problems, or both**

"I belong to a support group for people with psychiatric symptoms. I feel comfortable there. Everyone understands what I am going through. They also have good ideas for solving certain problems."

"I go to Alcoholics Anonymous (AA) meetings. I feel good when I go there because people know me and support me. Everyone at AA meetings has had problems drinking, so I know I'm not alone."

"I found a Dual Recovery Anonymous (DRA) group that I really like and helps me. Being able to share my experiences openly with other people with mental illness and substance use problems has been a huge relief. Even more important has been supporting and helping others with similar problems."

Examples continued on next page...

■ **Be aware of the environment and how it affects you**

“I concentrate much better in a quiet environment. When things get noisy, I get distracted and get irritable. I like to seek out quieter places with fewer people involved.”

■ **Maintain physical health**

“I try to eat healthier foods, like more fruits and vegetables, and exercise most days. It makes me feel better, both physically and mentally. When I eat junk food or don’t get any exercise, I feel sluggish and don’t think as clearly.”

■ **Be in touch with spirituality**

“Expressing my spirituality is essential to me. I belong to a church, but I also find spirituality in meditation and yoga.”

■ **Make time for fun**

“I need time for leisure and recreation. I can’t work all the time, and using substances isn’t good for me. My partner and I like to see a movie every Friday night. We take turns picking out what we will watch.”

■ **Connect with nature**

“Going to the woods, a park, a lake, or the ocean makes all the difference in the world to me. I feel calm, and at one with everything around me—peaceful. Spending time in nature on a regular basis both relaxes me and re-energizes me.”

■ **Follow through with treatment choices**

“I have chosen treatment that includes a stress management group, supported employment, and taking medication. Following through on these things makes me feel strong, like I can handle my daily challenges.”



Make it Your Own

Strategies that Help People with Recovery

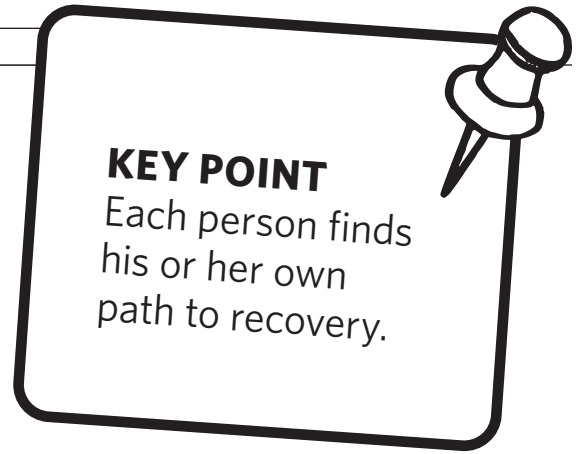
The list below describes strategies that help people with recovery. Review the list with your E-IMR practitioner. Check the strategies you are already using, and the ones you would like to develop further.

Recovery Strategy	I already use this strategy	I would like to try this strategy or develop it further
Develop a social support system		
Have friends and family who don't use substances		
Stay active		
Express creativity		
Be involved in self-help programs for mental health		
Be involved in self-help programs for substance use problems		
Be involved in self-help programs for both substance use and mental health together		
Be aware of the environment and how it affects you		
Maintain physical health		
Be in touch with spirituality		
Make time for fun		
Connect with nature		
Follow through with treatment choices		



Let's Talk About It ...

- Which strategies do you already use? Which ones would you like to try?
- What step could you take in the coming week to develop a new recovery strategy?
- When and where would you like to take that step?
- What resources or information do you need to take this step?
- Is there someone who could help you take this step?



Make it Your Own

Create a Plan for New Recovery Strategies

Using your answers in the Let's Talk About It activity on page 7, pick a new recovery strategy to try. Then, fill in the steps below to make a plan to try this new recovery strategy.

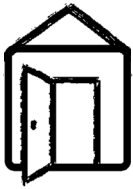
My plan for putting a recovery strategy into practice:

STEP 1. _____

STEP 2. _____

STEP 3. _____

STEP 4. _____



Home Practice

What is Recovery and What Helps People in the Recovery Process?

Choose one of the following options to practice or make one up.

OPTION 1:

Take a step in your plan to try a new recovery strategy.

OPTION 2:

Share with a friend or family member what recovery from mental illness and recovery from substance use mean to you. Get the other person's viewpoint. Do they think recovery from mental illness and recovery from substance use problems are different?

Make a plan for home practice this week:

.....
What I will do

.....
When

.....
Where

.....
With whom

"You have to practice something to make it your own!"



KEY POINTS • Topic 1
What is Recovery
and What Helps
People in the
Recovery Process?

People define recovery in their
own personal ways.

Each person finds his or her
own path to recovery.

Topic 2

Exploring Changes You Would Like to Make in Your Life, PART 1

In Topic 1, you learned different viewpoints for defining recovery from mental health and substance use problems. You also talked about what recovery from these disorders means to you. As you continue working towards your own personal recovery, it's important to decide which changes you would like to make in your life. Based on the changes you want to make, you can set goals, and figure out steps for achieving your goals.

This session will introduce two important subjects to help you explore which changes you would like to make in your life:



Understanding what's important to you



How satisfied are you with different areas of your life?

Each of these subjects will be described in detail in this session. We encourage you to discuss these topics with your E-IMR practitioner, or with other group members. Talking about topics can improve your understanding and your confidence for using the information in your life.

Understanding what's important to you

Knowing what is important to you and the things that you value in life can help you decide which areas of your life you would like to make changes in. It may take you some time to figure out how you would like your life to be different. The information in this handout can help.



Let's Talk About It

Imagine how your life would be different if you didn't have any of the mental health or substance use problems you have experienced.


What would you be doing that you're not doing now?

How would areas of your life such as work, school, close relationships, or things you do for fun be different?

How satisfied are you with different areas of your life?

As you figure out what changes you want to begin making, it can help to review different areas of your life. The questions in the next few pages of this topic will help you do this. As you examine each life area, consider the following questions:

- What do I like about my life in this area?
What is going well in this area?
- What do I not like about this area in my life?
What is not going well in this area?
- Overall, am I satisfied or dissatisfied with how things have been going in this area of my life?
- How would I like things to be different in this area of my life?

 With your E-IMR practitioner, first read through and discuss the description of each life area on the following pages.

On pages 17-18 you will find the **Satisfaction with Areas of My Life Worksheet**, which lists 14 life areas in total. After you discuss each life area, you can turn to the worksheet and mark how satisfied you are with this life area, and make notes about what you'd like to change in this area. In this session, we will cover the first 7 items on the worksheet. The remaining areas (items 8 to 14) will be covered in our next session.

Please remember to bring the Satisfaction with Areas of My Life Worksheet with you to the next session.



KEY POINT

Understanding your satisfaction with life and areas that are important to you is the first step in making changes that will improve your recovery.

1. Friendships

Think about the friends you have had in your life—when you were younger, as you grew up, and as an adult. Think of old friends and new friends, co-workers, neighbors, people you know from a program, and people you have used alcohol or drugs with.

- What kind of friends do you have now?
- What do you do together?
- In what ways would you like your friendships to be different?



How satisfied are you with your friendships? Are there changes you would like to make?

Write your answers on page 17.

2. Family Relationships

Think about your parents, siblings, children, grandparents and other extended members of your family. Consider how often you see individual family members and how often you get together as a group.

- What kinds of things do you do when you get together with family members? Do you get along, or argue?
- Who in your family would you like to see more often? What are the barriers to seeing them?
- What has happened in the past that caused tension, or made it hard for you to get together with family members?
- In what ways would you like your family relationships to be different?



How satisfied are you with your family relationships? Are there changes you would like to make?

Write your answers on page 17.

3. Close Relationships

(Intimate)

Close, intimate relationships are usually relationships in which you share your innermost thoughts and feelings. These relationships often involve physical intimacy, including sex. Examples of close, intimate relationships include a spouse, boyfriend, or girlfriend.

- Have you had close, intimate relationships in the past?

If yes:

Were your relationships satisfying, or were there lots of problems?

Did you feel respected by your partner?

- Do you have any close, intimate relationships now?

If yes:

Is this relationship satisfying, or are there lots of problems?

Do you feel respected by your partner?

- In what ways would you like your close, intimate relationships to be different?



How satisfied are you with your close, intimate relationships? Are there changes you would like to make?

Write your answers on page 17.

4. Living Situation

Think about where you currently live, whether it is alone or with others.

Consider how much privacy you have, how much control you have over your life, and the quality of the conditions where you live.

- What do you like about where you live? What don't you like about where you live?
- Have you liked certain places where you lived in the past more than where you live now? What did you like more about those places?
- In what ways would you like your living situation to be different?



How satisfied are you with your living situation? Are there changes you would like to make?

Write your answers on page 17.

5. Finances

People need to have enough money to pay rent, and buy food and other essentials. It can also be important to have money to spend on children, dates, or travel. Problems with money can make it hard to get by, and can cause problems with family relationships.

- Do you have enough money to meet your daily needs, such as rent, food, transportation, and other essentials?
- Do you have money to spend on children or other people who are important to you?
- Do you have enough extra money for yourself and things you like to do?
- In what ways would you like your money situation to be different?



How satisfied are you with your financial situation? Are there changes you would like to make?

Write your answers on page 17.

6. Work

Think of paying jobs you have had in the past, or that you currently have. You may have had different types of jobs, used different skills, or worked part-time or full-time. Having a job means working regularly for someone who depends on you, and pays you competitive wages for your work.

- What kinds of jobs have you had in the past?
What was your most interesting job?
What job paid the best?
What did you like doing when you worked?
What did you NOT like doing on your jobs?
- What were some advantages of working?
- Were there any disadvantages of working? If so, what were they?
- In what ways would you like your work situation to be different?



How satisfied are you with your work? Are there changes you would like to make?

Write your answers on page 17.

7. Education

Having a certain educational level can be important to getting the kind of work you are most interested in. Examples of educational achievements include: having a high school diploma, a college degree, a master's degree, or a certificate in a specialty area (such as auto mechanics, cooking, or childcare). Having a degree can also make you feel good about yourself—like you have accomplished something.

- What kind of education have you already received?
- Would you like to get more education, such as completing a degree, a higher degree, or a special certificate?
- In what ways would you like your education level to be different?



How satisfied are you with your education? Are there changes you would like to make?

Write your answers on page 17.



Make it Your Own

Satisfaction with Areas of My Life Worksheet — Items 1-7

Based on your discussion of the different areas of your life, complete the following worksheet for items 1-7 below. You will complete items 8-14 in the next session. Please remember to bring this handout to your next session.

Area of my life	I am not satisfied with this area of my life	I am moderately satisfied	I am very satisfied	What do I want to change in this area? (My future hopes)
1. Friendships				
2. Family relationships				
3. Close (intimate) relationships				
4. Living situation				
5. Finances				
6. Work				
7. Education				



Remember to bring your whole **Satisfaction with Areas of My Life Worksheet** to your next session. This includes the items you have completed today (1-7) as well as the ones you will complete in your next session (8-14).



Make it Your Own

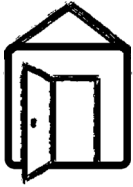
Satisfaction with Areas of My Life Worksheet — Items 8-14

Based on your discussion of the different areas of your life, complete the worksheet for items 8-14. Please remember to bring this handout to your next session.

Area of my life	I am not satisfied with this area of my life	I am moderately satisfied	I am very satisfied	What do I want to change in this area? (My future hopes)
8. Physical health				
9. Fun activities/hobbies				
10. Creative expression				
11. Religion, spirituality, and nature				
12. Community involvement				
13. Mental health				
14. Substance use				



Remember to bring your whole **Satisfaction with Areas of My Life Worksheet** to your next session.



Home Practice

Exploring Changes You Would Like to Make in Your Life, PART 1

Choose one of the following options to practice or make one up.

OPTION 1:

Share items 1-7 on your Satisfaction with Areas of My Life Worksheet with someone you trust. Get their opinion about what to work on.

OPTION 2:

Review items 1-7 on your Satisfaction with Areas of My Life Worksheet. Which areas are most important to you?

Make a plan for home practice this week:

.....
What I will do

.....
When

.....
Where

.....
With whom

"You have to practice something to make it your own!"