



Peer-to-Peer Mentor

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[Introduction]

- The philosophy of NAMI Peer-to-Peer recovery education course embraces a well-rounded approach to
 - recovery
 - including individual empowerment
 - family and peer support
 - relapse prevention
 - mindfulness
 - communication skills
 - enhancement of personal activities and functions

[Outline

- What is a teacher in Peer-to-Peer?
- What's Covered in the Course
- Actual, real life/classroom experiences with mentors and students
- Recovery/Summary

What is a teacher in Peer-to-Peer

- Teachers are trained “mentors” or peer-teachers, experienced at living well with mental illness
- Mentors have learned how to share strategies, provide support to others wanting to manage their illness
- Mentor’s job is to create a temporary learning community in the classroom

Classes Build on One Another

Week 9: Advance
Directive and Evaluation

Week 8: Relationships

Week 7: Coping Strategies, Decision Making

Week 6: Addiction, Spirituality, Medication

Week 5: Language and Emotions

Week 4: Story-Telling

Week 2 and 3: Major Mental Illnesses:
Schizophrenia, Bipolar, Depression, Panic, OCD

Week 1: Introduction, Stigma, Relapse Prevention,
Mindfulness

[Relapse Prevention Grid]

- Relapse prevention is a tool for understanding what has happened.
 - Process where participants consider their experiences
 - What and how of their unique experiences – as they have had them in the past
 - Conclusions about what they might do to make it better for themselves in the future

Sample Relapse Prevention Grid

RELAPSE PREVENTION					
What Happened/Impact	Thoughts	Feelings	Behavior Body/Senses	Rating	Action
Relationship with Self					
Relationships with Others					
Living Situation/Housing					
Education/Employment					
Health					
Finances					
Legal					
Spiritual 7/18/2006					7

[Mindfulness]

- Mindfulness, essential part of emotional health
 - Notice skills used in mindfulness – same skills used to notice our emotions
 - We can focus on – emotions/feelings
 - For ex: Dialectic thinking



[Why is Mindfulness Important?]

- Mental illness can be overwhelming
- Mindfulness - designed to develop:
 - Awareness, consciousness, presence, being in the moment, focus
- Helps us to step back and notice the moment we are living in

[Actual, Real Life Experiences]

- Classes attract people from all walks of life
- Differences in classes
 - Professional/working people
 - Working people/disability
 - Young people/older people on disability
 - All participants disabled

[Actual, real life, cont'd]

- Similarities

- Did not know what to expect from class
- Surprise about Relapse Prevention Grid Exchange
- Most powerful segment – Story Telling
- People began to share in a nonjudgmental environment

[Actual, real life, cont'd]

- Challenges
 - Not mature enough for class
 - Enforce time limits
 - Respect for learning environment

[Actual, real life, cont'd]

- Most Rewarding
 - Consumer Center Class
 - Class not mandatory
 - Some pupils could not read or write
 - Eagerly participated in exercises

[Actual, real life, cont'd]

- Achievement

- Peer-to-Peer participants began to:
 - Trust each other
 - Bond as a group
 - Reaching for same goals: stability, health, recovery
 - Found knowledge to apply
 - Friendships developed

[What Recovery Means]

- Recovery does not mean getting to advocacy and not going back ...
- Recovery means getting the healed bits and the not-so-healed bits
- It means doing the best we can in the moment to live with it all

[Summary]

- Experiences are diverse
- Students transform – self-apathy into self confidence
- Last, but not least:
 - “Peer-to-Peer plays an important role in our community because it’s a program that reinforces the fact that mental illnesses are very treatable and that recovery is possible.” Rita Marocco, Exec. Dir. NAMI-DE

THANK YOU

[P2P Mentor Training 2005]



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