

Mental Illness Self-Management Education Algorithm for Primary Care Providers

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

Four critical stages for referral to mental health self-management education			
At diagnosis or when emotional distress is first reported or evident	When mental health treatment is occurring or being suggested	When mental health symptoms are worsening or person is in crisis	When care transitions occur, such as ending or changing MH care
<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"> • 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 • Health & wellness education
<p>Peer-led programs</p> <ul style="list-style-type: none"> • Wellness Recovery Action Plan (WRAP) groups • Depression & Bipolar Support Alliance (DBSA) groups • National Alliance on Mental Illness (NAMI) Peer-to-Peer groups • Schizophrenia Alliance • Hearing Voices groups 	<p>Peer-led programs</p> <ul style="list-style-type: none"> • DBSA • WRAP • NAMI Peer-to-Peer • NAMI Connection • Schizophrenia Alliance • Hearing Voices • Recovery International • GROW 	<p>Peer-led programs</p> <ul style="list-style-type: none"> • DBSA 	<p>Peer-led programs</p> <ul style="list-style-type: none"> • WRAP • DBSA • NAMI Peer-to-Peer • NAMI Connection • Schizophrenia Alliance • Hearing Voices • Recovery International • GROW
<p>Learn how to use the Algorithm and locate programs here: https://bitly.ws/XiBH</p>			

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