TOPIC LIST

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