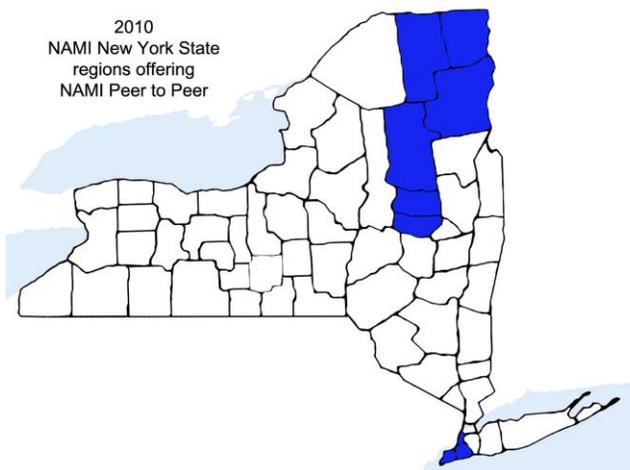
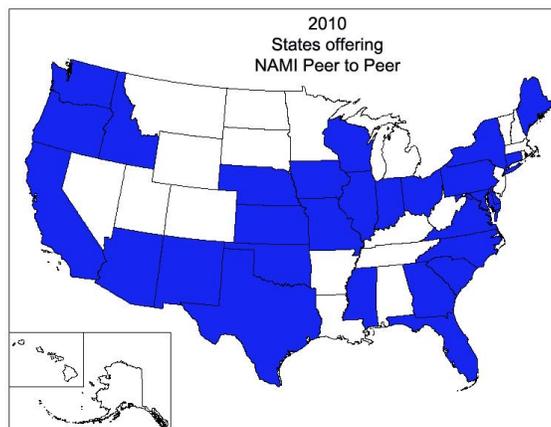




The Nation's Voice on Mental Illness

Peer to Peer



Peer to Peer program is offered in limited areas in New York state. We have state trainers in New York City and they have held a training of new mentors in 2010 (NAMI Metro NYC). Active programs are only in the NAMI NYS Metro region. The coordinator for NAMI NYC Metro's Program is Pamela Solomon. NAMI NYS does not have training plans for this program in 2011. If interested in this program contact Paul Klein at paul@naminys.org to see if there is a training that may be located to assist you.



The NAMI Peer-to-Peer Recovery Education Course is a free ten week, two hours per week experiential education course on the topic of recovery for any person with serious mental illness. The Course is similar to NAMI's Family-to-Family Education Course in that it is based upon the idea that living with serious mental illness is, among many 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 the diversity of experience among course participants allows for a lively dynamic that moves the course along. The classes are taught by teams of trained mentors- or peer-teachers- who themselves have learned to live well.

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 illness as it expresses itself uniquely through each participant's life. Each week builds upon last, bringing participants through a progression of self-awareness that has its roots in universal experiences associated with recovery.

What is the mission of Peer-to-Peer?

The mission of Peer-to-Peer is to help people with serious mental illness achieve and maintain wellness.

What methods are used to accomplish the goals of Peer-to-Peer?

Training:

Peer Mentors are certified through a three day, peer-led training session offered by their NAMI State or Local office. Trainers of Mentors are certified by attending a 2 ½ day, peer led training session offered yearly by NAMI National.

Technical Assistance Calls:

NAMI National offers ongoing technical assistance to Peer Mentors, Trainers, and Coordinators through monthly calls in order to ensure continued program quality

Curriculum Updates:

The course is reviewed and updated yearly by the Education Program Director

What is the unique value offered by Peer-to-Peer?

The Spanish version of the program is called: *Persona a Persona*

Persona a Persona: Programa de Educación para personas que viven con enfermedades mentales

El programa educativo de NAMI, *Persona a Persona*, es un programa único de aprendizaje para personas con cualquier enfermedad mental que estén interesados en establecer y mantener su salud y su recuperación. Desde su implementación, este programa ha tenido mucho éxito entre los usuarios de todo el país. *Persona a Persona* le ha brindado a mucha gente el apoyo necesario para vivir una vida saludable.

Características del Programa:

Persona a Persona fue escrito por Kathryn McNulty, usuaria de servicios de salud mental.

El programa consiste en nueve sesiones, de dos horas cada una, que son dirigidas por tres facilitadores que viven sanamente con un desorden mental. Los facilitadores, quienes (como se ha dicho) han vivido en carne propia una de estas enfermedades, están capacitados para dirigir las nueve clases del programa y reciben un pago simbólico por cada curso que enseñan.

El programa *Persona a Persona* es único porque usa una combinación de enseñanzas: lecturas, ejercicios interactivos, prácticas con ejercicios de relajación mental y técnicas para desarrollar y prevenir recaídas. Los ejercicios de relajación mental sirven para que los usuarios aprendan a calmarse y a concentrarse.

En general, el programa ayuda a auto-reconocer los síntomas de la enfermedad; lo que es muy tranquilizante porque ayuda a normalizar la situación.

Cada clase de *Persona a Persona* es secuencial. Durante las nueve semanas, el curso incluye tópicos como: el estigma, la discriminación y las cinco enfermedades mentales de mayor impacto (esquizofrenia, desorden bipolar, depresión, desorden de pánico y desorden de obsesión compulsiva.)

Todo lo presentado está enfocado hacia la prevención y hacia el establecimiento de un plan de recaídas y de prevención. El plan se utiliza para ayudar a los usuarios a identificar los síntomas y a planificar las acciones efectivas que le facilitarán prevenir las posibles recaídas de su condición. Esto ayuda a disminuir las hospitalizaciones, permite desarrollar un sentido de autosuficiencia y mejora la autoestima.

There are many do-it-yourself, workbook-style education and support programs available from other organizations, institutions and individuals. This course differs from all of them with regard to both substance and performance. Peer-to-Peer offers comprehensive information on: the biological bases of mental illness; personal and interpersonal awareness, effectiveness, and coping skills; and information on addictions, spirituality and basic self-care. Additionally, NAMI's Peer-to-Peer Recovery Education Course provides participants with two tangible products related to preventing and accommodating relapse: a Relapse Prevention Plan and a generic Advance Directive for Mental Healthcare Decision Making.

Testimonials

"This course has literally been a life saver. It has opened my eyes to better understanding my illness and methods of recovery I did not know about before taking the course."

"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."

"I came here wanting to know more about my mental illness and I came away with something more: to help people around me to know more about my illness. So it exceeded my expectations."

"I believe the course was extremely educational and I have learned tools and techniques to manage the day to day and long term stresses of having a mental illness. In addition, I have gained greater insight into my disorder."

"I have made friends that will remain in contact after the course."

"This course has given me insight, information, and an understanding of my illness."

"It has helped encourage me to pursue finding a full time position."

"It gave me a better understanding of the mental illness I have and how to manage it."

"I feel I am more willing to examine to examine how my actions, behaviors, and thoughts come out of my illness and to be more forgiving of myself."

"It made me feel I was not alone in coping with a mental illness, it gave me hope that I could recover and that my life would not always be filled with chaos, it gave me positive role models to inspire me to strive for recuperation and success in life."