

## Program Information



### *A Program Designed and Led by Peers for Peers*

Receiving a mental health diagnosis once meant being sentenced to a life of compliance and limitation; we believe that it is a chance to rediscover our selves and to design our own lives.

The Wellness Academy is your opportunity to explore with us this new way of living. We will focus on your strengths and goals to lay the foundation for a life based on purpose, hope, joy and passion!

Together we will create your personal toolbox filled with methods to manage symptoms and find joy. We will increase your self-awareness so that you can make choices intentionally. We will look at all of your life domains and develop strategies for you to work toward what you consider to be important.

### **Advance registration and attendance at our orientation session are required.**

For more information or to schedule your orientation session, please contact Myla Erwin, Wellness Academy Registrar, (336) 373.1402, ext. 209 or merwin@mhag.org.

## Course Schedule (core classes)

*All classes meet at the  
Mental Health Association in Greensboro  
330 S. Greene St, Suite B12  
10:00 – 11:30 am Monday thru Thursday*

### **Wellness Recovery Action Plan WRAP** *Monday 10-11:30 am*

In this course, students will explore their own personal symptoms, triggers, strategies to promote wellness, and hopes. The instrument provides a structured and proactive plan in which individuals learn what to look for when symptoms start to intrude, how to turn the tide, and how to create a life that makes them feel alive.

### **Back to Basics** *Tuesday 10-11:30 am*

When one has suffered a major setback or crisis due to extreme symptoms, the basics of daily living often seem to be unmanageable. This course is designed to address some of the basics of living with mental illness, including basic self-care and accessing and using available resources. Topics include:

- Navigating Benefits and Mental Health Systems
- Historical Perspectives and Mental Illness Basics
- Basics of Daily Living
- Families and Other Support Systems
- Dual Diagnosis
- Community Resources
- Medical Model vs. Recovery Model

### **Introduction to Wellness and Recovery Concepts** *Wednesday 10-11:30 am*

Living a life based on wellness and strength (as opposed to illness and deficit) requires some modification of basic perspectives; this course explores some of these paradigm shifts. Topics include:

- Pathways to Recovery
- Boundaries
- Meaning and Purpose
- Distorted Thinking
- Self-Talk/Affirmations
- Advocating for Self

## Course Schedule (continued)

### **Wellness Management Recovery Model** *Thursday 10-11:30 am*

Brand new to our programming series, this class will help peers discover or re-discover their strengths and abilities to pursue personal goals and develop a sense of identify and grow beyond their diagnoses. Topics include:

- Recovery Strategies
- Practical Facts about Mental Illness
- Stress-Vulnerability Model & Treatment Strategies & Building Social Supports
- Pharmacology
- Reducing Relapses
- Coping with Stress, Problems & Symptoms

### **Expressions in Mental Wellness** *Second Saturday of each month 12 – 4 pm*

Expressing oneself through artistic and non-traditional means creates an opportunity to penetrate defenses and gain remarkable insight into internal needs and strengths. Students will work on projects experimenting with different media, including crafts, prose, poetry, music, and more.

### **Wellness Academy Celebration** *Third Thursday of each month 12 – 1 pm*

We will join together to celebrate coursework completed and graduation from Core classes.

We invite your family and friends to attend and celebrate you on your journey to wellness.



**Mental Health Association in Greensboro**  
330 S. Greene St., Suite B-12  
Entrance on Exchange Place  
Greensboro, NC 27401

## Peer Support

### Peer Support

Peer support approaches wellness from a recovery-oriented perspective, providing students with partners in determining their own definitions of personal wellness and accountability as they begin their journeys toward mental wellness. Students will work with one of our trained and certified Peer Specialists once a week to establish and work towards personal goals and strategies.

## Enrichment Classes

Offered Monday through Friday afternoons. Topics include: "Life as We Imagine It," "Into the Medicine Wheel," "New Beginnings," "Anger Management" and Creative Writing. Call us or check our website for the current schedule!

### Book Club

Wednesday, 1-2:30 pm

Engage in thoughtful discussions on a variety of topics. Past books include *The Peaceful Warrior*, *The Secret*, *The Soloist* and *The Road Less Traveled*.



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## Other Association Programs

### Free Support Groups

Free weekly self-help and peer-led support group meetings are held for people dealing with:

- Depression and Bipolar Disorder
- Schizophrenia
- Family and Friends Support
- Aftermath of Suicide
- Women's Wellness Support Group

### Compeer Friends and Connection Program

Specially trained volunteers provide encouragement and support to individuals with mental illness who are working on achieving wellness.



Creating a community that believes in, supports, welcomes and takes responsibility for mental health recovery



## Program Information and Class Schedule



The Wellness Academy is a community resource program  
of the Mental Health Association in Greensboro