

Promoting Recovery from Mental Illness: Consumer, Staff, and Program Level Interventions

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Abstract

The ACT Center of Indiana is a research and training center devoted to helping promote recovery from severe mental illnesses like schizophrenia and bipolar disorder. We focus on interventions that are based on the best research evidence, and we emphasize ways to translate research into actual practice. We have current research projects that target different levels of the mental health service system. Here we present research focused on 1) the **consumer** with mental illness - identifying ways that consumers set treatment goals related to recovery; 2) the **staff** who work with people with severe mental illness – helping staff stay healthy and engaged in their work; and 3) the **programs** that support recovery – identifying cost-effective ways to ensure high quality services.