

Enhanced Illness Management & Recover (E-IMR)
Course and Certification FAQ

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1. What is E-IMR?

Developed by the University of Minnesota's Center for Practice Transformation and in consultation with experts, Enhanced Illness Management and Recovery (E-IMR) is an enhanced version of Illness Management and Recovery (IMR) with the Integrated Dual Disorder Treatment (IDDT) principles integrated into the intervention to better serve individuals experiencing mental illness and co-occurring substance use disorders (CODs).

E-IMR helps practitioners across a range of service lines gain a shared language, foundation of person-centered and recovery-oriented principles, and proven skills to use when delivering care to people with CODs. This approach empowers practitioners and their clients to identify the interaction between substance use and mental illness and utilize strategies to reduce and manage symptoms to help support them in living their best lives.

Participation in E-IMR training ranges from Introductory through Certification. You can keep track of your progress as you receive a certificate of completion for each section and move towards E-IMR Certification.

2. What are the various learning options available for E-IMR?

The sections of E-IMR are as follows:

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Introduction to E-IMR (self-paced, 3 CE Credits)

Designed to provide a basic understanding of E-IMR, this introductory course is a great way for practitioners, program administrators and clinical directors to understand the principles, values and research behind E-IMR. This self-paced course (learners can save their progress and continue later) should take approximately 3 hours to complete.

E-IMR Foundations (self-paced, 15 CE Credits)

Learn the central skills and strategies of E-IMR. This course consists of demonstration videos, applied practice scenarios and recommended exercises that you can immediately integrate into your current practice. While consultation is not included, you can register for monthly group consultation to further hone your skills and receive a Training Certificate in E-IMR Foundations. This self-paced course should take approximately 15 hours to complete.

E-IMR Consultation (live virtual, up to 4 CE Credits)

Attendance to four 50-minute E-IMR consultation sessions hosted by the Center for Practice Transformation (CPT) at the University of Minnesota is required to receive a Training Certificate in E-IMR Foundations. Consultation is key to putting your new knowledge and skills into practice. You will bring your successes, challenges and questions into the consultation session with other practitioners and receive support and feedback from our E-IMR experts. Contact transform@umn.edu for more information regarding consultation. Each consultation session has a fee of \$20 to be paid to CPT.

E-IMR Certification

Become a certified E-IMR practitioner! To demonstrate competency in E-IMR, interested participants must contact transform@umn.edu to receive an application for certification in E-IMR which includes the following components:

- Training Certificate in E-IMR Foundations (includes completion of Introduction to E-IMR, E-IMR Foundations and participation in four 50-minute E-IMR Consultation sessions)
- Completed Goal Tracking Sheet
- E-IMR Course Reflection
- 2 E-IMR De-Identified Session Recordings (Individual and/or Group)
- There is a \$250 fee for submitting your application, to be paid directly to CPT

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3. When do I have to complete each course by?

There is no time limit on completing either course (Intro to E-IMR, and E-IMR Foundations), however a timeframe of completing both within six months is suggested.

4. Are there any professional/educational qualifications needed for certification in E-IMR?

No, E-IMR certification is available to anyone who completes all four components listed in Question #2. Certification in E-IMR is recommended particularly for those who are currently providing direct services.

5. Where should I go for technical support?

If you need technical support with either of the E-IMR courses available, please contact us at pmhp@mednet.ucla.edu.

6. Who should I contact for questions about consultation and/or certification process?

If you would like additional information about consultation or certification in E-IMR, please reach out directly to CPT by emailing transform@umn.edu.

7. I have questions about these courses or other potential learning opportunities that are not answered on this page. Who should I contact?

For additional information about these courses, or for support in navigating our training offerings, please reach out to us at PMHP by emailing pmhp@mednet.ucla.edu.