

**Illness Management and Recovery (IMR) Fidelity Scale (8/3/02)**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>1. # People in a Session or Group</b>	Some sessions taught with over 15 consumers	Some sessions taught with 13-15 consumers	Some sessions taught with 11 or 12 consumers	Some sessions taught with 9 or 10 consumers	All IMR sessions taught individually or in groups of 8 or less
<b>2. Program Length</b>	<20% of IMR clients receive at least 3 months of weekly sessions	20%-39% of IMR clients receive at least 3 months of weekly sessions	40%-59% of IMR clients receive at least 3 months of weekly sessions	60%-79% of IMR clients receive at least 3 months of weekly sessions	≥90% of IMR clients receive at least 3 months of weekly sessions
<b>3. Comprehensiveness of the Curriculum:</b> <ul style="list-style-type: none"> <li>• Recovery strategies</li> <li>• Mental illness facts</li> <li>• Stress-vulnerability model</li> <li>• Social support</li> <li>• Using medication</li> <li>• Preventing relapse</li> <li>• Stress management</li> <li>• Coping symptoms</li> <li>• Mental health system</li> </ul>	Curriculum materials include only 1 topic, or educational handouts are not available	Curriculum materials include 2 or 3 topic areas	Curriculum materials include 4 or 5 topic areas	Curriculum materials include 6 or 7 topic areas	Curriculum materials include 8 or 9 topic areas
<b>4. Provision of Educational Handouts</b>	<20% of IMR clients receive educational handouts	20%-39% of IMR clients receive educational handouts	40%-59% of IMR clients receive educational handouts	60%-79% of IMR clients receive educational handouts	≥90% of IMR clients receive educational handouts
<b>5. Involvement of Significant Others</b>	<20% of IMR clients have significant other(s) involved	20%-29% of IMR clients have significant other(s) involved	30%-39% of IMR clients have significant other(s) involved	40-49% of IMR clients have significant other(s) involved	≥50% of IMR clients have significant other(s) involved
<b>6. IMR Goal Setting</b>	<20% of IMR clients have at least 1 personal goal in chart	20%-39% of IMR clients have at least 1 personal goal in chart	40%-59% of IMR clients have at least 1 personal goal in chart	60%-79% of IMR clients have at least 1 personal goal in chart	≥90% of IMR clients have at least 1 personal goal in their chart
<b>7. IMR Goal Follow-up</b>	<20% of IMR clients have follow-up on goal(s) documented in chart	20%-39% of IMR clients have follow-up on goal(s) documented in chart	40%-59% of IMR clients have follow-up on goal(s) documented in chart	60%-79% of IMR clients have follow-up on goal(s) documented in chart	≥90% of IMR clients have follow-up on the goal(s) documented in their chart
<b>8. Motivation-Based Strategies</b> <ul style="list-style-type: none"> <li>• New info &amp; skills</li> <li>• Positive perspectives</li> <li>• Pros &amp; cons of change</li> <li>• Hope &amp; self-efficacy</li> </ul>	<20% of IMR sessions use at least 1 motivation-based strategy	20-39% of IMR sessions use at least 1 motivation-based strategy	30-39% of IMR sessions use at least 1 motivation-based strategy	40-49% of IMR sessions use at least 1 motivation-based strategy	≥50% of IMR sessions use at least 1 motivation-based strategy

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<b>9. Educational Techniques:</b> <ul style="list-style-type: none"> <li>• Interactive teaching</li> <li>• Checking for understanding</li> <li>• Breaking down info</li> <li>• Reviewing info</li> </ul>	<20% of IMR sessions use at least 1 educational technique	20%-39% of IMR sessions use at least 1 educational technique	30%-39% of IMR sessions use at least 1 educational technique	40%-49% of IMR sessions use at least 1 educational technique	≥50% of IMR sessions use at least 1 educational technique
<b>10. Cognitive-Behavioral Techniques:</b> <ul style="list-style-type: none"> <li>• Reinforcement</li> <li>• Shaping</li> <li>• Modeling</li> <li>• Role playing</li> <li>• Cognitive restructuring</li> <li>• Relaxation training</li> </ul>	<20% of IMR sessions use at least 1 cognitive-behavioral technique	20%-39% of IMR sessions use at least 1 cognitive-behavioral technique	30%-39% of IMR sessions use at least 1 cognitive-behavioral technique	40%-49% of IMR sessions use at least 1 cognitive-behavioral technique	≥50% of IMR sessions use at least 1 cognitive-behavioral technique
<b>11. Coping Skills Training:</b> <ul style="list-style-type: none"> <li>• Review current coping</li> <li>• Amplify current coping or develop new coping skills</li> <li>• Behavioral rehearsal</li> <li>• Review effectiveness</li> <li>• Modify as necessary</li> </ul>	Few or none of the practitioners are familiar with the principles of coping skills training	Some of the practitioners are familiar with the principles of coping skills training, with a low level of use	Some of the practitioners are familiar with the principles of coping skills training, with a moderate level of use	The majority of the practitioners are familiar with the principles of coping skills training and use it regularly	All practitioners are familiar with the principles of coping skills training and use it regularly
<b>12. Relapse Prevention Training:</b> <ul style="list-style-type: none"> <li>• Identify triggers</li> <li>• Identify early warning signs</li> <li>• Stress management</li> <li>• Ongoing monitoring</li> <li>• Rapid intervention as needed</li> </ul>	Few or none of the practitioners are familiar with the principles of relapse prevention training	Some of the practitioners are familiar with the principles of coping skills training, with a low level of use	Some of the practitioners are familiar with the principles of coping skills training, with a moderate level of use	The majority of the practitioners are familiar with the principles of relapse prevention training and use it regularly	All practitioners are familiar with the principles of relapse prevention training and use it regularly
<b>13. Behavioral Tailoring for Medication</b>	Few or none of the practitioners are familiar with the principles of behavioral tailoring for medication	Some of the practitioners are familiar with the principles of behavioral tailoring for medication, with a low level of use	Some of the practitioners are familiar with the principles of behavioral tailoring for medication, with a moderate level of use	The majority of the practitioners are familiar with the principles of behavioral tailoring for medication and use it regularly	All practitioners are familiar with the principles of behavioral tailoring for medication and use it regularly