

## Students Can Develop

friendships that support the development of personal insight and self knowledge:

**Picking up the Pieces:** Coping Skills training for how to go forward after hospitalization.

**Women's and Men's Group:** Forum to discuss issues openly and in single-gender groups.

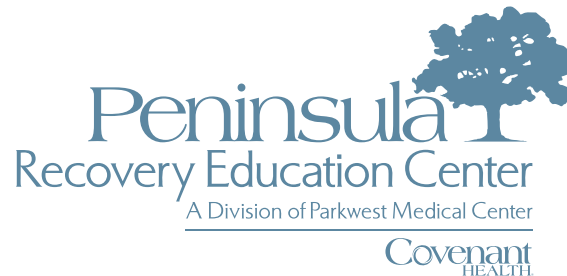
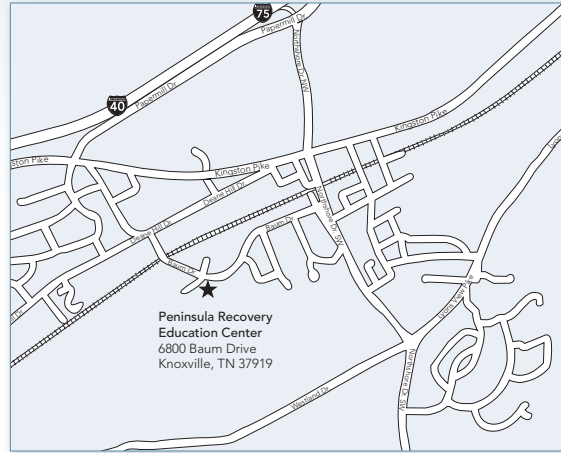
**Problems Anonymous:** Another open forum, open to both males and females.

**Tolerance for Differences:** Broadening cultural horizons and removing prejudices.

## Additional Help

is available for those who want to gain specific skills or pursue employment:

**Career Development:** Resume-building and trips to the Tennessee Career Center for workshops and registry with the Dept. of Labor.



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# Peninsula Recovery Education Center

An Outpatient Program for Psychiatric Rehabilitation Services



## What is Peninsula Recovery Education Center?

**Peninsula Recovery Education Center (REC)** is a place where people who struggle with mental illness develop their own programs to enhance and support their recovery. The REC, a part of Peninsula Outpatient Services, provides a place for learning and support with students and trained staff. Sessions are eight weeks long. Classes meet five days a week, 9 a.m. until 3 p.m. Snacks and lunch are provided to participants.

## What is Recovery And How Can I Join?

Recovery is a personal journey that demands constant attention and effort on the part of the student. The REC teaches four aspects of recovery: Physical, Spiritual, Emotional, and Psychological. All of the classes at the REC address one of these four aspects of recovery. The REC gives students various opportunities to be the guiding force in their own recovery. Students are also encouraged to offer support and help facilitate the recovery of their peers.

The REC accepts TennCare as payment. Referrals are necessary to join the program. For more information about joining the REC and payment options, call (865) 374-7151.

You must be at least 18 years old to participate in Peninsula REC.

## What Classes are Offered?

Peninsula REC requires two classes: (1) the **Wellness Recovery Action Plan (WRAP®)** which strengthens recovery by giving students the tools to identify potential problems, formulate personal crisis plans, and maintain wellness, and (2) **Job Readiness**. In Job Readiness, a job specialist provides participants support in re-entering the workforce.

Additionally, there are many other classes which support the recovery process. A typical day begins with everyone participating in **Physical Wellness**, a 30-minute deep breathing and stretching class, then **Serenity Circle**, in which a daily devotional is read and the group discusses the reading as to what stands out to them. This group ends with the Serenity Prayer. Following lunch, participants gather to hear **Tales of Recovery**, inspirational accounts of the students' and/or staff members' personal recovery stories.

Other classes may be selected by students to help them meet their treatment goals. Some of these classes have to do with learning about and recovering from addiction and addictive behavior.

Many classes are led by Peer Support Specialists who understand the challenges of living with mental illness and addiction and who are themselves models of recovery.

Some classes address distorted thinking that occurs as a result of living with addicted persons or our own addiction. These issues are explored in **Co-Dependency Class** which examines

the effects of dysfunctional family systems on individuals, and **Double Trouble**, a class for individuals coping with a co-occurring disorder; that is, recovery from a chemical or alcohol addiction and a diagnosis of mental illness. This class will help students understand that to fully recover, both addiction and mental illness must be understood and treated. Students will learn about addictive thinking and gain information about their own diagnosis.

## Some Classes Address the Emotional Aspect of Recovery:

**Anger Management:** Lessons on controlling anger and healthy coping skills.

**Understanding your Medications:** knowledge about positive and negative side effects and

**Guided Imagery and Relaxation:** Relaxation techniques and deep breathing for stress management.

**Life Skills:** Tools and instruction on daily maintenance habits and hygiene.

**Studio Art and Drawing:** expression and healing through level-based art classes.



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