

What are people saying?

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

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

“I feel even more passionate about my advocacy role. And this has reinforced my belief that all consumers can lead a full successful life if they receive the treatment they need.” – MO

“...has made me realize that I can trust myself, I am not incompetent. These messages I have had to drown out since the day I was hospitalized 8 years ago. I can be my own best friend.” – MD

“I think this is very powerful. In depth with the many tools I’ll need...” – AZ

“I loved the class! It is really the first time I admitted to myself that my OCD is a mental illness. It took courage to come to this class, but I came every night. I’m glad I did.” – AR

“Fast moving, quite comprehensive, very enlightening, necessary course to pass on.” – NV



San Diego's Voice On Mental Illness

For More Information Contact

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www.nami.org



San Diego's Voice On Mental Illness

The NAMI
Peer-to-Peer
Education Course

● **Peer-to-Peer** ■
● **Learning** ■
● **to** ■
Live Well ■
with ■
What ■
We've ■
Got ■



The NAMI Peer-to-Peer Education course

is a nine week – two hours per week – experiential education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness.

The Course uses a combination of lecture, interactive exercises and structured group processes, and the diversity of experience among course participants affords for a lively dynamic that moves the course along.

Who can take it?

The Course is designed to offer an opportunity for growth to any individual who experiences mental illness.

Who are the teachers?

Courses are taught by teams of three trained “mentors”, or peer-teachers, who are themselves experienced at living with mental illness.

NAMI's Peer-To-Peer Education Course

Learning to live well with what we've got

What is taught, exactly?

Week One

Introductions, Stigma, Discrimination
Begin Relapse Prevention Planning

Week Two

Schizophrenia, Bipolar Disorder, Depression,
Thoughts, Feelings, Sleep
Continue Relapse Prevention Planning

Week Three

Panic Disorder, Obsessive
Compulsive Disorder,
Senses, Behavior
Continue Relapse Prevention Planning

Week Four

Story Telling

Week Five

Language, Emotions
Continue Relapse Prevention Planning

Week Six

Addictions, Spirituality, Medication
Complete Relapse Prevention Plans

Week Seven

Coping Strategies, Decision Making

Week Eight

Relationships, Begin Advance Directive

Week Nine

Empowerment, Advocacy, “Complete”
Advance Directive, Evaluation

Where is it offered?

NAMI's Peer-to-Peer Education Course is offered by state and affiliate NAMI's around the country. A complete list of NAMI state and affiliate organizations is on the NAMI Web site: <http://www.nami.org/>

What does it cost?

NAMI's Peer-to-Peer Education Course is offered free of charge to people who experience mental illness. You do not need to be a member of NAMI to take Peer-to-Peer .



San Diego's Voice On Mental Illness

The National Alliance on Mental Illness (NAMI) is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses.