

## What does the course include?

Peer-to-Peer consists of ten two-hour units and is taught by a team of two trained “Mentors” and a volunteer support person who are personally experienced at living well with mental illness.

Mentors are trained in an intensive three day training session and are supplied with teaching manuals.

Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.

Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice (techniques offered to develop and expand awareness).

Each class builds on the one before: attendance each week is strongly recommended

**[www.NAMI.org](http://www.NAMI.org)**

**[www.nami.org/peertopeer](http://www.nami.org/peertopeer)**

**[www.namipacp.org](http://www.namipacp.org)**



### Course will be offered:

NAMI PA of Cumberland and Perry Counties offers Peer-to-Peer (P2P) in the spring of each year.

### Registration:

Once details for the current course offering are known they are posted on **[www.namipacp.org](http://www.namipacp.org)**

Registration is taken year round and it is best to email **[findhope@namipacp.org](mailto:findhope@namipacp.org)** or call the message line at (717) 240-8715

### Comments on the Peer-to-Peer Course

"Peer to Peer teaches in 9 weeks what it took me 20 years to figure out for myself."  
-California

"I am now able to look at myself in more depth with less fear. I can try to build bridges with the relationships that were interrupted by my illness."  
-Illinois

"I feel much more confident now and am not ashamed to say that I have an illness. I know that speaking candidly about myself helps to break down the stigma that exists in others."  
-Maryland

"Peer-to-Peer has allowed me to take the focus off my illness and learn to balance it with the rest of my life. By engaging in recovery I am able to be more relaxed and productive both at work and home."



*Find Help. Find Hope.*

## Peer-to-Peer Educational Course

Peer-to-Peer is a **Free** 10 week Course providing a unique, experiential learning program for people with any serious mental illness (or mental health challenges) who are interested in establishing and maintaining their wellness and recovery.

### NAMI PA

### Cumberland/Perry Counties

Our mission is to provide emotional support and education for families and persons affected by mental illness. Through community collaboration, support groups, and educational offerings we advocate for a life of quality and dignity—one without discrimination—for all people affected by these illnesses.

**NAMI PA Cumberland and Perry**

**P.O. Box 527**

**Carlisle, PA 17013**

**Message Line (717) 240-8715**

**[www.namipacp.org](http://www.namipacp.org)**

**[findhope@namipacp.org](mailto:findhope@namipacp.org)**

**Week 1**

Course orientation  
Questions and answers

**Week 2**

Icebreaker  
Group ground rules  
Discussion on course values  
Mental illnesses as traumatic experiences  
Consumer stages of recovery  
Stigma  
Culture  
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**

Storytelling- sharing of personal experiences  
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  
Mindfulness

**Week 7**

Understanding emotions  
Complete relapse prevention  
Focusing on experiences of joy  
Spirituality  
Physical health and mental health  
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 consumer stages of recovery  
Empowerment  
Advocacy  
Opportunities for involvement in NAMI  
Mindfulness  
Evaluations  
Celebration