The establishment of an international collaboration to support the implementation of an Illness Management and Recovery Programme for consumers with a Severe Mental Illness in the Netherlands

Saxion University of Applied Sciences Deventer, the Netherlands

P.J.J. (Peter) Goossens, PhD APRN RN
M.M.J. (Monique) Engelbertink, MSc
Kom verder. Saxion.
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Method: Illness Management and Recovery (1)

IMR is a set of specific evidence based practices for teaching people with severe mental illness how to manage their disorder in collaboration with professionals and significant others in order to achieve personal recovery goals.
Method: Illness Management and Recovery (2)

It’s a structured program that helps people
• seek meaningful goals for themselves
• acquire information and skills to develop more control over their psychiatric illness
• make progress towards their own personal goals and recovery
Method: Illness Management and Recovery (3)

- IMR group: a group of 6 to 10 clients.
- The practitioners of trainers are a professional and a peer support specialist.
- IMR individual: professional or a peer specialist.
- Sessions: weekly sessions 5 to 10 months.
12 modules

1. Recovery strategies
2. Practical facts about mental illness
3. Stress–vulnerability model
4. Building social support
5. Using medication effectively
6. Drug and alcohol use
7. Reducing relapses
8. Coping with stress
9. Coping with problems and symptoms
10. Getting your needs in the mental health system
11. Healthy life
12. Work
Three methods

1. Motivation-based strategies (incl. stages of change)
2. Cognitive behavioral techniques
3. Educational techniques
Aim network IMR

• To support the implementation of IMR in the Netherlands
• To contribute to the (inter)national development of a body of knowledge regarding the IMR program.
Network IMR

- Visit to IUPUI (USA) November 2009
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- Master class by dr. Salyers (IUPUI, USA) April 2010 in the Netherlands
Consumer benefits:
- more confidence, to
- more involved in m
- managing their own

Staff benefits:
- better understanding
- less “protective,” m

In 15 years, this
huge impact.”
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- Training fidelity assessment September 2011 in the Netherlands.
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Network IMR

• Four times a year network meeting between network members: *sharing knowledge about IMR and recovery literature, project plan, implementation, research, the latest developments.*
Current network members IMR in the Netherlands

- PAAZ Hengelo en Almelo
- Dimence Almelo
- RIBW Ijsselsevecht en Twente
- Yulius Dordrecht
- GGNet
- Mediant Enschede
- GGZ Noord Holland Noord
- GGZ Leiden
- Bavo Europoort Rotterdam
Benefits and disadvantages of international collaboration

+ Access to international experts and research groups
+ Collaboration in research
+ Access to mental health organizations in the USA for site visits and vice versa
+ Both universities have an international project
+ Joint grant writing & publishing
+ Paving the path for exchange of students and scholars

- Cultural and language differences
- Time difference (6 hours)
Thanks for your attention
Questions?

Contact information

Saxion University of Applied Sciences
Peter Goossens
p.j.j.goossens@saxion.nl
+31 6 20171866