

State News

PEER TO PEER TRAINING



NAMI Arizona will be having a training program for Peer to Peer mentors.

You will be trained to conduct this valuable program for people with any serious mental illness who are interested in learning how to manage their illness and work toward their wellness and recovery. **Tentative training dates are Feb.8, 9, 10, 2008**

If you are a consumer and are interested in taking the mentor training, or in attending the series of Peer to Peer classes, please call the State Office at 602-244-8166

What does the Peer to Peer program provide?

- Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained “Mentors” who are personally experienced at living well with mental illness.
- Mentors are trained in weekend-long training sessions, supplied with teaching manuals, and are paid a stipend for each course they teach.
- Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources: an advance directive; a “relapse prevention plan” to help identify tell-tale feelings, thoughts, behavior, or events that may warn of impending relapse and to organize for intervention; mindfulness exercises to help focus and calm thinking, and survival skills for working with providers and the general public. (Robin Weber, EV)

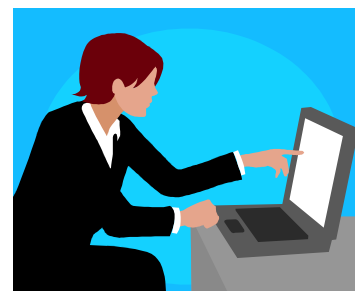
Presenters Needed for Provider Education to the Veterans' Administration

NAMI Arizona has been granted the opportunity to do a presentation to the Veterans' Administration. We are looking to train veterans as presenters.

Please email Ginny at peridi@quik.com as soon as possible, if you would like to take this training. You do not have to be a veteran but if you know a veteran or are one please let us know. *by Virginia Dindy*

“NAMI AZ IS DEVELOPING A MESSAGE BOARD

so that people may post comments regarding their experiences with the behavioral health system in Arizona. Go to the NAMI AZ home page at www.namiaz.org and click on “NAMI AZ Web Message Board” in the column on



the left: Or you can go directly to the site by typing <http://blog.namiaz.org> After selecting “Magellan,” which is our Regional Behavioral Health Authority for Maricopa County, you will reach a page where you can respond to four categories: “The Good” to tell of good experiences, “The Not So Good” to describe a negative situation, “The Missing” where you can suggest services that are missing in your care, and finally “And You” where you can offer to volunteer according to your interests. You will receive a response to your message. This is a great opportunity for consumers and family members to provide input about mental health services throughout the state, and specifically in your own county.

