



South Eastern Sydney  
**RECOVERY COLLEGE**  
Learning and Growth for Mental Health

# 2016 Term 1 Course Guide

*“Learning and Growth  
for Mental Health”*

Principal Supporters



The South Eastern Sydney  
Recovery College is a  
program of South Eastern  
Sydney Local Health District



**Health**  
South Eastern Sydney  
Local Health District

<b>Welcome</b> .....	<b>3-4</b>
South Eastern Sydney Recovery College – Term 1, 2016 .....	3
Who can attend the Recovery College .....	3
How do I enrol? .....	3
Recovery College Course Streams .....	4
Attendance & Certificate Information .....	4
What happens if I can't attend the course? .....	4
<b><u>Course Index</u></b>	
<b>Stream 1: Understanding Mental Health Conditions &amp; Treatment Options</b> .....	<b>5-6</b>
Introduction to Recovery .....	5
Understanding Trauma for Women.....	5
Introduction to Recovery & the Strengths Approach .....	5
Exploring Alcohol & Other Drugs and Mental Health Recovery .....	5
Understanding the Mental Health Act .....	6
Understanding Anxiety .....	6
Understanding Psychosis .....	6
Navigating the Mental Health System .....	6
<b>Stream 2: Rebuilding Your Life – Developing Knowledge &amp; Skills</b> .....	<b>7-10</b>
Making Mindfulness Your Own .....	7
Getting Into Volunteer Work .....	7
Making and Keeping Connections .....	7
Body, Mind and Breath .....	8
Creativity for Recovery .....	8
Resilience .....	8
Nutrition for Good Health .....	9
Life Beyond Psychosis .....	9
Next Steps .....	9
<b>Stream 2 Courses in Community Languages</b>	
Introduction to Mindfulness in Arabic .....	10
Making Mindfulness Your Own in Greek .....	10
<b>Stream 3: Getting Involved In Mental Health Services &amp; Making a Difference</b> .....	<b>11-12</b>
Systemic Advocacy in Mental Health .....	11
Committee Work .....	11
<b>Courses for Educators</b>	
Skills for Educators .....	12
Educating for Recovery: Foundations .....	12
Educating for Recovery: Purposeful Storytelling .....	12



<b>Stream 4: Recovery Supporting Practices for Mental Health Staff .....</b>	<b>13</b>
Introduction to Trauma-Informed Care .....	13
The Strengths Model in Practice .....	13
Journeys in Gender, Sex & Sexuality: From Surviving to Thriving .....	13
<b>Nationally Recognised Courses .....</b>	<b>14</b>
Certificate II in Business (BSB20115) .....	14
<b>Course Calendars .....</b>	<b>15-17</b>
February 2016 .....	15
March 2016 .....	16
April 2016 .....	17
<b>Course Venue Details &amp; Frequently Asked Questions .....</b>	<b>18</b>
<b>Information in Languages other than English .....</b>	<b>19</b>
<b>Enrolment Forms .....</b>	<b>20-21</b>
People with mental health conditions, carers & support people .....	20
SESLHD Staff & Volunteers .....	21



## South Eastern Sydney Recovery College – Term 1, 2016

Happy New Year and welcome to another year of fun and learning with the Recovery College!

Recovery describes a personal journey people with mental health issues undertake to rebuild and live a meaningful life. The Recovery College aims to promote healing, wellbeing and recovery by providing learning opportunities for people to become experts in their mental health self-care and achieve their goals and aspirations.

All our courses are co-written and co-facilitated by people with a lived experience of mental health issues and health care professionals or other specialist services.

### What's New?

In response to your requests, we are pleased to offer you for the first time a course on *Making and Keeping Connections* and another on *Exploring Alcohol and other Drugs and Mental Health*. We are also very happy to be working with St George and Sutherland Community College to be offering an accredited course Business Services II. Finally we are offering a new Greek *Making Mindfulness Your Own*. We also hope you enjoy our regular courses back by popular demand.

### Who can attend the Recovery College?

Whether you experience mental distress, you support someone who does or you work with SESLHD, we offer you the opportunity to learn about recovery and inspire people to lead hopeful and meaningful lives. All the courses are friendly and welcoming.

The South Eastern Sydney Recovery College is currently free of charge and open to

- People 18 years of age and over who have a mental health condition and live in the South Eastern Sydney Local Health District catchment (aqua blue section of map <https://www.google.com/maps/d/viewer?mid=ztNNWkXt8UgA.koldVDNq-2ll&msa=0> or contact the Recovery College for further clarification).
- Their families, carers and support people.
- Staff, students and volunteers of the South Eastern Sydney Local Health District.
- Staff of our partner Community Colleges and Advance Diversity Services.

If you ***do not meet the eligibility criteria*** and would like to attend courses for a fee complete the enrolment form on page 20 and tick box as indicated in the 'connection with the Recovery College' section.

## Enrolling is Easy!

Mental health consumers, carers and support people who are ***new*** to the Recovery College

- ***Option 1***: complete and return the enrolment form on page 20 of the course guide.
- ***Option 2***: Email us to request a form.

### For ***current*** students of the Recovery College

There is no need to complete another enrolment form, simply phone or email us with your course preferences.

### Staff, students and volunteers

- ***Option 1***: enrol online via the mental health intranet site (non-mandatory training):  
[http://seslhnweb/Mental\\_Health/Training/Clinical.asp](http://seslhnweb/Mental_Health/Training/Clinical.asp)
- ***Option 2***: complete the enrolment form on page 22.

For any queries, please phone: 9113 2981

Email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)

Address: St George Hospital, James Laws House, First Floor, Gray Street, Kogarah NSW 2217

## What our students say...

### Course Evaluation Comments

*“So different to anything experienced before”*

*“Took me to another level in my understanding of recovery”*

*“Connecting with others who have successfully recovered gave me hope that I could recover too”*



## Recovery College Course Streams

### Stream 1: Understanding Mental Health Conditions & Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health conditions and common treatment options, incorporating different ways of understanding mental distress. Courses about rights, current mental health legislation and the mental health system are also offered. **People with a lived experience of mental health concerns, their carers and support people, and SESLHD staff are all welcome to attend.**

### Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

In these courses students will share knowledge and ideas about what helps in recovery. Courses explore strategies to develop skills and knowledge to maintain health and wellbeing. The courses aim to assist people to manage their own mental health and direct their own mental health care. **People with a lived experience of mental health concerns, their carers and 18 and tick box as indicated in the 'connection with the Recovery College' section support people, and SESLHD staff are all welcome to attend.**

### Stream 3: Getting involved in mental health services and making a differences

These courses provide information about the different ways that people with lived experience, their family and carers can get involved in the mental health system as employees or volunteers. Courses outline different roles and opportunities and teach some of the skills required for this type of work. Courses also aim to educate mental health workers in how to effectively work alongside and support people in consumer, carer or peer worker roles. **People with a lived experience of mental health concerns, their families, friends and carers, and SESLHD staff are all welcome to attend.**

### Stream 4: Recovery Supporting Practices

These courses provide education and training for people currently working in or considering a career in mental health services in approaches and practices that support personal recovery. These courses are supported by the SESLHD Mental Health Service and form part of a service development strategy aimed at ensuring recovery principles underpin all mental health service provision. **Approval from your manager must be sought prior to enrolling in any of these courses.**

## Attendance & Certificate Information

Once enrolled, students are expected to commit to attending the full course wherever possible. If unable to attend, please contact the Recovery College as soon as possible so that your place can be allocated to someone on the waiting list. If there are any obstacles to you attending please discuss this with the Recovery College Team.

Certificates of attendance are given to students who attend 75% or more of the course.

## What happens if I can't attend the course?

We understand that there may be genuine reasons why on occasion people find it difficult to attend a course. The team is available to talk to you about any barriers you might have to attending and can suggest strategies to support you. We expect you to contact the College if you are unable to attend.

*We acknowledge the traditional owners of the land on which we meet: the Gadigal people of the Eora nation in the Eastern Suburbs, the Bidjegal people of the Eora nation in St George and the Gweagal people of the Dharawal nation in Sutherland. We pay respect to their elders past and present.*



## Introduction to Recovery

4 Hour Course

There is a lot of talk about recovery but what does it really mean? This session provides an introduction to what recovery means for individuals, families and mental health services. This is a great introduction to the Recovery College and a foundation for other courses.

#S010009-ENG	Thursday 11 <sup>th</sup> February 2016	10:00am-2:00pm
Prince of Wales Hospital, Randwick		

## Understanding Trauma for Women

3 Hour Course

This course, specifically for women, will introduce students to the topic of trauma. Topics will include definitions of trauma, types of trauma; the impacts of trauma on individuals, families and the community and the recovery process after experiencing trauma.

#S010012-ENG	Thursday 18 <sup>th</sup> February 2016	10:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		

## Introduction to Recovery & the Strengths Approach

1 Day Course

This course combines the Introduction to Recovery course (above) with an introduction to the Strengths Approach and how it is used in the South Eastern Sydney Mental Health Services. Research studies show that the Strengths Model has proven benefits which include reduced hospitalisation, more participation in employment and education, increased social connections, improved physical health and benefits for families. *Clinicians who require training in implementation of the Strengths Model should enrol in the SESLHD 2 Day Strengths Model Training Program.*

#S010010-ENG	Tuesday 1 <sup>st</sup> March 2016	9:00am-4:30pm
St George Hospital Research & Education Building, Kogarah		

## Understanding the Mental Health Act

4 Hour Course

This introductory course will give students a basic understanding of the recently amended NSW Mental Health Act 2007 as it applies to involuntary treatment such as scheduling and community treatment orders. The course looks at how the Act can be used to help and protect people who may be experiencing mental health concerns and provides important information for family members and carers.

#S010001-ENG	Wednesday 2 <sup>nd</sup> March 2016	10:00am-2:00pm
St George Hospital Research & Education Building, Kogarah		



## Understanding Anxiety

3 Hour Course

This course will explore anxiety from a range of perspectives including definitions of anxiety, different ways of understanding anxiety, treatment options, managing anxiety, supports available, and supporting someone who is experiencing anxiety.

#S010011-ENG	Tuesday 8 <sup>th</sup> March 2016	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

## Understanding Psychosis

3 Hour Course

This course will explore the experience of psychosis from a range of perspectives. Students will develop knowledge on the range of treatments, approaches and supports available. Students may like to continue their learning after this by attending the Life Beyond Psychosis course.

#S010007-ENG	Thursday 10 <sup>th</sup> March 2016	10:00am-1:00pm
City East Community College, Bondi Road Campus		

## Navigating the Mental Health System

4 Hour Course

Students attending this course will develop skills and knowledge to make informed choices about using and working with public, private and community managed mental health and General Practitioner services. They will learn about how we work in the South Eastern Sydney Local Health District, roles of the different professions, consumer rights and responsibilities.

#S010003-ENG	Thursday 31 <sup>st</sup> March 2016	9:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		

## Exploring Alcohol & Other Drugs and Mental Health



3 Hour Course

This course will explore the complex relationships between mental health, mental distress and the use of alcohol and other drugs. We will identify some reasons why people might use alcohol and other drugs and some of the services available to support recovery.

#S010015-ENG	Tuesday 5 <sup>th</sup> April 2016	1:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		





## Making Mindfulness Your Own

2 Hour Course x 5 Weeks

This 5 week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness. The course will incorporate longer mindfulness practices (with and without an anchor). Topics will include the Dialectical Behaviour Therapy approach to mindfulness, loving kindness practices, using mindfulness to manage strong emotion and integrating mindfulness into daily life.

#S020013-ENG	Thursday 11 <sup>th</sup> February 2016	2:45pm-4:45pm
	Thursday 18 <sup>th</sup> February 2016	
	Thursday 25 <sup>th</sup> February 2016	
	Thursday 3 <sup>rd</sup> March 2016	
	Thursday 10 <sup>th</sup> March 2016	
<b>City East Community College, Bondi Road Campus</b>		

## Getting Into Volunteer Work

3 Hour Course

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. This course will explore pathways to volunteering that are fun and fulfilling. This course will provide you with all you need to know to get started as a volunteer!

#S020016-ENG	Tuesday 16 <sup>th</sup> February 2016	1:00pm-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		



## Making & Keeping Connections

2 Hour Course x 4 weeks

Over four weeks, this course will explore confidence and moving through fear of judgement, boundaries and sense of self. Students will learn how to establish and maintain personal friendships and intimate relationships.

#S020017-ENG	Tuesday 23 <sup>rd</sup> February 2016	10:00am-12:00pm
	Tuesday 1 <sup>st</sup> March 2016	
	Tuesday 8 <sup>th</sup> March 2016	
	Tuesday 15 <sup>th</sup> March 2016	
<b>St George &amp; Sutherland Community College, Hurstville Campus</b>		





## Body, Mind & Breath

(Previously Relaxation & Movement for Mental Wellbeing)

1.5 Hour Course x 5 Weeks

Relaxation and gentle exercise are helpful for people to maintain balance and mental wellbeing. During this introductory course students will learn relaxation techniques, simple yoga postures and have the opportunity to explore the benefits of these approaches to recovery. *We recommend students wear comfortable clothing to this course.*

#S020017-ENG	Thursday 25 <sup>th</sup> February 2016	10:00am-11:30am
	Thursday 3 <sup>rd</sup> March 2016	
	Thursday 10 <sup>th</sup> March 2016	
	Thursday 17 <sup>th</sup> March 2016	
	Thursday 24 <sup>th</sup> March 2016	
<b>St George &amp; Sutherland Community College, Hurstville Campus</b>		

## Creativity for Recovery

2 Hour Course x 4 Weeks

Over four weeks, students will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their everyday lives. A range of group discussions, partnered tasks, take home exercises and creative activities form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.

#S020004-ENG	Friday 4 <sup>th</sup> March 2016	10:00am-12:00pm
	Friday 11 <sup>th</sup> March 2016	
	Friday 18 <sup>th</sup> March 2016	
	Friday 1 <sup>st</sup> April 2016	
<b>City East Community College, Bondi Road Campus</b>		

## Resilience

2 Hour Course x 4 Weeks

This course will help students understand resilience and factors that make us resilient. Students will identify how they currently cope. The course will explore practical skills students can use to survive and thrive in times of change and difficulty.

#S020014-ENG	Tuesday 15 <sup>th</sup> March 2016	10:00am-12:00pm
	Tuesday 22 <sup>nd</sup> March 2016	
	Tuesday 29 <sup>th</sup> March 2016	
	Tuesday 5 <sup>th</sup> April 2016	
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		



## Nutrition for Good Health

3 Hour Course

In this course you will have an opportunity to analyse your own diet, learn how to develop healthy eating habits and how this can impact on your recovery. We also take a look at current diet fads, food labelling, healthy food options on a budget and where to go for more specialist advice.

#S020015-ENG	Tuesday 15 <sup>th</sup> March 2016	1:00pm-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## Life Beyond Psychosis

2 Hours x 4 Weeks

In this course students will have the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing. You will be introduced to the idea of a wellness plan to assist with the recovery journey from the experience of psychosis. This course builds on the Stream 1 “Understanding Psychosis” course.

#S020012-ENG	Thursday 17 <sup>th</sup> March 2016	2:45pm-4:45pm
	Thursday 24 <sup>th</sup> March 2016	
	Thursday 31 <sup>st</sup> March 2016	
	Thursday 7 <sup>th</sup> April 2016	
<b>City East Community College, Bondi Road Campus</b>		

## Next Steps

3 Hour Course

The next steps course invites students to explore work, study and life opportunities. This course is a chance to hear from employment advisors, community colleges and other educational settings. The course will also provide a space to review your learning plan 1 or 2 or complete one and discuss pathways for life after the Recovery College journey.

#S020018-ENG	Thursday 7 <sup>th</sup> April 2016	12:00pm-3:00pm
	<b>The Cottage, Hurstville</b>	
	Friday 8 <sup>th</sup> April 2016	1:00pm-4:00pm
<b>City East Community College, Bondi Road Campus</b>		



## Stream 2 Courses in Community Languages

### Introduction to Mindfulness in Arabic

2 Hours x 5 Weeks

إن كنت ترغب بالإتصال بنا هاتفياً, إتصل بخدمة الترجمة الهاتفية على الرقم  
131 450 . إبلاغ الموظف باللغة

This course will be conducted in Arabic by a Bilingual Peer Educator and a Bilingual Counsellor. Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness meditation is proven to be an effective approach for people who speak Arabic to support mental health recovery and improve overall wellbeing. Students will be introduced to the principles of mindfulness and a range of exercises that will assist in reducing stress levels, improving concentration and accepting emotions.

#S020003-ARA	Wednesday 2 <sup>nd</sup> March 2016	12:30pm-2:30pm
	Wednesday 9 <sup>th</sup> March 2016	
	Wednesday 16 <sup>th</sup> March 2016	
	Wednesday 23 <sup>rd</sup> March 2016	
	Wednesday 30 <sup>th</sup> March 2016	
<b>Advance Diversity Services, Rockdale (previously St George Migrant Resource Centre)</b>		

### Making Mindfulness Your Own in Greek

NEW  
COURSE

2 Hours x 5 Weeks

(Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών στο 131 450)

This 5 week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness. The course will incorporate longer mindfulness practices (with and without an anchor). Topics will include the Dialectical Behaviour Therapy approach to mindfulness, loving kindness practices, using mindfulness to manage strong emotion and integrating mindfulness into daily life.

#S020003-GRK	Wednesday 2 <sup>nd</sup> March 2016	10:00am-12:00pm
	Wednesday 9 <sup>th</sup> March 2016	
	Wednesday 16 <sup>th</sup> March 2016	
	Wednesday 23 <sup>rd</sup> March 2016	
	Wednesday 30 <sup>th</sup> March 2016	
<b>Advance Diversity Services, Rockdale (previously St George Migrant Resource Centre)</b>		



## Systemic Advocacy in Mental Health

2 x Half Day Courses

These two half day interactive Course will provide students with information, skills and confidence to engage in systemic advocacy. Students will leave with strategies and connections to work towards positive change in services, policy, law, communities and attitudes.

#S030002-ENG	Wednesday 9 <sup>th</sup> March 2016	1:00pm-5:00pm
	Wednesday 16 <sup>th</sup> March 2016	
St George & Sutherland Community College, Jannali Campus		

## Committee Work

3 Hour Course

This practical course aims to provide students with an understanding of the reasons for committee work and how to participate effectively. Students will explore: roles within committees, dealing with challenging situations, examples of local, state and national mental health committees and how to get involved.

#S030005-ENG	Thursday 7 <sup>th</sup> April 2016	10:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		



## Courses for Educators

To discuss your particular learning needs and the relevance of these courses for you, please contact the Recovery College.

### Skills for Educators

1 Day Course

This course forms part of the Recovery College Educators' Training Program. It will provide you with core knowledge and skills required to effectively deliver courses as a co-facilitator with the Recovery College. Students will learn about adult education principles, planning and structuring courses and dealing with different student needs.

#S030007-ENG	Friday 4 <sup>th</sup> March 2016	9:00am-4:30pm
St George Hospital Research & Education Building, Kogarah		

### Educating for Recovery: Foundations

4 Hour Course

This course will provide you with an orientation to important foundational concepts of recovery and their application to the Educator role within the Recovery College. This course forms part of the Recovery College Educators' Training Program.

#S030006-ENG	Wednesday 24 <sup>th</sup> February 2016	1:00pm-5:00pm
St George Hospital Mental Health Building, Kogarah		

### Educating for Recovery: Purposeful Storytelling

1 Day Course

This course is part of our train the trainer program for current Peer Educators or for people who are seeking to become Peer Educators with the Recovery College. The session provides Peer Educators with the skills and knowledge to effectively and purposefully tell aspects of their own recovery story in an education program.

#S030010-ENG	Friday 26 <sup>th</sup> February 2016	9:00am-4:30pm
St George Hospital Research & Education Building, Kogarah		



These courses are designed for people currently working in or considering a career in mental health services. To discuss your particular learning needs and the relevance of these courses for you, please contact the Recovery College.

## Introduction to Trauma-Informed Care

1 Day Course

What is trauma? This course will explore the relationships between trauma, mental distress and mental illness and introduce evidence-based frameworks for recovery from trauma. Students will consider the role of mental health workers in responding to disclosures of trauma and preventing re-traumatisation in the mental health system. The course will provide an overview of specialist trauma services and build students' capacity to advocate for trauma-informed care in mental health settings.

#S040005-ENG	Monday 14 <sup>th</sup> March 2016	9:00am-4:30pm
Prince of Wales Hospital, Randwick		

## The Strengths Model in Practice

2 Day Course + Competencies

The Strengths Model is both a philosophy of practice and a set of tools and methods designed to enhance recovery by supporting people to take control of their lives in meaningful and sustainable ways. This 2 day course is followed by a supervised competency process for SESLHD mental health workers designed to provide practical knowledge of the Strengths Model and support with developing skills in using the tools with consumers.

**Mental health workers undertaking this training must complete both the 2 day course + 6 months competencies, including attendance and presentations of strengths assessments and collaborative care plans at monthly strengths group supervision meetings. Details will be provided following enrolment.**

**\* Please confirm eligibility and gain approval from your manager prior to enrolling.**

#S040003-ENG	Thursday 3 <sup>rd</sup> March 2016	9:00am-5:00pm
	Friday 4 <sup>th</sup> March 2016	
St George Hospital Research & Education Building, Kogarah		

## Journeys in Gender, Sex and Sexuality: From Surviving to Thriving

1 Day Workshop

This new one-day course will build mental health workers' capacity to respond to people who are lesbian, gay, bisexual, asexual, transgender and/or intersex, their families of choice and communities. It will explore how homophobia and transphobia impact on mental health and wellbeing. Mental health workers will learn strategies for making mental health services more inclusive of people who are gender, sex and sexuality diverse.

#S040006-ENG	Friday 1 <sup>st</sup> April 2016	9:00am-4:30pm
St George Hospital Mental Health Building, Kogarah		



## Certificate II in Business (BSB20115)

5 Hours per Week x 40 weeks

This course is aimed at people who would like to gain the skills and confidence to return to work after having been out of the workforce due to mental health issues. This course will give you the skills and knowledge to communicate effectively with others in the workplace, to provide essential customer service, to plan and organise your own work schedule, to produce simple word documents and spreadsheets and to understand work place health & safety procedures. There are no exams as this is a competency-based course. Some of the employment opportunities with this qualification are Administration Assistant, Clerical Worker and Receptionist. From this course you could progress to a Certificate IV in Business Administration or a Certificate IV in Leadership and Management. Enrolment for this course will occur monthly.

*Please phone the Recovery College for more information.*

#S050002-ENG	Thursday 4 <sup>th</sup> February 2016	9.30am-2.30pm
	Thursday 11 <sup>th</sup> February 2016	
	Thursday 18 <sup>th</sup> February 2016	
	Thursday 25 <sup>th</sup> February 2016	
	Thursday 3 <sup>rd</sup> March 2016	
	Thursday 10 <sup>th</sup> March 2016	
	Thursday 17 <sup>th</sup> March 2016	
	Thursday 24 <sup>th</sup> March 2016	
	Thursday 31 <sup>st</sup> March 2016	
	Thursday 7 <sup>th</sup> April 2016	
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

This course will continue in Term 2 on Thursday 28<sup>th</sup> April 2016.





# Course Calendar

## February 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Term 1, 2016 Commences	<b>2</b>	<b>3</b>	<b>4</b> Certificate II in Business, 1 of 40 (9:30am-2:30pm)	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Certificate II in Business, 2 of 40 (9:30am-2:30pm) Introduction to Recovery (10am-2pm) Making Mindfulness Your Own, 1 of 5 (2:45pm-4:45pm)	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Getting into Volunteer Work (1pm-4pm)	<b>17</b>	<b>18</b> Certificate II in Business, 3 of 40 (9:30am-2:30pm) Understanding Trauma for Women (10am-1pm) Making Mindfulness Your Own, 2 of 5 (2:45pm-4:45pm)	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Making & Keeping Connections, 1 of 4 (10am-12pm)	<b>24</b> Educating for Recovery: Foundations (1pm-5pm)	<b>25</b> Certificate II in Business, 4 of 40 (9:30am-2:30pm) Body, Mind & Breath, 1 of 5 (10am-11:30am) Making Mindfulness Your Own, 3 of 5 (2:45pm-4:45pm)	<b>26</b> Purposeful Storytelling (9am-4:30pm)	<b>27</b>	<b>28</b>
<b>29</b>						



South Eastern Sydney  
**RECOVERY COLLEGE**  
Learning and Growth for Mental Health

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Introduction to Recovery & the Strengths Approach (9am-4:30pm) Making & Keeping Connections, 2 of 4 (10am-12pm)	<b>2</b> Understanding the Mental Health Act (10am-2pm) Making Mindfulness Your Own in Greek, 1 of 5 (10am-12pm) Introduction to Mindfulness in Arabic, 1 of 5 (12:30pm-2:30pm)	<b>3</b> The Strengths Model in Practice, 1 of 2 (9am-5pm) – Seminar Room 3 Certificate II in Business, 5 of 40 (9:30am-2:30pm) Body, Mind & Breath, 2 of 5 (10am-11:30am) Making Mindfulness Your Own, 4 of 5 (2:45pm-4:45pm)	<b>4</b> The Strengths Model in Practice, 2 of 2 (9am-5pm) – Seminar Room 3 Skills for Educators (9am-4:30pm) – Seminar Room 1 & 2 Creativity for Recovery, 1 of 4 (10am-12pm)	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Making & Keeping Connections, 3 of 4 (10am-12pm) Understanding Anxiety (10am-1pm)	<b>9</b> Making Mindfulness Your Own in Greek, 2 of 5 (10am-12pm) Introduction to Mindfulness in Arabic, 2 of 5 (12:30pm-2:30pm) Systemic Advocacy, 1 of 2 (1pm-5pm)	<b>10</b> Certificate II in Business, 6 of 40 (9:30am-2:30pm) Body, Mind & Breath, 3 of 5 (10am-11:30am) Understanding Psychosis (10am-1pm) Making Mindfulness Your Own, 5 of 5 (2:45pm-4:45pm)	<b>11</b> Creativity for Recovery, 2 of 4 (10am-12pm)	<b>12</b>	<b>13</b>
<b>14</b> Introduction to Trauma-Informed Care (9am-4:30pm)	<b>15</b> Making & Keeping Connections, 4 of 4 (10am-12pm) Resilience, 1 of 4 (10am-12pm) Nutrition for Good Health (1pm-4pm)	<b>16</b> Making Mindfulness Your Own in Greek, 3 of 5 (10pm-12pm) Introduction to Mindfulness in Arabic, 3 of 5 (12:30pm-2:30pm) Systemic Advocacy, 2 of 2 (1pm-5pm)	<b>17</b> Certificate II in Business, 7 of 40 (9:30am-2:30pm) Body, Mind & Breath, 4 of 5 (10am-11:30am) Life Beyond Psychosis, 1 of 4 (2:45pm-4:45pm)	<b>18</b> Creativity for Recovery, 3 of 4 (10am-12pm)	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Resilience, 2 of 4 (10am-12pm)	<b>23</b> Making Mindfulness Your Own in Greek, 4 of 5 (10am-12pm) Introduction to Mindfulness in Arabic, 4 of 5 (12:30pm-2:30pm)	<b>24</b> Certificate II in Business, 8 of 40 (9:30am-2:30pm) Body, Mind & Breath, 5 of 5 (10am-11:30am) Life Beyond Psychosis, 2 of 4 (2:45pm-4:45pm)	<b>25</b> Public Holiday	<b>26</b>	<b>27</b>
<b>28</b> Public Holiday	<b>29</b> Resilience, 3 of 4 (10am-12pm)	<b>30</b> Making Mindfulness Your Own in Greek, 5 of 5 (10am-12pm) Introduction to Mindfulness in Arabic, 5 of 5 (12:30pm-2:30pm)	<b>31</b> Navigating the Mental Health System (9am-1pm) Certificate II in Business, 9 of 40 (9:30am-2:30pm) Life Beyond Psychosis, 3 of 4 (2:45pm-4:45pm)			



# Course Calendar

## April 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> Creativity for Recovery, 4 of 4 (10am-12pm) Journeys in Gender, Sex & Sexuality: From Surviving to Thriving (9:00am-4:30pm)	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> Resilience, 4 of 4 (10am-12pm) Exploring Alcohol & Other Drugs and Mental Health (1pm-4pm)	<b>6</b>	<b>7</b> Committee Work (10am-1pm) Next Steps (12pm-3pm) Life Beyond Psychosis, 4 of 4 (2:45pm-4:45pm) Certificate II in Business, 10 of 40 (9:30am-2:30pm)	<b>8</b> Term 1, 2016 Concludes Next Steps (1pm-4pm)	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Public Holiday	<b>26</b> Term 2, 2016 Commences	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	



## Course Venue Details

Venue maps and public transport information will be sent with your confirmation of enrolment letter.

We deliver the courses at a variety of locations across South Eastern Sydney district including:

### Advance Diversity Services (previously St George Migrant Resource Centre)

*Wheelchair accessible* 

552 Princes Highway, Rockdale 2216

### City East Community College, Bondi Road Campus

*Wheelchair accessible* 


98 Bondi Road, Bondi Junction 2022

### Prince of Wales Hospital

*Wheelchair accessible* 


Barker Street, Randwick NSW 2031

### St George & Sutherland Community College, Hurstville Campus

*Wheelchair accessible* 


12 Butler Road, Hurstville 2220

### St George & Sutherland Community College, Jannali Campus

*Wheelchair accessible* 

127-129 Sutherland Road, Jannali 2226

### St George Hospital Mental Health Building

*Wheelchair accessible* 

Ground Floor Conference Room  
11 South Street, Kogarah 2217

### St George Hospital Research & Education Building

*Wheelchair accessible* 

4-10 South Street, Kogarah 2217

### The Cottage

*Wheelchair accessible* 

34 Woniora Road, Hurstville 2220

## Frequently Asked Questions

### What happens after I complete the enrolment form?

A Recovery College team member will contact you and arrange a time to meet and discuss your individual learning needs. Prior to commencing any courses, we will work through an Individual Learning Plan with you which will build on your strengths to identify a set of learning goals for recovery. We will also discuss if you have any particular learning support needs.

### Do I need to be referred by the mental health team?

No. You do not need to be referred. As a student you simply complete the enrolment form and a staff member will talk to you about what courses you want to attend.

### How many other students will be at the courses?

The class sizes are kept small so you can have the best environment for learning. The sizes will vary depending on the nature of the course, with the average around 8-12 students.

### Who will teach the courses?

The courses are taught by people who have a lived experience of mental health concerns (consumer peer educators), carers and health care workers. There are always two educators at each session.

### What do courses cost?

All courses are currently free of charge as long as you meet the eligibility criteria on page 3.

### Do you supply food and refreshments?

Where possible, we provide tea and coffee. Please bring along your own lunch and other snacks.

### Can I bring a support person?

You are welcome to bring a support person to the course. This person also needs to complete the enrolment form and participate as a student in the same course.



## Do you need an interpreter?

If you wish to contact us by telephone call the **Translating and Interpreting Service (TIS)** on **131 450**. Tell the operator what language you speak, and then ask the interpreter to set up a telephone conversation between you, an interpreter and the health service contact listed below.

### ARABIC

#### هل انت بحاجة الى مترجم؟

إن كنت ترغب بالإتصال بنا هاتفيا, إتصل بخدمة الترجمة الهاتفية على الرقم **131 450**. إبلغ الموظف باللغة

التي تتكلمها, ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية الصحية المدرج أدناه

### 您需要一位口译员吗? SIMPLIFIED CHINESE

如果您想打电话联系我们, 可以致电131450 笔译和口译服务处 (Translating and Interpreting Service, TIS)。告知接线员您所说的语言, 然后请口译员建立一个在您、口译员和下列医疗服务处之间的对话。

### 您需要一位傳譯員嗎? TRADITIONAL CHINESE

如果您想打電話聯絡我們, 可以致電131450筆譯和傳譯服務處 (Translating and Interpreting Service, TIS)。告知接線員您所說的語言, 然後請傳譯員建立一個在您、傳譯員和下列醫療服務處之間的對話。

### Χρειάζεστε διερμηνέα; GREEK

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών (TIS) στο 131 450. Να πείτε στον τηλεφωνητή ποια γλώσσα μιλάτε και στη συνέχεια ζητήστε από τον διερμηνέα να δημιουργήσει μια τηλεφωνική συνομιλία ανάμεσα σε εσάς, τον διερμηνέα και τις υγειονομικές υπηρεσίες που αναφέρονται παρακάτω.

### Ви треба преведувач? MACEDONIAN

Ако сакате да ни се обратите преку телефон јавете се во Преведувачката служба (Translating and Interpreting Service (TIS) на **131 450**. Кажете и/му на телефонистот на кој јазик зборувате, а потоа побарајте од преведувачот да се воспостави телефонски разговор меѓу вас, преведувачот и лицето од здравствената служба наведена подолу.

### Вам нужен переводчик? RUSSIAN

Если вы хотите связаться с нами по телефону, позвоните в Службу Письменных и Устных Переводов (TIS) по телефону **131 450**. Скажите оператору на каком языке вы говорите, а затем попросите переводчика организовать телефонный разговор между вами, переводчиком и представителем службы здравоохранения из перечисленного ниже списка.

### के तपाईंलाई दोभासे अनुवादक चाहिन्छ? NEPALI

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिंग एंड इन्टरपरेटिंग सर्भिस (टि आइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

### ¿Necesita un intérprete? SPANISH

Si usted necesita usar un intérprete para comunicarse con su servicio de salud, por favor, utilice el Servicio de Traducción e Intérprete (TIS). Por favor llame al 131 450 y decirle al operador el idioma que usted habla y el nombre y número de teléfono del servicio que desea contactar. Este es un país libre, 24 horas al día, 7 días a la semana el servicio.

This course guide is adapted from: *CNWL Recovery College Prospectus September 2013 – March 2014; Solent Recovery College Prospectus; Recovery College East Prospectus Spring and Summer 2013; Nottingham Recovery College Prospectus Spring and Summer 2013; Mercy Care Prospectus Autumn 2013*



# Enrolment Form

(PEOPLE WITH MENTAL HEALTH CONDITIONS, THEIR CARERS & SUPPORT PEOPLE)



South Eastern Sydney  
**RECOVERY COLLEGE**  
Learning and Growth for Mental Health

Student Number  
(Office Use Only)

**Enrolment Checklist** – Please ensure all sections are complete before submitting this form. Should you require assistance, please contact the Recovery College

**1** Carefully read the South Eastern Sydney Recovery College Course Guide

**2** Select the Course/s you wish to attend and place them in order of preference

**3** Complete enrolment form and submit in any of the following ways.  
**By Email** – [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)  
**By Mail** – James Laws House, St George Hospital, Gray Street, Kogarah NSW 2217

## STUDENT INFORMATION

First Name:

Surname:

Address:

Suburb:

Post Code:

Phone:

Mobile:

Email:

Date of Birth:

How would you prefer to be contacted?  Phone  Email

*We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.*

## INFORMATION TO HELP US SUPPORT YOU

What courses are you interested in attending? (please including course name and code) **Enrolment with the Recovery College does not guarantee you a place as all courses are subject to availability. For popular courses a waiting list will apply.**

.....  
.....

Do you have any specific learning or support requirements of which you would like the College to be aware?

Yes please specify below  No

.....

Emergency Contact Details e.g. family, friend etc.) – **compulsory**

Name: ..... Relationship: ..... Phone: .....

How did you hear about the Recovery College? (please tick)

Family/Friend  Mental Health Worker  Brochure/Website  Community College  
 NGO Support Worker  Other (please specify) .....

What is your connection with the Recovery College? *To be eligible to attend the Recovery College you need to meet one of the following criteria* (please tick)

Current consumer of South Eastern Sydney Local Health District Mental Health Service – please indicate:  
 Eastern Suburbs  
 St George  
 Sutherland  
 Supporter ( Carer or Support Person ) of Current Service User  
 Supporter (Carer or Support Person) of Person living in South Eastern Sydney (not current service user)  
 Person with mental health condition residing in South Eastern Sydney Local Health District catchment area (but not a current user of the South Eastern Sydney Mental Health Service)  
Please tick: Mental Health Service Provider  
 Neami,  Aftercare,  Partners in Recovery,  
 Private Psychiatrist,  Private Psychologist,  
 Other, please specify .....  
 I do not meet the above criteria and would like to pay a fee to attend course/s. (Please contact the Recovery College for information regarding pricing and further details).

## QUESTIONNAIRE – OPTIONAL & CONFIDENTIAL

The following questionnaire will assist us to ensure the Recovery College is accessible to the diverse population groups in our community. The information related to employment and education will assist us with our service evaluation and in applying for future funding. The questionnaire is entirely optional and confidential and you DO NOT need to answer the questions if you do not wish to.

Do you identify as  Aboriginal  Torres Strait Islander Do you have a disability?  Yes  No

Country of Birth: Language Spoken at Home: Ethnicity:

Which of the following would best describe your **current** employment status? (please tick)

Full Time Employee  Part Time Employee  Casual Employee  Volunteer Work  Supported Employment  Student  
 Unemployed, Job Seeking Independently  Unemployed, Job Seeking with Employment Agency  Unwaged, Not Seeking Work

Have you **successfully** completed any of the following Qualifications? (please tick)

Bachelor or Higher Degree  Advanced Diploma or Associated Degree  Diploma or Associate Diploma  Certificate IV  Certificate III  
 Certificate II  Certificate I  Misc. Education (please specify) .....  None of the above  Prefer not to say

What is your highest completed school level? (tick one)  Year 12  Year 11  Year 10  Year 9/lower  Prefer not to say

Are you currently Studying?  Yes  No If yes, are you studying (please tick)  Full Time  Part Time

Gender identity  Man  Woman  Trans  Prefer not to say Are you intersex?  Yes  No  Prefer not to say

Sexuality  Heterosexual  Lesbian, Gay or Bisexual  Other (please specify): .....  Prefer not to say

STUDENT SIGNATURE: .....

DATE: .....



# Enrolment Form (STAFF & VOLUNTEERS ONLY)



South Eastern Sydney  
**RECOVERY COLLEGE**  
Learning and Growth for Mental Health

Student Number  
(Office Use Only)

**Enrolment Checklist** – Please ensure all sections are complete before submitting this form. Should you require assistance, please contact the Recovery College

<p><b>1</b> Carefully read the South Eastern Sydney Recovery Prospectus</p>	<p><b>2</b> Select the Course/s you wish to attend and place them in order of preference</p>	<p><b>3</b> Seek approval of your Manager to attend Recovery College Course/s</p>	<p><b>4</b> Complete enrolment form and submit in any of the following ways.  <b>By Email</b> – <a href="mailto:recoverycollege@sesiahs.health.nsw.gov.au">recoverycollege@sesiahs.health.nsw.gov.au</a>  <b>By Mail</b> – James Laws House, Ground Floor, St George Hospital, Gray Street, Kogarah NSW 2217</p>
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## STAFF / VOLUNTEER INFORMATION

First Name:		Surname:	
Address:			
Suburb:	Post Code:	Phone:	Mobile:
Email:		Date of Birth:	
How would you prefer to be contacted? <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Other (please specify) .....			

## QUESTIONNAIRE

This next section provides us with information about people taking part in the Recovery College so that we can better understand who is accessing the service and how to tailor our courses to suit people's needs. It will also help us with our service evaluation and in applying for future funding.

<p>Which of the following would best describe your <b>current</b> employment status and role? (please tick)</p> <p><input type="checkbox"/> Full Time Employee</p> <p><input type="checkbox"/> Part Time Employee</p> <p><input type="checkbox"/> Volunteer Worker</p>	<p>Which of the following would best describe your <b>current</b> role? (please tick)</p> <p><input type="checkbox"/> SESLHD Consumer/Peer Support Worker</p> <p><input type="checkbox"/> SESLHD Clinician/Manager</p> <p><input type="checkbox"/> SESLHD Administration</p> <p><input type="checkbox"/> SESLHD Other (please specify) .....</p> <p><input type="checkbox"/> Staff from Partner Service (specify service) .....</p>
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Which of the following best describes your work environment? (please tick)

Community     Acute Team Community     Inpatient – Acute     Inpatient - Rehabilitation     Older Adult Mental Health

Child & Adolescent Mental Health     Other (please specify) .....

## COURSE INFORMATION

*As previously stated, please ensure you have your managers permission to attend Recovery College Courses*

What courses are you interested in attending? (please list in order of preference)

Preference # 1 .....

Preference # 2 .....

Preference # 3 .....

<b>SIGNATURE:</b> .....	<b>DATE:</b> .....
-------------------------	--------------------



## Contact details

Ph: 9113 2981 | Email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)

Address: St George Hospital, James Laws House, First Floor,  
Gray Street Kogarah NSW 2217

Visit our website: [www.seslhd.health.nsw.gov.au/Recovery\\_College/](http://www.seslhd.health.nsw.gov.au/Recovery_College/)

Also supported by



**Mental  
Health  
Commission**  
of New South Wales



**Being**

Mental Health  
& Wellbeing  
Consumer  
Advisory Group

