

Peer-to-Peer Leader Description

Overview

NAMI Peer-to-Peer is a free, 8-session class to help adults living with mental health challenges achieve and maintain wellness. Discussion and interactive exercises focus on mindfulness and meditation, relapse prevention, and coping skills to help deal with life's challenges. For more information about the class, visit namisf.org/p2p

Quick Facts:

- Each class is taught by two trained leaders, both of whom live with a mental health condition.
- Classes are held virtually and in person, depending on the leaders' availability.
- Participants and teachers come from various backgrounds, are at different stages of their journeys, and have a variety of diagnoses.
- P2P provides information about different psychiatric medications and medical therapies but does not recommend or endorse any.
- P2P is held in Spanish and English.

Why become a leader?

- join our tight-knit community of leaders who are passionate about mental health
- learn skills for teaching, public speaking, and peer mentorship
- gain valuable work experience
- learn coping strategies and information about mental health
- "give back" to others who have similar experiences to your own and make a difference in people's lives
- discover something new about yourself

Leader Information:

- Leading a P2P class includes reading from a script, speaking about your personal experience with a mental health condition, and leading class discussions
- Leaders are comfortable holding space for various approaches to mental health treatment and recovery
- Classes are scheduled at different times depending on leader availability
- Leaders located in California can receive a \$500\$ stipend for each class they teach.

Leader Requirements:

- Identifies as living in recovery or living with a mental health condition
- Comfortable speaking to a group of 8-15 people
- Comfortable sharing their personal experience with a mental health condition(s)
- Takes the Peer to Peer Leader training for two 7-8 hour weekend days via Zoom
- Can teach at least one 8-week class within a year of training
- If a leader needs more familiarity with the material after training, they will manage Zoom screen sharing/logistics (produce) for -4-8 weeks OR take the class as a participant before training

Interested in taking the training and becoming a leader? Apply at tinyurl.com/44k3y8vj

Questions? Email simoneb@namisf.org