

We are taking reservations for our next Peer-to-Peer Class.

**Our next Peer to Peer begins
February 18, 2012. Class will
meet on Saturdays from 1 to
3:30pm at the Geauga County
Board of Mental Health and
Recovery Services, 13244
Ravenna Rd, Chardon.**

Classes fill up quickly!

Fill out, tear off and mail the registration on the
back of this section today.

For more information about classes, educational
speaker meetings, support meeting or
membership in NAMI Geauga County visit our
webpage at www.namigeauga.org or
www.nami.org/sites/namigeauga

Call 440-286-NAMI (6264)

or email: LREED@namigeauga.org



Education materials are supported by:



The Geauga Board
of Mental Health and
Recovery Services

Some Comments from Peer to Peer Participants:

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

"Very powerful message. I am impressed with
the entire curriculum. A LOT of different tools
for recovery were part of the class, allowing for
choice."

"The teaching support team made the program
come alive. Their energy and excitement
about Peer to Peer was enlightening."

"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."

"I love this program! Sharing it with others was
empowering and refreshing."

"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."

"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 at both work and
home."

"This course has given me a sense of who I am. I
understand what is going on with me and I am
able to cope. I have gained employment and
committed to my recovery. I've come a long way
since I started."

Brochure revised January 6, 2012, lr

Need Help Coping with Your Mental Illness?



Presents

Peer-to-Peer Education Program

A Free 10 Week Course
Offering Education and Support
to Persons Who Have
a Mental Illness

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or email LREED@NAMIGEAUGA.ORG

The NAMI Peer to Peer Education Program . . .

is a unique, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery.

The course was written by Kathryn Cohan McNulty, a person with a psychiatric disability who is also a former provider and manager in the mental health field and a longtime mutual support group member and facilitator. It 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, mindful exercises to help focus and calm thinking; and survival skills for working with providers and the general public

NAMI Geauga County’s **Free** Peer to Peer Class will be held on 10 consecutive weeks. Each class runs 2 ½ hours. We will meet at the Geauga Board of Mental Health and Recovery Services, 13244 Ravenna Rd. Chardon OH 44024 or the Middlefield or Geauga West Library at the same time and day each week to be determined.

For more information or to register call **440-286-NAMI (6264)** or email LREED@namigeauga.org .

More information about Peer-to-Peer can be found on NAMI’s webpage at www.NAMI.org.

Peer-to-Peer Topics:

Week 1 Orientation

Week 2 Group ground rules, Course values, Mental illnesses as traumatic experiences, Consumer stages of recovery, Stigma

Week 3 Brain biology and research, Mental illnesses as no-blame disorders, Challenges and benefits of medication, Relapse prevention, Creative visualization

Week 4 Storytelling, Sharing of personal experiences

Week 5 Information and discussion about Schizophrenia, Depression, Bipolar Disorder, Schizoaffective Disorder, Borderline, Personality Disorder, Relapse prevention, Accounts of wisdom and strength

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, Role of acceptance in recovery

Week 7 Understanding emotions, Relapse prevention, Focusing on experiences of joy, Spirituality, Physical health and mental health

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

Week 9 Guest speaker, Hot buttons and triggers, Working with providers, Advance Directive, Incarceration- survival and preparedness

Week 10 Consumer stages of recovery, Empowerment, Advocacy, Opportunities for involvement in NAMI, Evaluations, Celebration

Peer to Peer is free. Register now!

I am interested in registering for the next session of Peer-to-Peer:

Name _____

Address _____

City _____

Zip Code _____

Phone _____

Cell _____

Email _____

(print very clearly, check for accuracy)

mail to:

**NAMI Geauga County
11850 Mayfield Rd. #1
Chardon, OH 44024**

Or email above information to Linda Reed
at LREED@namigeauga.org