

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