

NAMI Peer to Peer Education Course

Like its Family to Family counterpart course, this class brings its members a wealth of information about the major mental illnesses, medications and treatments available, and information about the medical providers and how best to utilize their services.

What are People Saying?

“Very Powerful Message. I am impressed with the entire curriculum. A LOT of different tools for recovery were part of the class allowing for CHOICE”.
IA

“Peer to Peer teaches in 9 weeks what it took me 20 years to figure out for myself” -CA

NAMI Pennsylvania has been privileged to bring the new NAMI Peer to Peer course to its members.

NAMI Peer To Peer



Learning To Live Well With What We've Got....

**A NAMI Signature
Consumer Education Series**



NAMI Pennsylvania
Pennsylvania's Voice On Mental Illness

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NAMI Peer-to-Peer What is it?

NAMI Peer-to-Peer is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. The course consists of nine two-hour units and is taught by a team of three trained mentors" who are personally experienced at living well with mental illness.

In addition to a kind of built in, structural coherence that promotes growth, there are five essential messages, that build on one another, contained within the weeks of the curriculum. They are:

- I am not alone**
- I have a voice.**
- I have choices**
- I am free to decide.**
- I am free to live well**

These essential messages capture the position of awareness in the lived experience of recovery for most individuals, and provide the foundation for the work of transforming experience among course participants.

A combination of structured exercises and lectures focus on helping participants to identify and resolve some common conflicts in the recovery process, such as:



- Transforming isolation into belonging.**
- Transforming silence into voice.**
- Transforming passivity into choice.**
- Transforming indifference into decision.**
- Transforming endurance into zest.**

Class Topics Include:

- .Stigma.
- .Discrimination.
- .Relapse Prevention Planning.
- .Schizophrenia.
- .Bipolar Disorder.
- .Depression.
- .Sleep.
- .Panic Disorder.
- .Obsessive Compulsive Disorder
- .Story Telling.
- .Language, Emotions.
- .Addictions, Spirituality.
- .Medication.
- .Coping Strategies and Decision Making.
- .Relationships.
- .Advance Directive Planning.
- .Empowerment and Advocacy.

NAMI Peer-to-Peer Signature Education Program



What can not be accomplished in the nine week period of class meetings is available to all participants in a binder of class materials and memories of experiences that they take along with them when the course ends. As part of the course, participants create a written relapse prevention plan and devise an advance directive for mental health care decision making. It is a very full nine weeks, with each week building on the next.