

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

Classes fill up quickly!  
Fill out and mail the registration on the back  
of this flap today.

For more information about classes,  
educational speaker meetings, support  
meeting or membership in NAMI Geauga  
County visit our webpage at:  
[www.nami.org/sites/namigeauga](http://www.nami.org/sites/namigeauga) or call us at:

**440-285-3945**

or email: [LREED@mhageauga.org](mailto:LREED@mhageauga.org)



Education materials are funded by:



The Gauga Board  
of Mental Health and  
Recovery Services

## Peer-to-Peer Participant Comments

*"Peer-to-Peer teaches in 10 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."*

## Need Help Maintaining Wellness and Recovery?



## Peer-to-Peer Education Program

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

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*Peer-to-Peer Classes meet on the same day each week for 10 weeks. We offer classes in the spring and fall at the Murray Center.*

Call 440-285-3945 for specific dates  
or visit: [www.nami.org/sites/namigeauga](http://www.nami.org/sites/namigeauga)  
or email: [LREED@MHAGEAUGA.ORG](mailto:LREED@MHAGEAUGA.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 are held for 10 consecutive weeks. Each class runs 2 hours and meets at the John Murray Center, 208 North Hambden St. Chardon OH 44024.

## The Peer-to-Peer Course:

**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.

## 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 \_\_\_\_\_

*(please print very clearly for accuracy)*

mail registration to:



11850 Mayfield Rd.  
Chardon, OH 44024

or email above information to Linda Reed at:

LREED@mhageauga.org