



FAST FACTS *Magellan Behavioral Care of Iowa, Inc.*

Iowa Intensive Psychiatric Rehabilitation

Magellan is the first managed behavioral healthcare company to design and implement a formal Intensive Psychiatric Rehabilitation (IPR) initiative that incorporates recovery-oriented principles as part of a public sector carve-out. The IPR initiative began in Iowa in 1997 and evolved in direct response to consumers who wanted access to additional psychiatric rehabilitation services to assist them in overcoming disabilities resulting from serious and persistent mental illness (SPMI). Guided by the values of consumer involvement, choice, self-determination and by principles drawn from the field of physical rehabilitation, IPR helps individuals with SPMI achieve goals that improve their success and satisfaction in living, learning, working, and socializing.

Program Highlights

- Magellan facilitates quarterly roundtable meetings for IPR providers.
- A train-the-trainer course offered through Iowa Community Reinvestment funding has enabled 15 IPR practitioners to train other practitioners across the state.
- A Boston University Center for Psychiatric Rehabilitation outcomes study on the IPR program in Iowa indicates:
 - Consumers who complete IPR have significantly increased earnings and live more independently.
 - Participants use significantly less inpatient, day treatment, and partial hospitalization services than individuals in a control group.

Key Program Components

This initiative has five goal-directed and time-limited components:

- **Readiness Assessment**—gauges the consumer’s motivation to set a goal for change, self-awareness, knowledge of the community or environment, and willingness or ability to work intensively with the IPR program.
- **Readiness Development**—designed to increase a consumer’s interest, motivation, and resolve to engage in a rehabilitation process.
- **Goal Setting**—assists consumers in making informed choices regarding the residential, social, educational, and/or occupational goals they pursue.
- **Goal Achievement**—helps consumers develop the skills, supports, and other resources needed to successfully meet the social, emotional, and intellectual performance requirements of their chosen roles and environments.
- **Goal Keeping**—assists consumers in maintaining successful and satisfying role performance to prevent the emergence of symptoms associated with role deterioration.

Since 1997, IPR has exemplified Magellan’s promotion of the principles of psychiatric rehabilitation as an aid to recovery and one of the essential components of a comprehensive community support system.

