

IMR Lessons Learned

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Excellence in Training, Research and Technical Assistance

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Individuals Receiving IMR

Adult & Child Center, Inc.

Indianapolis, IN

- Team Sear since October 25, 2004
 - Currently 10 Clients
 - 2 in Engagement Process
 - 12 Graduated
 - 90% of program done in home
- Case Team since September 2005
 - Currently 8 Clients
 - 1 completed program
 - most sessions done in home
- Team Umoja since mid January 2006
 - Currently 5 Clients
 - 2 homeless

IMR WORKS

Benefits of being a Peer Recovery Specialist

- IMR fosters camaraderie between Peer Recovery Specialists and consumers.
- “Like pioneer blazing a trail.”
- “We act as a guide.”

Keith Oldknow, Peer Recovery Specialist,
Adult & Child Center, Inc., Team Sear, Indianapolis, IN

- “Gives people hope that someone else can get through recovery.”

Dave Thomas, Peer Recovery Specialist, Adult & Child Center, Inc, Case Team, Indianapolis, IN

Benefits

- Reinforces Peer Recovery Specialist's own need for IMR.
- “Found so much of myself in material. I learned a lot.”

Kim Gatten, Peer Recovery Specialist, Adult & Child Center Inc., Team Umoja, Indianapolis, IN

- Goals can be set and reached even by those that are the sickest of sick on ACT Teams.
- “One particular person has gone from just getting meds right to now being employed part-time.”

Dave Thomas, Peer Recovery Specialist, Adult & Child Center, Inc., Case Team, Indianapolis, IN

Challenges

- Clients distracted easily in home environment – office setting more conducive – Team Umoja
- Some clients have severe cognitive, thought disorder.
- Some clients drop out and then restart program
- “Homeless population more difficult to work with. So many areas in life they’re trying to change come first like housing, job, and food.”

Kim Gatten, Peer Specialist, Adult & Child Center, Inc., Team Umoja, Indianapolis, IN

Challenges cont'd.

- “Challenge is to live what you’re teaching others. Keeping in mind need to maintain wellness while doing IMR.”
- “I work on ACT Team that deals with the sickest of sick where clients are coming from State Hospitals or incarceration. IMR is more lengthy, takes more effort and is more challenging with this population.”

Keith Oldknow, Peer Recovery Specialist,
Adult & Child Center, Inc., Team Sear, Indianapolis, IN

- “Takes a little over one year to complete the program.”

Dave Thomas, Peer Recovery Specialist, Adult & Child Center, Inc., Case Team, Indianapolis, IN

Support

- Agency recognizes critical role Peer Recovery Specialist can play in doing IMR.
- Agency as a whole embraces Peer Recovery Specialist as a critical part of their service.
- Agency lets Peer Recovery Specialist have the time needed to do IMR with clients.
- “Agency having patience to get things off the ground.” Dave Thomas, PRS, Adult & Child Center, Inc., Case Team, Indianapolis, IN
- Several of us have learned that meeting with other Peer Recovery Specialists to discuss issues pertaining to IMR and sharing our experiences of implementing IMR is important.

Training and/or Qualifications

- College Degree is not necessary, but further education is favorable.
- Basic IMR Training essential.
- “Takes individual with out going personality that has good communication skills.”
Dave Thomas, Peer Recovery Specialist, Adult & Child Center, Inc., Case Team, Indianapolis, IN
- “Peer Recovery Specialists coming to terms with their own illness and managing their illness, establishing their own recovery goals.”
Keith Oldknow, Peer Recovery Specialist, Adult & Child Center, Inc., Team Sear, Indianapolis, IN
- Motivational Interviewing & Cognitive-Behavioral Strategies Training

Lessons Learned Consumer's Perspective

- Wealth of knowledge
- Builds great self-esteem
- IMR individual program vs. groups
 - Advantages & disadvantages
- Peer Specialist sharing their stories
 - “Greater sensitivity and insight into consumers needs”

Keith Oldknow, Peer Recovery Specialist,
Adult & Child Center, Inc., Team Sear, Indianapolis, IN

- Poor learning comprehension skills

Goals are the Key to Recovery

- Small goals
- Seeing changes in clients
- Relationships
- “IMR Peer Recovery Specialists can help with the overall treatment of individuals that are both diagnosed with a mental illness and/or have addiction issues because the teaching modules help to reinforce skills needed in addictions treatment.”

Keith Oldknow, Peer Recovery Specialist, Adult & Child Center, Inc., Team Sear, Indianapolis, IN

IMR

- Great addition to the ACT Team services.
- Helps clients to become more productive citizens in their communities.
- Helps improve clients relationships.
- Teaches everyday skills needed to handle life's different situation.
- Relapse Prevention Plan
- Case Managers are learning IMR