

Self-Management Education & Support for Adults with Mental Illnesses: Algorithm of Care

Institute of Medicine recommends all patients be referred for recovery-oriented mental illness self-management education & support¹

Four critical junctures for referral to peer-led mental health self-management education			
At diagnosis or when emotional distress is first reported or evident	When some form of mental health treatment is occurring or being suggested	When mental health symptoms are worsening or during/following a crisis	When care transitions occur, such as ending or changing mental health care
<p><i>Types of education needed</i></p> <ul style="list-style-type: none"> • Symptoms • Diagnoses • Hope for recovery • Peer support 	<p><i>Types of education needed</i></p> <ul style="list-style-type: none"> • Medication options • Non-pharmaceutical interventions • Lifestyle factors that promote wellness • Self-management skills • Peer support 	<p><i>Types of education needed</i></p> <ul style="list-style-type: none"> • Self-management skills • Crisis planning • Post-crisis planning • Psychiatric advance directives • Peer support 	<p><i>Types of education needed</i></p> <ul style="list-style-type: none"> • Peer support • Alternative interventions
<p><i>Peer-led self-management programs providing this education</i></p> <ul style="list-style-type: none"> • Wellness Recovery Action Plan (WRAP) • Depression & Bipolar Support Alliance (DBSA) support groups • National Alliance on Mental Illness (NAMI) Peer-to-Peer education • Schizophrenia Alliance groups • Hearing Voices groups 	<p><i>Peer-led self-management programs providing this education</i></p> <ul style="list-style-type: none"> • DBSA • WRAP • NAMI Peer-to-Peer • NAMI Connection • Schizophrenia Alliance • Hearing Voices • Recovery International • Whole Health Action Management (WHAM) 	<p><i>Peer-led self-management programs providing this education</i></p> <ul style="list-style-type: none"> • DBSA 	<p><i>Peer-led self-management programs providing this education</i></p> <ul style="list-style-type: none"> • WRAP • DBSA • NAMI Peer-to-Peer • NAMI Connection • Schizophrenia Alliance • Hearing Voices • Recovery International • WHAM
<p><i>Learn how to use the Algorithm and locate programs here:</i> https://www.center4healthandsdc.org/peer-led-mental-health-self-management-algorithm-of-care.html</p>			

¹IOM Improving the Quality of Health Care for Mental and Substance-Use Conditions, Recommendation 3-1, 2006

*Published by the UIC Center on Integrated Health Care & Self-Directed Recovery