

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

For More Information:

Local Contact

About NAMI

NAMI is the nation’s leading grass-roots advocacy organization solely dedicated to improving the quality of life for individuals with severe mental illnesses and their families. NAMI’s efforts focus on support to persons with serious brain disorders and to their families; advocacy for nondiscriminatory and equitable federal, state, and private sector policies; research into the causes, symptoms, and treatments for brain disorders; and education to eliminate the pervasive stigma surrounding mental illness. NAMI has 50 state organizations and more than 1,200 local affiliates in all 50 states, the District of Columbia, Puerto Rico, American Samoa, and Canada.

NAMI’s Peer-to-Peer Recovery Education Course is Supported by a Charitable Contribution from AstraZeneca Pharmaceuticals.



The Nation’s Voice on Mental Illness

Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201-3042

PH: 703-524-7600 • www.nami.org

NAMI Information and Service Center:
1-800-950-6264 (NAMI)

NAMI Experience
the Revolution
★★★★★ JOIN TODAY!

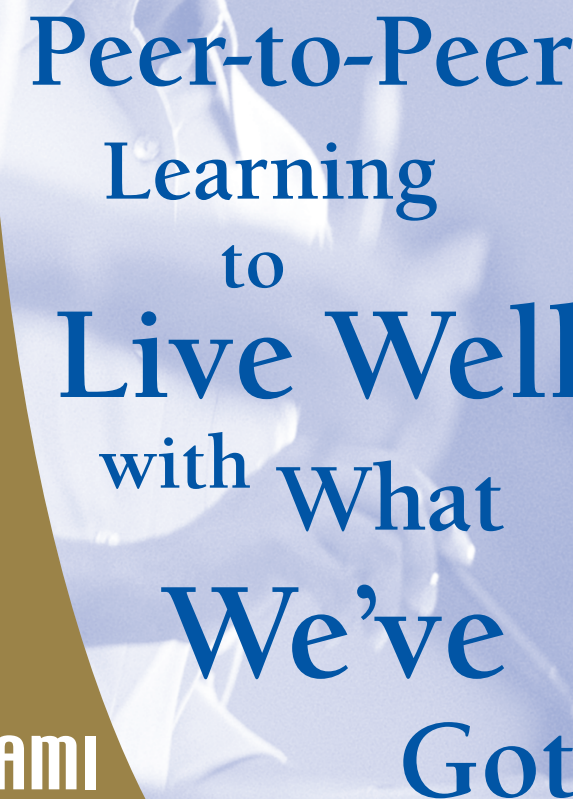
888-999-6264
www.nami.org



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. 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 well 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 NAMIs 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 the course. We hope you will contact your local affiliate or state NAMI organization to join.

How do I find out more?

Please contact:

Our Web site at www.nami.org.

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

NAMI HelpLine:

1-800-950-6264 (NAMI)