

Directions

Travelling West on I-40:

Take I-40 W toward Nashville

Take the Papermill Dr./Weisgarber Rd. exit 383

Stay in the Weisgarber Rd. lane

At light, turn right onto Weisgarber Rd.

Turn left onto Middlebrook Pike

At second light, turn right onto Dowell
Springs Blvd.

1451 Dowell Springs Blvd. is on the left

Travelling East on I-40:

Take I-40 E toward downtown Knoxville

Take the Papermill Dr./Weisgarber Rd. exit 383

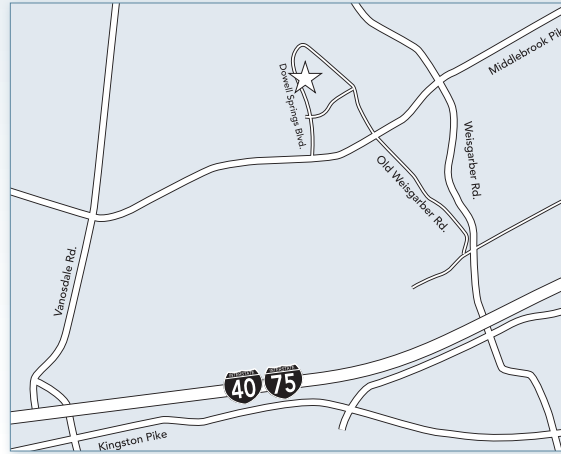
Turn right onto Papermill Dr. toward Weisgarber Rd.

At next light, turn right onto Weisgarber Rd.

Turn left onto Middlebrook Pike

At second light, turn right onto Dowell
Springs Blvd.

1451 Dowell Springs Blvd. is on the left



1451 Dowell Springs Blvd.

Knoxville, TN 37909

865. 374.7134

www.peninsulabehavioralhealth.org



Peninsula Recovery Education Center

An Outpatient
Program for Psychiatric
Rehabilitation Services



What is Peninsula Recovery Education Center?

Peninsula Recovery Education Center (REC) is a unique place where people who struggle with the symptoms of their mental illness and/or addiction, develop their own programs to enhance and support their recovery. The REC, a part of Peninsula Lighthouse, provides a place for learning and support with students and staff. Sessions are twelve weeks long and students participate in classes that meet five days a week, 9 a.m. until 3 p.m. Snacks and lunch are provided to participants at no charge. There are three potential goals for the students of the REC. The first is that students will return to work, pursue educational opportunities or find meaningful volunteer work. The fundamental belief is that work, giving back to the community or developing one's skill base, is possible and necessary in order to have a meaningful life. All of the 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.

What is Recovery?

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 and all of the classes at the REC address one of these four aspects. The REC gives students various opportunities to be the guiding force in their own recovery. The greatest tool of the REC is the students themselves who commit to participating and maintaining a 'safe' therapeutic environment.

Application process and Transportation

The REC is a program for adults (18 - 80) who have TennCare insurance and live in East Tennessee. Referrals are necessary to join the program and may be made from any mental health agency or from the individual. It is not necessary that REC students receive their psychiatric services from Peninsula. TennCare will pay for round trip transportation for those students enrolled in the program. For more information about joining the REC and payment options, call (865) 374-7149.

What Classes are offered?

The foundational class of the REC program is one which gives students the chance to develop their own Wellness Recovery Action Plan (WRAP®). WRAP® completion has been shown to benefit individuals who have a mental illness diagnosis by strengthening their recovery, giving them the tools to identify potential problems, formulate personal crisis plans, and maintain wellness. Additional recovery classes include "Job Readiness" in which students work with a job specialist to prepare for entering or re-entering the workforce. The REC offers a full line of computer classes from basic introduction to power point, photo shop and web design. Students also can work independently on computers to improve literacy and typing skills as well as research pertinent information on the internet. Other classes offered address understanding medication, understanding mental illness,

anger management, co-dependency, nutrition and wellness, and 12-step and addictive thinking groups.

Setting Personal Goals

Students work one-on-one with peer support specialists to develop their own treatment goals and establish steps that they want to take on their road to recovery. Peer Support Specialists participate in an 80-hour training program in which they learn how to use their own personal story of recovery to provide hope and light to others. All of the Recovery Education Center staff are peer support specialists who have been certified by the state of Tennessee Department of Mental health and Developmental Disabilities office.

Some Classes Address the Emotional Aspect of Recovery:

Anger Management: Students learn the cycle of anger and how to intervene in their own negative and aggressive thinking. Finding alternative ways to re-frame thoughts and physical activities to engage in to reduce stress are some of the lessons taught in this class.

Grief and Loss: Helps examine the stages of grief, provides an opportunity for participants to discuss their experience of grief and explore grief as part of the recovery process.

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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