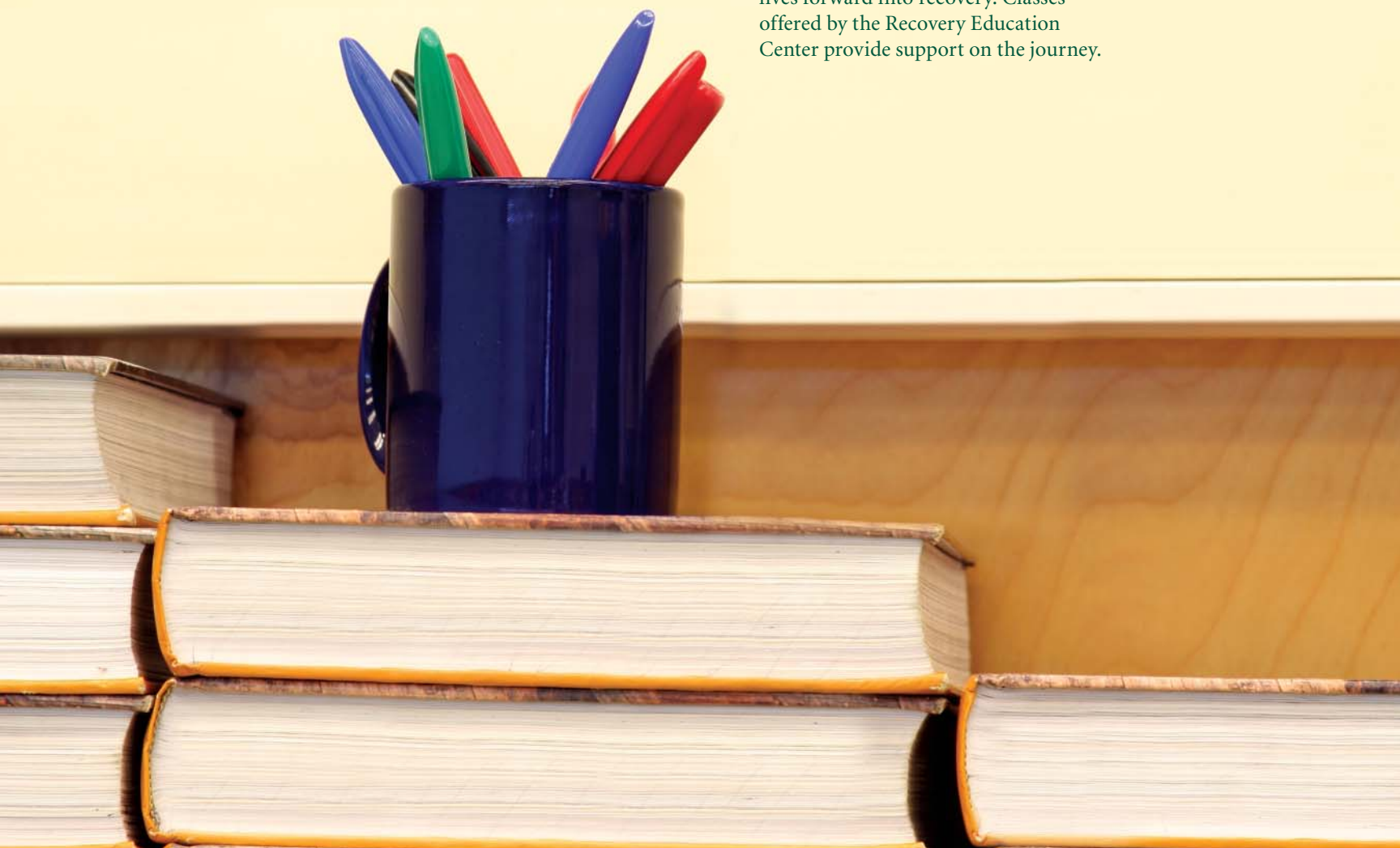


# RECOVERY EDUCATION CENTER

## CLASS CATALOG



Peninsula, a division of Parkwest Medical Center, has a strong history of helping people with serious mental illness and substance abuse move their lives forward into recovery. Classes offered by the Recovery Education Center provide support on the journey.



Peninsula Recovery Education Center provides an innovative alternative to therapy by using education as the intervention to promote and sustain recovery. In this setting, individuals begin to view themselves as students instead of patients. As knowledge, skills, and self-esteem build, students begin to see life goals related to education, employment, housing, social support, and leisure as attainable.

The Recovery Education Center is founded on the following beliefs:

- Five pathways are critical to recovery: hope, choice, empowerment, spirituality, and a positive recovery environment.
- Education must be an equal partner with medication and psychotherapy in order for recovery to occur.
- The path towards and the pace of recovery are highly individual. The mental health system must respond accordingly.
- The mental health system must help consumers reach personal goals within their communities as quickly as possible for each individual, rather than fostering long-term dependence on the system.
- Peer support is perhaps the most powerful tool available on one's journey towards recovery.

Whether you are a provider, advocate, family member, or consumer of mental health services, we invite you to visit or attend classes at the Recovery Education Center. The following pages are a listing of classes offered.

## RECOVERY CLASSES

*The recovery classes are designed to inspire hope and empowerment by imparting information about mental illness. It is our belief that life goals and successful community re-integration can be achieved by all our students. These classes are intended to enhance their success as they cope with a mental illness while continuing to pursue their life goals.*

### Women's Group

This group offers women, enrolled in the REC, the opportunity to develop healthy and supportive relationships by sharing their experiences with one another. This group will also explore patterns of behavior that foster and support recovery. This group will be closed to new members after the second meeting. This group meets once a week for one hour.

### Eating Disorders

This group will research and learn about a variety of eating disorders from overeating to bulimia and anorexia nervosa. Individuals who are struggling to recover from any of

these disorders are encouraged to participate. This group will be closed to new members after the second meeting. This group meets once a week for one hour.

### Co-Dependency

This group is open to men and women who exhibit or experience co-dependence. The group will learn about the way this behavior manifests again and again in our lives and can lead us to relapse or to blocked recovery. The group will study the work of Beattie and Woititz to better understand the syndrome. This group meets once a week for one hour.



### Life Skills

During the course of substance abuse or psychiatric illness, many people lose touch with basic living skills. The Life Skills course teaches people how to reconnect to some of the life skills they may have lost or never learned. Personal Hygiene, Organizational Skills, Diet and Nutrition and Crisis Management are several of the topics covered in this course. This course is highly interactive and class discussion is encouraged on each topic. The Life Skills course meets each week for one hour.



### Understanding Your Symptoms

Non-diagnosis specific, this class offers students ways to better manage their symptoms. Introduction to symptom definition and explanation are given. The recovering student will be able to differentiate between behaviors as symptoms



or passing phases of normal behavior. This class meets for one hour twice weekly.

### *WRAP – Wellness Recovery Action Plan*

This interactive class helps participants create their own Wellness Recovery Action Plan, which is a system for monitoring uncomfortable and distressing symptoms and reducing, modifying or eliminating those symptoms through six sets of planned responses, ranging from daily maintenance and identifying triggers to crisis and post-crisis plans. Students share self-help recovery tools and strategies that may involve supporters. They learn how to identify the feelings, thoughts and actions they have during various stages of illness and ways to promote wellness which can lead to a better quality of life. This class meets for one hour twice per week for eight weeks.



### *PSST — Peer Support Specialist Training*

Interactive classes include reading, discussion, exercises, role plays and testing to prepare graduates for success as employees and/or volunteers, developing skills to promote recovery in themselves and their peers. The 80-hour training includes recovery principles, the power of peer support, self-esteem & self-talk, cultural diversity, meaning and purpose, emotional intelligence, telling your personal story, employment as a path to recovery, ethics and boundaries, communication skills, conflict resolution, dealing with anger, understanding trauma and resilience, substance abuse, being with people in challenging situations, and partnering with professionals. An optional study group is offered for “homework” assignments after class. PSST may help qualify peers for Certified Peer Specialist certification by the State of Tennessee. For more information, contact Sheryl McCormick at (865) 374-7109 or email [smccorm1@covhlth.com](mailto:smccorm1@covhlth.com). Trainees must meet qualifications and be pre-approved to attend.

### *Understanding Your Medications*

This class provides an overview of how mental illness is treated, how medications work, and how to manage side effects that may occur. This class helps students identify barriers to

compliance and how to overcome them. This class meets for one hour twice weekly.

### *You and Your Treatment Team*

This class teaches the roles of various members on the treatment team. Students learn how each professional can help them during their treatment. It is intended to help students play a more active role in their own journey towards recovery. This class meets for one hour twice weekly.

### *Picking up the Pieces*

Recovery from mental illness is explored by sharing knowledge, skills, and support with others who have been diagnosed with mental illness. This class provides information to help students reintegrate into society and fosters independence. It meets for one hour once weekly.

### *12-Step Class*

This class is based on The 12 Steps and The Twelve Traditions of Alcoholics Anonymous. It is designed to learn how to work the steps for recovery. The class not only relates to alcohol and chemical dependency, but also with food, sex, self-harm and other habitual abuses. This group meets for an hour three times a week.

### *Addictive Thinking and Personality*

This class is a study of why we develop addictions through our responses to emotions and the “want” for a mood change. It builds on the 12-Step Class, so students should complete the 12-Step Class before taking Addictive Thinking and Personality. This group meets for one hour twice a week.

### *Relapse Prevention*

Relapse prevention provides the student with the skills and strategies to prevent relapses relating to mental illness and or substance abuse. The class reinforces the importance of medication adherence and provides techniques to prevent relapse and possible hospitalization. Focus is on stress reduction, communication skills, all of which are important in maintaining control and avoiding crisis situations. Relapse prevention meets for one hour a week.

### *Survivors Group*

This group is for individuals who have experienced severe abuse. The class uses “The Courage To Heal” curriculum which focuses on individuals recovery from physical, sexual and emotional abuse. The leader of this group is a board-certified therapist. The group will be closed to new members after the second session. This group meets once a week for one hour.

### *Current Events*

This course uses an extensive amount of media resources to cover the many aspects of current news topics. Local, state and national news events are discussed. This course is an open forum for the students to express opinion and insight about the world events that shape our lives. This course is highly interactive with student participation greatly encouraged. Current events meets five times a week for one hour.

### *Customs and Cultures*

This class discusses the many cultures, religions, kinds of music and types of governments. Native American cultures and customs have become a main topic of discussion. This group meets for one hour once a week.



### *Genealogy Class*

The study of genealogy allows students to gather information about their heritage and lineage. This allows students to link who they are today with their forbearers, and helps them to understand how the origin of their personal values aligns with the efforts of their family of origin. These efforts improve self-esteem while at the same time providing a rich sense of the history of a person's family. This group meets once a week for one hour.

### *Job Readiness – Employment as a Means to Recovery*

In this class students learn how and when working will affect their SSI or SSDI benefits. We learn that being fired from a

job can happen to anyone who has a job, how to deal with negative information, how to build a resume, networking, how you interview for information, dynamics of an interview and common questions asked in an interview. We learn the difference between successful people and unsuccessful people, positive thoughts and negative thoughts and how you can succeed. This class is required for graduation from the Recovery Education Center and meets for one hour, twice a week for the eight week session.

### *Circle Group*

Circle group is an opportunity for staff and students to participate in a large group discussion about issues that impact the whole program. It is also a venue for the students to give feedback to the staff about program changes or improvements. This group meets once a week for one hour.

### *Anger Management*

This class explores dealing with anger itself, as well as its causes and consequences. When temper flares, we may feel out of control, and unaware of how our anger affects those around us. Using the Anger Control Workbook by Matthew McKay and Peter Rogers, the class focuses on dealing with anger in a healthy way. Sessions are informational and therapeutic, allowing students to share their experiences as well as explain alternatives to “flying off the handle.” The class meets for an hour twice a week.

### *Ethics and Values*

What is the difference between right and wrong? Who decides? These are the basic concepts of this class that meets once a week. We discuss the philosophies behind our decisions and choices. Lively discussion happens as issues include: Are there ever any justifications for the actions we may take? How can we be a better person by adhering to society's virtues and codes of conduct? Students have an opportunity to voice their opinion about why something is – or is not – ethical. This group meets once a week for one hour.

### *Making Friends Through Support*

In this highly interactive group setting students will get the opportunity to learn and practice empowerment strategies and practical coping skills for people with psychiatric disabilities. Students are asked to assemble support teams of friends, relatives, and professionals who can be called upon during crisis situations. Sometimes students will be encouraged to invite family members and close friends to attend for the purpose of sharing information on recovery from mental illness and ways to improve relationships. This class meets for one hour twice weekly.

### *Wellness/Creating a Healthy Lifestyle*

This class helps students to recognize and create a healthy lifestyle through nutrition, wellness, fitness and exercise.



This class helps students create a plan for healthy diet/lifestyle and to develop support systems to maintain that healthy lifestyle. Emphasis is on low and no-cost options for physical activity. A primary focus of the class is the prevention and management of psychotropic medication-associated weight gain and the medical complications caused by obesity. This class will meet for one hour four times weekly.

### *Physical Wellness*

Experience how breathing and yoga exercises can get your oxygen, blood and bodies stimulated first thing of the morning. This class meets for one-half hour five times a week.



## COMPUTER CLASSES

*Computer skills are taught at the Recovery Education Center because they are often necessary for vocational success and because they are a significant source of information and personal pleasure. The goal of these classes is to help all students master the computer for information and pleasure. The classes will also help many students prepare for jobs or additional educational opportunities in their communities.*

### *Keyboarding*

Jobs, information access, and personal pleasure are major areas of importance requiring computer knowledge. Ease with the computer keyboard is essential in being successful in attaining this knowledge. Keyboarding will assist the student in the critical aspects of key recognition, speed, and accuracy. Through the use of a noted keyboard program, a computer keyboard can be mastered, increasing one's success in today's world. Keyboarding is an interactive computer class. Keyboarding meets for one hour twice each week.

### *Advanced Computer*

This class studies the fundamental concepts and applications of Microsoft Word, Microsoft Excel and Internet research. It is designed to help students gain competencies for professional employment and/or personal use. (Some basic computer knowledge is required). This class meets for two hours four times weekly.

### *Internet and Recovery*

This class provides an introduction to the world of the internet by hooking students up and getting them on-line. It teaches fundamentals of web-searching and how the computer can be used as a tool for recovery. This class meets for one hour once weekly.



*For more information about any of the classes offered, please see a staff member of Peninsula's Recovery Education Center.*

## LEISURE CLASSES

*The fulfilling use of one's leisure time is critical to the health and well-being of all people. It is especially important to those recovering from mental illness. These classes are designed to foster new leisure interests or to renew old interests. It is our belief that recovery is enhanced by one's own creative expression and the enjoyment of things created by others. The goal of all leisure classes is to help students develop leisure interests and to find expression for those interests within their communities.*

### *Creative Writing*

This class involves the study of selected poetry as well as short stories of classical and modern writers. Students will also have the opportunity to share original poems and stories with each other throughout the course. This class meets for one hour weekly.

### *Spirituality*

In this course, we will discuss various aspects of our lives that present us with the opportunity for spiritual growth. We come to understand that life's deepest purpose can be found in relationships.

It is our connections with our parents, siblings, spouses, children and our friends that give us the opportunity to grow. It is our personal relationship with God that provides us with lasting joy. We study from the writings of Rick Warren, Betty J. Eadie, Marianne Williamson and others to understand why we are here and the bonds we make here are everlasting. We strive to expand our awareness of the world we live in and understand that each soul has profound significance in it. This class meets for one hour, three times a week for the eight week session.

### *Music Appreciation*

This class involves the study of classical music, jazz, country, rock and roll and everything in between. We will analyze sound and lyrics. Some may also choose to dance and sing! This class will meet for two hours once weekly.

### *Horticulture*

This class involves the study of plants and their growth processes. It is a highly interactive class where students participate in the production of a patio garden - flowers, herbs and vegetables. Students also learn to use organic produce to create anything from a tasty herb spread to dried floral arrangements. Discussions in class often relate to the processes of human growth and re-generation. This class meets for one hour twice weekly during growing season and once weekly through the winter.

### *Art Therapy*

Art therapy is the therapeutic use of art making, within a professional relationship, by people who experience illness or challenge in living and by people who seek personal development. Through creating art and reflecting on the art products and processes, people can increase awareness of self and others cope with symptoms, stress, and traumatic experiences and enjoy the life-affirming pleasures of making art. A variety of groups are led by the REC's board certified art therapist who is trained in both art and therapy. The groups include: a Supportive Art Therapy Group; A Guided Imagery and Relaxation group; and an Addiction and Recovery Group. This class meets for one hour weekly.

### *3-D Design*

An introduction to sculpture and sculpture building techniques. We discuss how sculpture is utilized in our community, in our industry and in the art world. This class is hands on when dealing with clay, plaster, paper and many other various materials. Class discussion and field trips are utilized as a way to enhance creativity and motivate students with visual examples that are in our community, as well as having access to sculpture that is done around locally, nationally and internationally via the internet and DVD presentations. This class meets for one hour weekly.

### *Art Therapy, Addiction and Recovery*

Students in this class will be encouraged to honestly examine their addiction(s) through the 12-Step model and using art therapy techniques. The group will be encouraged to work together to learn new and healthy ways of coping. Addictions may range from substance abuse, eating disorders, self-harming behavior, sexual addiction, gambling addiction and so on. This group will be closed to new members after the second meeting. This class meets for one hour weekly.

### *Guided Imagery and Relaxation*

Students in this class will practice and learn breathing and meditation techniques that can help foster recovery and wellness. The therapist will also lead the students on an 'imagination vacation' in our minds by offering a guided imagery experience. Students will use art to reflect their experiences and emotional responses to their experiences. This class meets for one hour weekly.



### *Art History*

A history class that examines art as its subject but also includes learning how to talk about and look at art. We examine art styles, different art movements, different forms of art and how they have influenced society and culture. If history is being made daily, then art is influenced by it and is being created as a form of expression and out of a necessity to communicate that history that we all share. We have in class discussions about art and take field trips to local galleries and museums. This class meets for one hour weekly.

### *Intermediate Art Painting*

This class provides an introduction to painting, painting mediums and color theory, in which students are able to work with wet media like acrylic, watercolor, gouache and ink. Direct, hands-on approach, in class demonstrations and discussions are utilized to help motivate and develop creativity. This class meets for one hour weekly.



### *Intermediate Art Drawing*

An introduction to drawing, drawing mediums and techniques, in which students are able to work with dry media like graphite, charcoal, pastel and colored pencil. Exploration of the mark making process, outdoor drawing studies, and field trips are ways that we can learn to express our environment around us through the creative arts. If you want to make a mark in life, pick up a pencil. This class meets for one hour weekly.

### *Intermediate Art*

In this course, we will study the principles and elements of art, with an emphasis on design and color theory. We will explore techniques in sculpture, drawing and painting as well as other creative craft projects. This class will meet for three hours weekly.

### *Photography*

An introductory class to the photographic process as related to fine and commercial art. Students have in class discussions



about photography, its process and approach, techniques on improving their photo taking ability, exposure to different camera formats and hands on picture taking. Limited equipment availability and we utilize the internet in this class. This class allows you to develop your creative and compositional artistic eye. This class meets for one hour weekly.

### *Studio Art*

An advanced art class where students have access to studio space and material where they can develop and create art projects for their own enjoyment, and also have the availability to have work shown at the annual Artsclamation Art Show and Sale, held the first weekend in November. Class room size is limited, so this class is reserved for students that have taken previous Intermediate Art classes or come to the REC with previous art experience and knowledge. This group meets once a week for two hours, and once a week for one hour.

### *Tales of Recovery*

Usually held during lunch, a Peninsula staff person shares a personal story of recovery about themselves, a family member, friend, or a client who has been able to overcome their illness and lead a productive life. This group meets for one hour twice a week.

### *Readers Theatre*

Participants of this group stimulate their imagination as the troupe tries out different voices by reading acts from plays. This group meets once a week for one hour.



A Division of Parkwest Medical Center

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