

Illness Management and Recovery
Group Progress Note

Group Name or ID: _____

Date: _____

Group Members Present:

Facilitators:

Personal Goals: After IMR personal goals have been set – usually done during Recovery Strategies or individually before starting other modules – the facilitator follows up on goals of a few group members each session. Which group members’ goals were followed up in this session?

Significant Others: It’s important to involve significant others to support IMR. List the names of group members whose significant others were involved in the past week (or since the last session) and the nature of their involvement (e.g., received handout, talked on the phone, assisted with home assignments, assisted with goal)

Treatment Focus (on the line next to the handout topic, please write the page numbers covered):

- Recovery Strategies, pgs. _____
- Practical Facts about MI, pgs. _____
- Stress Vulnerability model, pgs. _____
- Building Social Supports, pgs. _____
- Using Medications Effectively, pgs. _____
- Drug & Alcohol Use, pgs. _____
- Relapse Prevention Training, pgs. _____
- Coping Skills Training, pgs. # _____
- Coping with Problems & Symptoms, pgs. _____
- Getting Needs Met in the Mental Health. pgs. _____

Treatment Methods Provided

Motivational Interviewing:

- Connect information and skill learning with personal goals
- Promote hope and positive expectations for success in achieving goals (addressing fears, perceived barriers, lack of confidence, negative realities)
- Explore pros and cons of change (cost and benefits)
- Reframe past experiences in a positive light

Educational Strategies:

- Interactive teaching
- Check for understanding
- Review information
- Review Homework
- Complete Worksheet
- Break down info

Cognitive Behavioral Strategies:

- Reinforcement
- Shaping
- Modeling
- Role Playing
- Cognitive Restructuring
- Re-framing
- Relaxation Training

Specialized Skills Training:

- Relapse Prevention Training
- Coping Skills Training
- Behavioral tailoring for medication

Home assignment: _____