



National Alliance on Mental Illness

NAMI Orange County

presents

PROGRESSION



A new program offered by NAMI Orange County to promote mental health and wellness in teenagers in Orange County living with mental health disorders. Teens from 13-17 are eligible to attend this educational class taught by individuals living in recovery with mental illness.

Progression is offered side by side with our NAMI Basics Class which is designed for parents of children and teens with a mental illness.

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**Coming Soon to Orange
County**

Progression outline

Class 1

- Introduction
- Group guidelines
- “I am” activity
- Emotional stages of recovery
- The brain
- Recovery and progression

Progress: (n. progress).

1. Advancement toward a goal or to a higher state. 2. Continuous improvement. 3. Forward or onward movement. 4. To go forward or onward in space or time. 5. To grow or develop.

Class 2

- Mental illness and stigma
- Early-onset disorders
- How am I smart – eight styles of learning
- Ways to cope – healthy and unhealthy (e.g. suicide, self harm, substance use, violence)
- Safety plan

Class 3

- Treatment- types of doctors, kinds of treatment
- Talking to your doctor/therapist
- The hospital
- Helping family members understand
- Recognizing warning signs and patterns
- The brain
- Medications and coping with side effects
- Recovery

Class 4

- Tools for recovery (self esteem, overcoming negative thinking, relationships, spirituality, nutrition, sleep, exercise, mindfulness).

Class 5

- What I look forward to
- Breaking it down

Class 6

- What we have learned
- Guest speaker
- Party!