

# Application for *Peer-to-Peer* Course

Sponsored by NAMI Solano County

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

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

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

City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Are you over 18 years of age? \_\_\_\_\_

This class is for people with a mental illness. Do you identify as having a mental illness? Yes No

Are you currently in recovery? Yes No

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

Why are you interested in a course?

\_\_\_\_\_  
\_\_\_\_\_

How did you hear about the course?

\_\_\_\_\_

Please mail application to: NAMI Solano County, c/o Peer-to- Peer,  
PO Box 3334, Fairfield, CA 94533

The course is offered free of charge. Pre-registration required.



**NAMI PEER-TO-PEER**  
★ ★ ★ ★ ★ NAMI's Peer-to-Peer Recovery Education Course

Peer-to-Peer

**March 5, 2015 through May 7, 2015**

Class Held Each Thursday

**2:00 to 4:00 PM**

Imani Fellowship

**502 Virginia Street  
Vallejo, CA 94590**

Information:

NAMI Solano County

P.O. Box 3334

Fairfield, CA 94533

[www.namisolanocounty.org](http://www.namisolanocounty.org)

E-mail: [NamiSolanoCounty@sbcglobal.net](mailto:NamiSolanoCounty@sbcglobal.net)

**707-422-7792**

If leaving a phone message, please state that you are applying for Peer to Peer, leave your name, number and a good time to call you.



## *Peer-to-Peer* In Short

*Peer-to-Peer* is a course on recovery for any person with a mental health issue who is interested in establishing and maintaining wellness.

The course is based on the idea that living with a mental health issue is, among other things, an experience of trauma, and the recovery path occurs in predictable stages.

The course is designed to offer an opportunity for growth regardless of individual stage, and diversity of experience; and it affords a lively dynamic that moves the course along.

Courses are taught by trained “mentors”, who are themselves experienced at living well with mental health issues.

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 health issues as it expresses itself uniquely through each participant’s life.

Relapse prevention plans are devised in the first six weeks of the program, in order that participants gain knowledge, insight, and coping strategies for living with their disorders.

Practical wisdom is featured on topics as diverse as “the care and feeding of your psychiatrist” and “how to get a good night’s sleep.”

Each week builds upon the previous week’s explorations, bringing participants through a progression of awareness that has its roots in the universals of experience associated with the process of recovery with serious mental illness.

## Class Topic List

Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practices (techniques offered to develop and expand awareness.) Each class builds on the one before: attendance each week, therefore, is required. Each class meets in two hour sessions once a week for 10-weeks. The class is taught by two Peer-Mentors who are personally experienced at living well with a mental health issue.

- Week One: Orientation and introductions
- Week Two: Mental Health Issues  
Begin Relapse Prevention Planning
- Week Three: Schizophrenia, Bi-Polar Disorder, Depression  
Thoughts, Feelings, Sleep  
Continue Relapse Prevention Planning
- Week Four: PTSD, Obsessive Compulsive Disorder  
Senses, Behavior  
Continue Relapse Prevention Planning
- Week Five: Story Telling
- Week Six: Language, Emotions  
Continue Relapse Prevention Planning
- Week Seven: Addictions, Spirituality, Medication  
Complete Relapse Prevention Planning
- Week Eight: Coping Strategies and techniques  
Decision Making
- Week Nine: Relationships  
Begin Advanced Directive
- Week Ten: Empowerment, Advocacy, complete Advanced  
Directive. Certificates and Celebration!