

**APPLICATION**

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**NAMI Orange County**

**Peer to Peer**

Recovery Education Course

**NAMI Orange County**

1810 E. 17th St., Santa Ana, CA 92705  
Phone: 714/544-8488 Fax: 714/544-0791  
klenhoff@namioc.org  
www.NAMIOC.org

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Psychiatric Diagnosis: \_\_\_\_\_

Age of Onset: \_\_\_\_\_ Are you currently in treatment? Yes No

Race/Ethnicity: \_\_\_\_\_ Language preferred: \_\_\_\_\_

Can you commit to a 10-week course? Yes No

How did you hear about the course? \_\_\_\_\_

Why are you interested in the course? \_\_\_\_\_

What time(s) are you available: Morning Afternoon Evening  
*(circle one)*

Site Preference: North County West County South County  
*(circle one)*

Please write any comments and submit them with this application.



# Peer to Peer

Recovery Education Course

*Learning to live well with what we've got*

Sponsored by:

## NAMI ORANGE COUNTY

National Alliance on Mental Illness



**1810 East 17<sup>th</sup> Street  
Santa Ana, CA 92705**

**(714) 544-8488**

**Fax: (714) 544-0791**

# Class Topic List

## **Week One** (attendance this week is **mandatory** to continue course)

Orientation  
Introductions

## **Week Two**

Stigma, Discrimination  
Begin Relapse Prevention Planning

## **Week Three**

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

## **Week Four**

Panic Disorder, Post Traumatic Stress Disorder,  
Obsessive Compulsive Disorder  
Senses, Behavior  
Continue Relapse Prevention Planning

## **Week Five**

Story Telling

## **Week Six**

Language, Emotions, Personal Mayhem  
Continue Relapse Prevention Planning

## **Week Seven**

Addictions, Spirituality, Medication, Physical Health  
Complete Relapse Prevention Plans

## **Week Eight**

“Real World” Coping Strategies  
Staying safe, Begin Advance Directive

## **Week Nine**

Family member guest speaker, Relationships  
Allies, Continue Advance Directive

## **Week Ten**

Empowerment, Advocacy  
“Complete” Advance Directive  
Evaluation of course, **GRADUATION**

**Peer to Peer** is a free recovery education course for anyone 18 or over with a mental illness who is interested in establishing and maintaining wellness. The classes meet once weekly for two hours, with a snack break in the middle, for ten weeks. Courses are taught by teams of trained “Mentors” or Peer-teachers, who are themselves experienced at living well with mental illness. The course is similar to NAMI’s Family-to-Family Education Course, in that it is based upon the idea that living with mental illness is an experience of trauma, and the recovery path occurs in predictable stages. The course is designed to promote growth for any individual in any stage of recovery, and the diversity of experience among course participants makes the classes an interesting and valuable networking experience.

The course uses a combination of lecture, interactive exercises, and structured group processes to promote awareness, provide information, and offer opportunities to reflect on the impact of mental illness on each participant’s life. Individualized relapse prevention plans are developed during the course, in order that participants gain knowledge, insight, and coping strategies for living with their disorders. Practical wisdom is provided on topics as diverse as “the care and feeding of your psychiatrist” to “how to get a good night’s sleep.” Each class ends with a Mindfulness practice, designed to clear and calm the mind and focus attention on the present moment.

Attendance each week is important, helping participants move through a progression of awareness that has its roots in the universals of experience associated with the process of recovery with mental illness.