



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

2017 Term **3** Course Guide

JULY - SEPTEMBER

*“Learning and Growth
for Mental Health”*

Principal Supporters

SGSCC



St George & Sutherland
Community College

CITYEAST
COMMUNITY COLLEGE



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



Health

South Eastern Sydney
Local Health District

Welcome	3-4
South Eastern Sydney Recovery College – Term 3, 2017	3
What's New?	3
Who can attend the Recovery College?	3
How to enrol	3
What our Students say – Course Evaluation Comments	4
Recovery College Course Streams	4
What happens if I can't attend the course?	4
<u>Course Index</u>	
Stream 1: Understanding Mental Health Conditions & Treatment Options	5-7
Supporting Recovery & Looking after Yourself as a Carer.....	5
Introduction to Recovery & the Strengths Approach	5
Understanding Grief and Loss.....	5
Understanding Anxiety.....	6
Understanding the Mental Health Act	6
Understanding Trauma for Women	6
Mental Health in Pregnancy & Parenting	6
Discrimination, Marginalisation & LGBTIQ in Mental Health	7
Stream 2: Rebuilding Your Life – Developing Knowledge & Skills	8-12
Taking Control of Your Life.....	8
Making and Keeping Connections.....	8
Understanding & Working with Voices	9
Mind, Body, Breath.....	9
Making Mindfulness Your Own.....	9
Getting into Volunteer Work.....	10
Creativity for Recovery.....	10
Your Recovery Journey.....	11
Looking Into Your Future.....	11
Stream 2 Courses in Community Languages	
Making Mindfulness Your Own in Arabic.....	12
Making Mindfulness Your Own in Greek.....	12



Stream 3: Getting Involved In Mental Health Services & Making a Difference	13-14
Systemic Advocacy in Mental Health.....	13
Public Speaking	13
Challenging Stigma.....	13
Courses for Educators	
Skills for Educators.....	14
Educating for Recovery: Foundations	14
Educating for Recovery: Purposeful Storytelling.....	14
Stream 4: Recovery Supporting Practices	15
The Strengths Model in Practice	15
Introduction to Trauma-Informed Care.....	15
Nationally Recognised Courses	16-17
Certificate II in Business (BSB20115)	16
Pathways to Peer Work – MHCC Information Session	17
Course Calendars	18-19
July/August 2017	18
August/September 2017.....	19
Course Venue Details & Frequently Asked Questions	20
Information in Languages other than English	21
Enrolment Forms	22-23
People with Mental Health Conditions, Carers & Support People	22
SESLHD Staff & Volunteers	23



South Eastern Sydney Recovery College – Term 3, 2017

Welcome to Term 3 of the Recovery College for 2017.

Recovery describes a personal journey people with mental health issues undertake to rebuild and live a meaningful life. The Recovery College provides education that promotes healing, wellbeing and recovery. We aim for people to become experts in their mental health self-care and achieve their goals and aspirations.

All Recovery College courses are co-written and co-facilitated by two Recovery and Wellness Educators. One is a person with a lived experience of mental health concerns and the other a health care professional.

What's new?

We've had a lot of feedback particularly from carers and others that support people experience mental health concerns about holding courses after hours. As a result we are delivering **“Supporting Recovery & Looking after Yourself as a Carer”** over two evenings, 6pm – 8pm. Come along to the course to get some helpful ideas on supporting your loved ones recovery and maintaining your own health.

We are proud to have co-written **“Discrimination, Marginalisation and LGBTIQ Mental Health”**. This course will address how structural and systemic issues can impact the mental health of people in our community who are lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ).

The **Recovery College Library** is open on Tuesdays and Thursdays from 2pm to 4pm. The library has variety of books and DVDs that are recovery focussed. There are two computers to use for browsing the internet and word processing. Computers need to be booked in advance by contacting the Recovery College on 9113 2981.



Who can attend the Recovery College?

Whether you experience mental distress, you support someone who does or you work with South Eastern Sydney Local Health District 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 concern 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 the Recovery College partner organisations.

If you ***do not meet the eligibility criteria*** and would like to attend courses for a fee, complete the enrolment form on page 21 and tick box as indicated in the 'connection with the Recovery College' section.

Enrolling is easy with the option to enrol online

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

- **Option 1:** complete online enrolment form http://www.seslhd.health.nsw.gov.au/Recovery_College/
- **Option 2:** complete and return the enrolment form on page 21 of the course guide.
- **Option 3:** 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
- **Option 2:** If you do not have internet access, complete the enrolment form on page 22.

For any queries, please phone: 9113 2981

Email: seslhd-recoverycollege@health.nsw.gov.au

What our students say...

The clay activity was a really good way to end the session on grief and loss & a good idea to utilise in practice.

(Understanding Grief and Loss)

Better awareness of my health. Release of stress in my body.

(Mind, Body and Breath)

The facilitators were extremely knowledgeable and were able to ignite interest.

(Systemic Advocacy)

Sound knowledge of the Strengths Model and practical information about how to implement the model.

(Introduction to Trauma Informed Care)

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 experiences 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.

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.

Stream 3: Getting involved in Mental Health Services & Making a Difference

These courses provide information about the different ways that people with lived experience, their families and carers can get involved in the mental health system as employees, volunteers or committee members. 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.

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.

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 to attending you might have 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.





Supporting Recovery & Looking after yourself as a Carer 2 Hour Course x 2 Weeks

This course will explore how to support the person you care for in their Recovery as well as looking after your own emotional health and wellbeing. You will come away with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery. Topics include: benefits of mindfulness, where to get help, maintaining healthy relationships, coping during difficult times, communication tips and supporting recovery.

#S010017-ENG	Monday 24 th July 2017 Monday 31 st July 2017	6:00pm-8:00pm
Recovery College Training Room, Kogarah		

Introduction to Recovery & the Strengths Approach 1 Day Course

There is a lot of talk about recovery and strengths, but what does it really mean? This session provides an introduction to the meaning of strengths and recovery for individuals, families and mental health services. This course explores both the concept of recovery as it relates to mental distress and the strengths approach as a recovery supporting practice and philosophy. This course will also introduce you to the Strengths model and how it is used in the South Eastern Sydney Mental Health Services to support people to take control of their lives in meaningful and sustainable ways. This course is a great introduction to the Recovery College and a foundation for other courses.

Clinicians who require training in implementation of the Strengths Model should enrol in the SESLHD 2 Day Strengths Model Training Program.

#S010010-ENG	Tuesday 25 th July 2017	9:00am-4:30pm
Recovery College Training Room, Kogarah		

Understanding Grief & Loss 4 Hour Course

This course explores the various expressions of grief and loss in life and how they relate to our mental health. It includes practical strategies to help those dealing with grief and loss on their road to recovery.

#S010016-ENG	Tuesday 1 st August 2017	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		

Understanding Anxiety

3 Hour Course

This course will explore the experience of 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 15 th August 2017	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

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	Tuesday 15 th August 2017	1:00pm-5:00pm
Recovery College Training Room, Kogarah		

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	Tuesday 22 nd August 2017	1:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		

Mental Health in Pregnancy & Parenting



3 Hour Course

Are you an expectant parent, a new parent or supporting a new parent? This course will explore mental wellbeing and mental distress in pregnancy, birth and early parenting. Students will learn about helpful and unhelpful attitudes towards parenting and recovery and gain skills in managing ante- and post-natal depression.

#S010019-ENG	Friday 25 th August 2017	9:00am-12:30pm
Recovery College Training Room, Kogarah		





Discrimination, Marginalisation & LGBTIQ Mental Health

3 Hour Course

Discrimination and prejudice are often experienced by people from gender and sexuality diverse communities for example people who are lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ). This new course will explore the impact these experiences can have peoples' mental health and consider strategies to support recovery. This introductory course complements our Stream 4 course for mental health workers, **Journeys in Gender, Sex & Sexuality: From Surviving to Thriving.**"

#S010020-ENG	Friday 1 st September 2017	1:00pm-4:00pm
City East Community College, Bondi Road Campus		



Taking Control of Your Life

2 Hour Course x 4 Weeks

This 4 week course will take you on a journey to explore the principles of recovery and its meaning to your life. During the sessions you will develop tools and strategies to support your own and others' recovery and reflect on your own values and attitudes towards recovery.

#S020002-ENG	Monday 31 st July 2017 Monday 7 th August 2017 Monday 14 th August 2017 Monday 21 st August 2017	2:00pm-4:00pm
	Recovery College Training Room, Kogarah	

Making & Keeping Connections

2 Hour Course x 4 Weeks

Over 4 weeks students will learn how to establish and maintain personal friendships and intimate relationships. The course will explore confidence, moving through fear of judgment, boundaries and the importance of knowing yourself and what you want in a relationship.

#S020019-ENG	Tuesday 8 th August 2017 Tuesday 15 th August 2017 Tuesday 22 nd August 2017 Tuesday 29 th August 2017	10:00am-12:00pm
	Recovery College Training Room, Kogarah	



Understanding & Working with Voices

4 Hour Course

This course facilitated by Melissa Roberts Foundation will provide students with information about the worldwide Hearing Voices movement and local self-help groups. Students will develop a better understanding of the voice hearing experience and ways of working with voice hearers.

#S020007-ENG	Thursday 17 th August 2017	1:00pm-5:00pm
City East Community College, Bondi Road Campus		

Body, Mind & Breath

1.5 Hour Course x 4 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	Tuesday 22 nd August 2017 Tuesday 29 th August 2017 Tuesday 5 th September 2017 Tuesday 12 nd September 2017	10:00am-11:30am
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 24 th August 2017 Thursday 31 st August 2017 Thursday 7 th September 2017 Thursday 14 th September 2017 Thursday 21 st September 2017	2:45pm-4:45pm
City East Community College, Bondi Road Campus		

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	Monday 28 th August 2017	10:00pm-1:00pm
Recovery College Training Room, Kogarah		

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	Tuesday 29 th August 2017	2:30pm-4:30pm
	Tuesday 5 th September 2017	
	Tuesday 12 th September 2017	
	Tuesday 19 th September 2017	
Recovery College Training Room, Kogarah		



Your Recovery Journey

4 Hour Course

In this course students will apply the ideas of recovery to their own life and personal situation. They will identify their hopes and ambitions for their life and will leave the course with clear goals and a plan for their time with the college.

#S020025-ENG	Thursday 14 th September 2017	10.00am-2:00pm
Recovery College Training Room, Kogarah		

Looking into Your Future (Previously Next Steps)

4 Hour Course

In this course students are engaged in looking into their future and exploring their passions and interests to identify work, study and life opportunities. The students will be supported to identify goals in their life and what they want to work on moving into their future. There is information about local employment, education and volunteer service providers and what support is available. They will also complete or review a learning plan to guide their future goals.

#S020018-ENG	Monday 18 th September 2017	1:00pm-5:00pm
Recovery College Training Room, Kogarah		



Stream 2 Courses in Community Languages

Making Mindfulness Your Own

2 Hour Course x 5 Weeks

This 5 week course conducted in Arabic or Greek 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.

Arabic – Making Mindfulness Your Own

2 Hour Course x 5 Weeks

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

#S020013-ARA	Monday 17 th July 2017	10:00am-12:00pm
	Monday 24 th July 2017	
	Monday 31 st July 2017	
	Monday 7 th August 2017	
	Monday 14 th August 2017	
Recovery College Training Room, Kogarah		

Greek – Making Mindfulness Your Own in Greek

2 Hour Course x 5 Weeks

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

#S020013-GRK	Wednesday 23 rd August 2017	10:00am-12:00pm
	Wednesday 30 th August 2017	
	Wednesday 6 th September 2017	
	Wednesday 13 th September 2017	
	Wednesday 20 th September 2017	
Recovery College Training Room, Kogarah		



Systemic Advocacy in Mental Health

4 Hour Course x 2 Weeks

This 2 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	Friday 1 st September 2017	10:00am-2:00pm
	Friday 8 th September 2017	
Recovery College Training Room, Kogarah		

Public Speaking

3 Hour Course

Many people find the thought of public speaking daunting. This introductory course will assist students to develop skills and confidence to speak publically in a range of forums, including meetings and training. The course will address: developing confidence and coping with feelings of fear and anxiety, engaging the audience and planning presentations.

#S030003-ENG	Tuesday 5 th September 2017	10:00am-1:00pm
City East Community College, Bondi Road Campus		

Challenging Stigma

4 Hour Course

Many people who have experienced mental health concerns are faced with recovering not only from this experience, but also from stigma and discrimination. This interactive course will explore the impact of stigma and discrimination. Students will develop practical strategies for challenging stigma and discrimination in their communities.

#S030004-ENG	Friday 8 th September 2017	10:00am-2.00pm
City East Community College, Bondi Road Campus		

Courses for Educators

These courses form part of the Recovery College Educators' Training Program.

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 28 th July 2017	9:00am-4:30pm
Recovery College Training Room, 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. The course also explores co-production in practice and the tools used at the college to develop and facilitate recovery education. This course forms part of the Recovery College Educators' Training Program.

#S030006-ENG	Monday 4 th September 2017	9:00am-1:00pm
Recovery College Training Room, 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 is facilitated by *inside out and associates* and 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	Thursday 7 th September 2017	9:00am-4:30pm
Recovery College Training Room, 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.

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 10 th August 2017	9:00am-5:00pm
	Friday 11 th August 2017	
Recovery College Training Room, Kogarah		

Introduction to Trauma-Informed Care

1 Day Course

The course will provide people currently working in or considering a career in mental health services with skills in responding to disclosures of trauma and preventing re-traumatisation in the mental health system. Student will be provided with an overview of specialist trauma services and build their capacity to advocate for trauma-informed care in mental health settings. If you are seeking an introduction to trauma & recovery, you can enrol in our Stream 1 course, **Understanding Trauma for Women**.

#S040005-ENG	Friday 15 th September 2017	9:00am-5:00pm
Recovery College Training Room, Kogarah		



Certificate II in Business (BSB20115)

5 Hours per Week x 40 weeks

N.B: Students can enrol at the beginning of each month

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.

Each month a different unit of competency is studied. Students are able to enrol in the course at the beginning of the month. 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.

This course is facilitated by St George and Sutherland Community College. Students in the course are supported by a Recovery College Peer Learning Advisor/Educator.

Enrolment for this course will occur monthly. To join the course, please make an appointment with Irene Henderson, Training Co-ordinator at St George & Sutherland Community College. Irene can be contacted by phone on 8543 7411 or by email to ihenderson@sgscc.edu.au.

#S050002-ENG	Thursday 20 th July 2017	9:30am-2:30pm
	Thursday 27 th July 2017	
	Thursday 3 rd August 2017	
	Thursday 10 th August 2017	
	Thursday 17 th August 2017	
	Thursday 24 th August 2017	
	Thursday 31 st August 2017	
	Thursday 7 th September 2017	
	Thursday 14 th September 2017	
	Thursday 21 st September 2017	
St George & Sutherland Community College, Jannali Campus		



Pathways to Peer Work – MHCC Information Session

Do you want to become a mental health peer worker? The Mental Health Coordinating Council (MHCC) are partnering with the Recovery College to provide pathways into their **Certificate IV in Mental Health Peer Work (CHC43515)** and **Certificate IV in Mental Health (CHC43315)** nationally accredited qualifications. If you're a Recovery College student and want to obtain a qualification to undertake a mental health peer worker role, this is the information session for you! MHCC will assist Recovery College students to access financial and mentoring resources to progress a career in the government or non-government mental health sector.

To reserve your place for this session, please call the Recovery College on 9113 2981.

Tuesday 8th August 2017

2:00pm-3:00pm

Recovery College Training Room, Kogarah



Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 Week 1 Making Mindfulness Your Own in ARABIC (p.12), 1 of 5 (10am-12pm)	18	19	20 Certificate II in Business (p.15), 1 of 10 (9:30am-2:30pm)	21	22	23
24 Week 2 Making Mindfulness Your Own in ARABIC (p.12), 2 of 5 (10am-12pm) Supporting recovery & Looking after Yourself as a Carer (p.5) 1 of 2 (6pm-8pm)	25 Introduction to Recovery and Strengths (p.5), (9am-4.30pm)	26	27 Certificate II in Business (p.15), 2 of 10 (9:30am-2:30pm)	28 Skills for Educators (p.14), (9am-4.30pm)	29	30
31 Week 3 Making Mindfulness Your Own in ARABIC (p.12), 3 of 5 (10am-12pm) Supporting recovery (p.5) 2 of 2 (6pm-8pm) Taking Control of Your Life (p.8), 1 of 4 (2pm-4pm)	1 Understanding Grief and Loss (p.5), (10am-2pm)	2	3 Certificate II in Business (p.15), 3 of 10 (9:30am-2:30pm)	4	5	6
7 Week 4 Making Mindfulness Your Own in ARABIC (p.12), 4 of 5 (10am-12pm) Taking Control of Your Life (p.8), 2 of 4 (2pm-4pm)	8 Making and Keeping Connections (p.8) 1 of 4 (10am-12pm) Pathways to Peer Work (P.17), (2pm-3pm)	9	10 Certificate II in Business (p.15), 4 of 10 (9:30am-2:30pm) The Strengths Model in Practice (p.15) 1 of 2 (9am-5pm)	11 The Strengths Model in Practice (p.15) 2 of 2 (9am-5pm)	12	13
14 Week 5 Making Mindfulness Your Own in ARABIC (p.12), 5 of 5 (10am-12pm) Taking Control of Your Life (p.8), 3 of 4 (2pm-4pm)	15 Making and Keeping Connections (p.8) 2 of 4 (10am-12pm) Understanding Anxiety (p.6), (10am-1pm) Understand the Mental Health Act (p.6), (1pm-5pm)	16	17 Certificate II in Business (p.15), 5 of 10 (9:30am-2:30pm) Understanding & Working with Voices (p.9), (1pm-5pm)	18	19	20
21 Week 6 Taking Control of Your Life (p.8), 4 of 4 (2pm-4pm)	22 Making and Keeping Connections (p.8) 3 of 4 (10am-12pm) Mind, Body & Breath (p.9) 1 of 4 (10am-11.30am) Understanding Trauma For Women (p.6) (1pm-4pm)	23 Making Mindfulness Your Own in GREEK (p.12), 1 of 5 (10am-12pm)	24 Making Mindfulness Your Own (p.9), 1 of 5 (2:45pm-4:45pm) Certificate II in Business (p.15), 6 of 10 (9:30am-2:30pm)	25 Mental Health in Pregnancy & Parenting (p.6), (9am-12.30pm)	26	27



Course Calendar September 2017

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Week 7 Getting into Volunteer Work (p.10), (10pm-1pm)	29 Making and Keeping Connections (p.8) 4 of 4 (10am-12pm) Mind, Body & Breath (p.9) 2 of 4 (10am-11.30am) Creativity for Recovery (p.10) 1 of 4 (2.30pm-4.30pm)	30 Making Mindfulness Your Own in GREEK (p.12), 2 of 5 (10am-12pm)	31 Certificate II in Business (p.15), 7 of 10 (9:30am-2:30pm) Making Mindfulness Your Own (p.9), 2 of 5 (2:45pm-4:45pm)	1 Systemic Advocacy (p.13) 1 of 2 (10am-2pm) Discrimination, Marginalisation and LGBTIQ Mental Health (p.7), (1pm-4pm)	2	3
4 Week 8 Educating for Recovery: Foundations (p.14), (9am-1pm)	5 Mind, Body & Breath (p.9) 3 of 4 (10am-11.30am) Creativity for Recovery (p.10) 2 of 4 (2.30pm-4.30pm) Public Speaking (p.13), (10am-1pm)	6 Making Mindfulness Your Own in GREEK (p.12), 3 of 5 (10am-12pm)	7 Certificate II in Business (p.15), 8 of 10 (9:30am-2:30pm) Making Mindfulness Your Own (p.9), 3 of 5 (2:45pm-4:45pm) Purposeful Storytelling (p.14), (9am-4.30pm)	8 Challenging Stigma (p.13), (10pm-2pm) Systemic Advocacy (p.13) 2 of 2 (10am-2pm)	9	10
11 Week 9	12 Mind, Body & Breath (p.9) 4 of 4 (10am-11.30am) Creativity for Recovery (p.10) 3 of 4 (2.30pm-4.30pm)	13 Making Mindfulness Your Own in GREEK (p.12), 4 of 5 (10am-12pm)	14 Certificate II in Business (p.15), 9 of 10 (9:30am-2:30pm) Making Mindfulness Your Own (p.9), 4 of 5 (2:45pm-4:45pm) Your Recovery Journey (p.11), (10am-2pm)	15 Introduction to Trauma Informed Care (p.15), (9am-5pm)	16	17
18 Week 10 Looking into Your Future (p.11), (1pm-5pm)	19 Creativity for Recovery (p.10) 4 of 4 (2.30pm-4.30pm)	20 Making Mindfulness Your Own in GREEK (p.12), 5 of 5 (10am-12pm)	21 Making Mindfulness Your Own (p.9), 5 of 5 (2:45pm-4:45pm) Certificate II in Business (p.15), 10 of 10 (9:30am-2:30pm)	22 Term 3 Finishes	23	24
25	26	27	28	29	30	



Course Venue Details

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

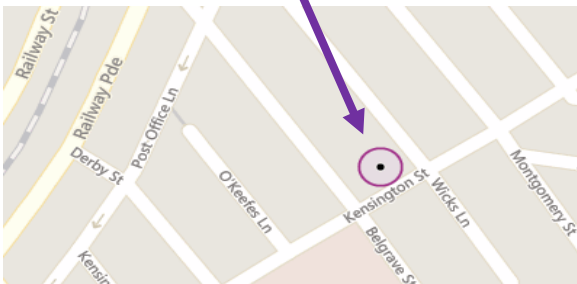
We deliver the courses at a variety of locations across South Eastern Sydney district including:

Recovery College

Wheelchair accessible ♿

20/24 Belgrave Street, Kogarah 2217

(Entrance via Kensington Street)



City East Community College, Bondi Road Campus

Wheelchair accessible ♿

98 Bondi Road, Bondi Junction 2022

St George & Sutherland Community College, Jannali Campus

Wheelchair accessible ♿

127-129 Sutherland Road, Jannali 2226

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 a Student 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 **NEW: Enrol online (faster):**
http://www.seslhd.health.nsw.gov.au/Recovery_College/
OR complete this form and submit it via
Email: seslhd-recoverycollege@health.nsw.gov.au
Mail: South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave St Kogarah NSW 2217

STUDENT INFORMATION (You must complete all fields so that we can verify your eligibility)

First Name:

Surname:

Address:

Suburb: Post Code: Mobile: (for text reminders): Landline Phone (if any):

Email: Date of Birth:

How would you like to receive your confirmation letter? Please note we are unable to send confirmation by physical post: Email (default) SMS

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 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

<p>1 Carefully read the South Eastern Sydney Recovery College Course Guide</p>	<p>2 Select the Course/s you wish to attend and place them in order of preference</p>	<p>3 Seek approval of your Manager to attend Recovery College Course/s</p>	<p>4 NEW: Enrol online (faster): http://www.seslhd.health.nsw.gov.au/Recovery_College/ OR If you do not have internet access, you can complete this enrolment form and submit by email: seslhd-recoverycollege@health.nsw.gov.au</p>
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First Name: Surname:

Address:

Suburb: Post Code:

Mobile: (for text reminders): Landline Phone (if any):

Email: Date of Birth:

How would you like to receive your confirmation letter? *Please note we are unable to send confirmation by physical post:* Email (default) SMS

<p>Which of the following would best describe your current 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 current 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</p>
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Which of the following best describes your work environment? (please tick)

Community Inpatient – Acute Older Adult Mental Health Other (please specify)

Acute Team Community Inpatient - Rehabilitation Child & Adolescent Mental Health

SESLHD Staff Only – YOU MUST COMPLETE THIS SECTION OR YOUR ENROLMENT WILL NOT BE ACCEPTED

Staff Number

Site/Service POWH/Eastern Suburbs Community
 STGH/St George Community
 TSH/Sutherland Community
 SESLHD Other site. Please specify

Team Please specify..... (e.g. MHICU, MHRU, PECC etc)

Manager's Name:

Manager's email and contact number:

COURSE SELECTION

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

SIGNATURE: **DATE:**

Contact details

Ph: 9113 2981 | Email: seslhd-recoverycollege@health.nsw.gov.au

Address: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: www.seslhd.health.nsw.gov.au/Recovery_College/

Visit our Facebook Page: www.facebook.com/SESLHDRecoveryCollege/

Also supported by



Mental Health & Wellbeing
Consumer
Advisory Group



aftercare

