



NAMI Peer-to-Peer

National Alliance on Mental Illness

Education Program on Mental Illnesses

**Intended for people living with a major mental illness who
are interested in maintaining wellness**

You are not alone. And you're so much more than your diagnosis. Join people like you who are interested in learning about recovery. Gain knowledge and practical skills to manage your life and handle stress. Come to a safe place where peers can share common experiences and learn from each other.

- Schizophrenia
- Schizoaffective Disorder
- Bipolar Disorder
- Depression
- Dual Diagnosis
- Obsessive Compulsive disorder
- Post Traumatic Stress Disorder
- Generalized Anxiety disorder
- Borderline Personality disorder
- Panic Disorder

**Free weekly classes taught by peers trained
and certified to teach the course.**

Next Course Begins January 25 ,2012

**Once a week 3:30-5:30 pm for 10 consecutive weeks.
Location: United Church of Gainesville, meeting room
1624 NW 5th Avenue**

(This program is not affiliated with any church)

Pre-registration is required:

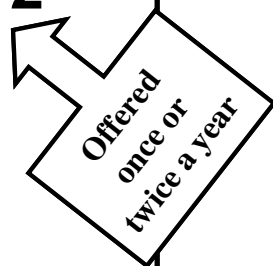
Phone (352) 374-5600 extension 8322
(leave a voicemail and your call will be returned)
or E-mail: info@NamiGainesville.org

Class size limited.

Sponsored by NAMI Gainesville

Watch video about the course at:

www.NamiGainesville.org



Mental Illness Education Course

www.NamiGainesville.org

Testimonials about this nationally developed course already taken by over 7,000 people who experience a serious mental illness in their lives:

"Peer-to-Peer teaches in 10 weeks what it took me 20 years to figure out for myself."

--Peer-to-Peer participant, California

"The course presented a very powerful message. I am impressed with the entire curriculum. It included a lot of different tools for recovery while allowing for choice, which is important to me."

--Peer-to-Peer participant, Iowa

The **NAMI Peer-to-Peer Course** is a university tested evidence-based national educational curriculum. It offers concrete practical skills to anyone experiencing a major mental illness, including: Schizophrenia, Bipolar Disorder, Depression, Panic Disorder, PTSD, Generalized Anxiety Disorder, Obsessive Compulsive Disorder, as well as co-occurring illnesses. The course is taught locally in Gainesville by peers living with a mental illness themselves, and who are successfully managing their own recovery. They have been specially trained and certified to teach the course to others, and have completed the course themselves. Extensive handout materials are free and complement professional mental health services. Topics include the major mental illnesses, brain biology, knowledge and skills to manage your life. Only peers may participate; no family members. Best of all—no tests !

Week 1

Welcome, Introductions, Course orientation, Questions and answers

Week 2

Icebreaker, Group ground rules, Discussion on course values, Mental illnesses as traumatic experiences, Stages of recovery, Stigma, Culture, Stress management and mindfulness

Week 3

"It's not my fault"- mental illnesses as no-blame disorders, Brain biology and research, The challenges and benefits of medication, Relapse prevention, Creative visualization, Mindfulness

Week 4

Telling our stories- sharing of personal experiences, Stress management / mindfulness

Week 5

Information and discussion about:

- Schizophrenia
- Depression
- Bipolar Disorder
- Schizoaffective Disorder
- Borderline Personality Disorder

Relapse prevention continued, Accounts of wisdom and strength, Mindfulness

Week 6

Information and discussions about:

- Generalized Anxiety Disorder
- Panic Disorder

- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Dual Diagnosis

Relapse prevention continued, Substance abuse and addiction, The role of acceptance in recovery, Stress management and mindfulness

Week 7

Understanding emotions, Complete relapse prevention, Focusing on experiences of joy, Spirituality, Physical health and mental health, Stress management and mindfulness

Week 8

Suicide and prevention, Coming out of isolation, Mental illness and disclosure, Take-home tool for making difficult choices, Surviving a hospital stay, Advance Directive for Mental Healthcare Decision Making, Mindfulness

Week 9

Guest speaker, Hot buttons and triggers, Working with providers, Advance Directive continued, Incarceration- survival and preparedness, Mindfulness

Week 10

Another look at stages of recovery, Empowerment, Advocacy, Opportunities for involvement in NAMI, Stress management and mindfulness, Evaluations, Celebration.

