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