

## Peer-to-Peer Class Topic List

Each class contains a combination of lecture and interactive exercise material and closes with Mindfulness Practice (techniques offered to develop and expand awareness). Each class builds on the one before: attendance each week is strongly recommended.

### Week 1/Orientation

Welcome  
Introductions  
Course orientation  
Questions and answers

### Week 2

Icebreaker  
Group ground rules  
Discussion on course values  
Mental illnesses as traumatic experiences  
Consumer stages of recovery  
Stigma  
Culture  
Mindfulness

### Week 3

"It's not my fault"- mental illnesses as no-blame disorders  
Brain biology and research  
The challenges and benefits of medication  
Relapse prevention  
Creative visualization  
Mindfulness

### Week 4

Storytelling- sharing of personal experiences  
Mindfulness

### Week 5

Information and discussion about:

- Schizophrenia
- Depression
- Bipolar Disorder
- Schizoaffective Disorder
- Borderline Personality Disorder

Relapse prevention continued  
Accounts of wisdom and strength  
Mindfulness

### 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  
The role of acceptance in recovery  
Mindfulness

### Week 7

Understanding emotions  
Complete relapse prevention  
Focusing on experiences of joy  
Spirituality  
Physical health and mental health  
Mindfulness

### 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  
Mindfulness

### Week 9

Guest speaker  
Hot buttons and triggers  
Working with providers  
Advance Directive continued  
Incarceration- survival and preparedness  
Mindfulness

### Week 10

Another look at consumer stages of recovery  
Empowerment  
Advocacy  
Opportunities for involvement in NAMI  
Mindfulness  
Evaluations  
Celebration

