



NAMI-MOORE COUNTY NEWS & VIEWS

Adding to Knowledge, Promoting Wellbeing and Reducing Suffering
among Families with Stigmatizing Brain Diseases

DON'T MISS THIS

PEER-TO-PEER COURSE
NAMI-MC Offers a
5-Week Course For
Those with a
Serious Mental Illness

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SPECIAL ANNOUNCEMENT

PEER-TO-PEER COURSE
NAMI-MC Offers a 5-Week Course for Those with a
Serious Mental Illness

NAMI-MC is once again offering their popular 10-session “Peer to Peer” program which is free and open to the public. This Course begins Monday, 15 July and ends on Wednesday, 14 August. It is being held each Monday and Wednesday from 6:30 p.m. – 8:30 p.m. at St. Anthony of Padua Catholic Church in their Parish Hall located at 160 E. Vermont Ave (on the corner of Ashe & Vermont) Southern Pines.

Peer-to-peer is a unique learning program for people with a mental illness who are interested in establishing and maintaining their wellness and recovery. The course is taught by a team of two trained “mentors” who are personally experienced at living well with their mental illness. The course uses a combination of lecture, interactive exercises and structured group processes that provide individuals with the opportunity for growth and understanding on their road to recovery. The diversity of experience within each group of participants can lead to a lively dynamic that moves the course along.

The course is designed for those diagnosed and in treatment for Major

Special Announcement ...con't

Depression, ADHD, Schizophrenia and Schizoaffective Disorder, Bipolar Disorder, Panic Disorder and Obsessive Compulsive Disorder, Borderline Personality Disorder and others.

Participants will receive handout materials and other tangible resources that include Advance Directives; “Relapse Prevention Plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and the need for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with professionals and the general public.

All information is confidential. Seating is limited and registration must be completed by 10 July. For more information, go to www.nami-moorecounty.org or call (910) 295-1053 to register.



Testimonials

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

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

“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.”

Peer-to-Peer Curriculum

Session # 1

- * Orientation
- * Welcome
- * Introduction

Session # 2

- * Icebreaker
- * Group Rules
- * SMI - Trauma
- * Recovery Stages
- * Stigma
- * Culture
- * Mindfulness

Session # 3

- * "It's not my fault."
- * Brain Biology
- * Rx Challenges
- * Relapse Prevention
- * Creative Visualization
- * Mindfulness

Session # 4

- * Story Telling- Sharing
- * Mindfulness

Session # 5

Mental Disorders

- * Schizophrenia
- * Depression
- * Bipolar
- * Schizoaffective
- * Borderline
- * Wisdom & Strength
- * Relapse Prevention
- * Mindfulness

Session # 6

Mental Disorders

- * Generalized Anxiety
- * Panic
- * Obsessive Compulsive

Session # 6 Cont'd

- * PTSD
- * Dual Diagnosis
- * Preventing Relapse
- * Substance Abuse
- * Acceptance & Recovery
- * Mindfulness

Session # 7

- * Understanding Emotions
- * Relapse Prevention (final)
- * Focusing and Experiences of Joy
- * Spirituality
- * Physical / Mental Health
- * Mindfulness

Session # 8

- * Suicide and Prevention
- * Coming out of Isolation
- * Mental Illness Disclosure
- * Tool Kit for Choices
- * Surviving a Hospital Stay
- * Advance Directives
- * Incarceration

Session # 9

- * Guest Speaker
- * Hot Buttons / Triggers
- * Working with Providers
- * Advance Directives (cont.)
- * Incarceration

Session # 10

- * Stages of Recovery
- * Empowerment
- * NAMI Opportunities
- * Mindfulness