



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

2018 Term **4** Course Guide

OCTOBER - DECEMBER

*“Learning and Growth
for Mental Health”*

Principal Supporters



Health
South Eastern Sydney
Local Health District

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South Eastern Sydney Recovery College – Term 4, 2018

Welcome to Term 4 of the Recovery College for 2018.

Recovery describes a personal journey people with mental health concerns 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 recovery, emotional wellbeing and achieve their goals and aspirations.

All Recovery College courses are co-written and co-facilitated by two Recovery and Wellbeing Educators. One is a person with a lived experience of mental health and/or drug and alcohol concerns and the other a health care worker, clinician or health professional.

What's new?

In 2019 we will be changing our name to the **Recovery and Wellbeing College**. The new name respects the history and future of recovery in mental health, along with responding to cultural views and understanding of distress in our diverse community. In response to student requests and to keep the college progressing we will be publishing an annual course guide with a separate timetable each term. Keep a look out for these changes in early 2019.

This term we are offering Introduction to Mindfulness in Mandarin (p.13). We now offer the course in English, Mandarin, Greek, Arabic and Macedonian.

In this course guide, we have included our partner organisations logos alongside the course information.

Facebook

Did you know the Recovery College has a Facebook page?



[SESLHD-RecoveryCollege](#)



Who can attend the Recovery College?

Whether you experience mental distress, use drug and alcohol services or both, support someone who does or work with South Eastern Sydney Local Health District, we offer you the opportunity to learn about recovery, wellbeing 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 <http://www.health.nsw.gov.au/lhd/Pages/lhd-maps.aspx> or contact the Recovery College for further clarification).
- *Until June 2019 we will be extending our eligibility to include people 18 years of age and over who reside in the SESLHD catchment or are SESLHD drug and alcohol service users. (Project funded by: Central & Eastern Primary Health Network)*
- 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 23 and tick box as indicated in the 'connection with the Recovery College' section.

A reminder to carers, families and other support people!

All Recovery College courses are suitable for carers, families and other support people. We have a number of carer educators who co-write and co-facilitate courses. Each term we develop a flyer about courses recommended for carers. If you would like to receive a copy please email us at SESLHD-RecoveryCollege@health.nsw.gov.au

Work & Development Orders (WDO)

Students who can't pay their fines and attend courses regularly. Recovery College students who are eligible for a WDO can clear their fines with attendance at Recovery College courses instead of money. To find out more, call us on (02) 9113 2981 or visit the WDO website <http://www.revenue.nsw.gov.au/fines/eo/factsheet/wdo>



Enrolling is easy with the option to enrol online

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

- **Option 1:** complete online enrolment form <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>
- **Option 2:** complete and return the enrolment form on page 23 of the course guide.
- *Students who attend the Recovery College agree to the Student Guidelines + Rights and Responsibilities set out by the College on pages 24-25. Please include a signed copy of these forms when submitting your **new** enrolment to the College.*

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:** complete the enrolment form <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

For any queries, please phone: 9113 2981

Email: SESLHD-RecoveryCollege@health.nsw.gov.au

What our students say...

"I was really impressed by the facilitators' knowledge. Very helpful information and interesting"

Introduction to Recovery & the Strengths Approach

"I enjoyed listening to other students' life experiences and coping strategies"

LGBTIQ Mental Health & Social Justice

"It was very informative, thorough and interactive. I enjoyed the discussion within the group and the knowledge, expertise and authenticity of the facilitators"

Introduction to Consumer & Peer Worker Roles

Recovery College Course Streams

Stream 1: Understanding Mental Health, Drug & Alcohol Experiences, & Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health, drug and alcohol experiences and common treatment options. The courses incorporate 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: Recovery Supporting Practice & Getting involved in Mental Health Services

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 also aim to educate mental health workers in approaches that support personal recovery and how to effectively work alongside and support people in consumer, carer or peer worker roles.

Staff of SESLHD Mental Health must gain approval from your manager prior to enrolling in any of 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.



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

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 will introduce you to the concepts of recovery and strengths for individuals, families and mental health services. Together we will explore:

- The meaning of recovery in mental health and the changing understanding over time
- Factors that can help or hinder recovery including the role of language
- The Strengths Approach as a philosophy that can support recovery
- The Strengths Model and how it is used in the South Eastern Sydney Mental Health Services to help people take control and build meaningful lives

This course is a great introduction to the Recovery College and a foundation for other courses.

For a more in-depth exploration of recovery, look out for our 2 day course: Recovery Supporting Services and Systems.

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

| | | |
|---------------------------|---------------------------------------|---------------|
| #S010010-ENG | Tuesday 16 th October 2018 | 9:00am-4:30pm |
| Recovery College, Kogarah | | |

Exploring 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 | Thursday 25 th October 2018 | 12:00pm-4:00pm |
| City East College, Bondi Junction | | |

Exploring Depression

3 Hour Course

This course will explore the experience of depression. A peer educator will provide a personal perspective on living with depression. A mental health professional will provide information about the clinical understanding of depression. The educators will work with students to develop strategies for identifying positive coping strategies.

| | | |
|---------------------------|--------------------------------------|----------------|
| #S010005-ENG | Monday 5 th November 2018 | 9:30am-12:30pm |
| Recovery College, Kogarah | | |



LGBTIQ Mental Health & Social Justice

3 Hour Course

Many people who are lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) experience stigma and bias. This course looks how these impact on mental health. It offers strategies for staying well and ideas for creating change. This course leads on to our Stream 3 course for mental health workers, **Journeys in Gender, Sex & Sexuality: From Surviving to Thriving**.

| | | |
|---------------------------|--|---------------|
| #S010020-ENG | Thursday 8 th November 2018 | 1:00pm-4:00pm |
| Recovery College, Kogarah | | |

Understanding the Mental Health Act

4 Hour Course

This useful introductory course will give students a basic understanding of the 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 20 th November 2018 | 10:00am-2:00pm |
| Recovery College, Kogarah | | |

Exploring the Experience of Personality Disorders

3 Hour Course

People who have received a diagnosis of "personality disorder" often have lived experience of emotional distress that can impact their relationships with other people, their capacity to manage their own emotions and their sense of "self" within the world. Some people have had adverse childhood experiences, including trauma, which can impact these individuals into adulthood. This course will draw on both lived experience and professional expertise to examine the impacts, challenges and benefits of a personality disorder diagnosis. It will also explore ways of looking after yourself and your emotions, plus a range of approaches to support recovery.

| | | |
|---|--|----------------|
| #S010023-ENG | Tuesday 27 th November 2018 | 10:00am-1:00pm |
| St George & Sutherland Community College, Jannali | | |



Exploring Bipolar

3 Hour Course

This course will explore the experience of bipolar, from clinical and personal recovery perspectives. Students will explore different ways of understanding bipolar, treatment options and supports available. The course will also outline strategies for carers to support a person who is experiencing distress associated with bipolar.

| | | |
|---------------------------|---------------------------------------|---------------|
| #S010014-ENG | Friday 30 th November 2018 | 1:30pm-4:30pm |
| headspace, Bondi Junction | | |

Exploring Alcohol, Drug Use & Wellbeing

3 Hour Course

This course will explore the impacts alcohol & other drug use can have on a person's health and wellbeing. It is co-facilitated by a Peer Educator with a lived experience and a drug & alcohol professional in a safe and non-judgemental environment. The course will provide students with resources and information about services that are available to support & improve health outcomes.

| | | |
|---|--|----------------|
| #S010024-ENG | Thursday 6 th December 2018 | 10:00am-1:00pm |
| St George & Sutherland Community College, Jannali | | |



Courses for Educators

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

Explanatory Frameworks for Mental Distress

4.5 Hour Course

This session offered by *inside out and associates* will explore what are explanatory frameworks for mental distress and the evidence base for each framework, including recovery as a framework. There will be discussion about the implications of these frameworks for education and interpersonal practice. This training is suitable for anyone interested in the topic of explanatory frameworks and forms part of the Recovery College Educators' Training Program.



| | | |
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| #S010013-ENG | Friday 2 nd November 2018 | 12:30pm-5:00pm |
| Recovery College, Kogarah | | |



Introduction to Mindfulness

2 Hour Course x 5 Weeks

Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness is an effective approach to support mental health recovery and improving overall wellbeing. During this five week course, 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.



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| #S020003-ENG | Thursday 25 th October 2018 | 11:00am-1:00pm |
| | Thursday 1 st November 2018 | |
| | Thursday 8 th November 2018 | |
| | Thursday 15 th November 2018 | |
| | Thursday 22 nd November 2018 | |
| Alf Kay Eastlakes Community Centre | | |

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 | Wednesday 31 st October 2018 | 10:00am-11:30am |
| | Wednesday 7 th November 2018 | |
| | Wednesday 14 th November 2018 | |
| | Wednesday 21 st November 2018 | |
| St George & Sutherland Community College, Jannali | | |

Getting a Good Night's Sleep

3 Hour Course

Many people have problems sleeping. People with lived experience of mental health issues and those who live with or care for them may have their sleep disrupted. This interactive course will explore sleep, the relationship between mental health and sleep, and offer practical strategies for getting a good night's sleep from both a health care professional and a person who has lived experience of mental distress.

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|----------------------------------|---------------------------------------|----------------|
| #S020020-ENG | Tuesday 6 th November 2018 | 10:00am-1:00pm |
| headspace, Bondi Junction | | |



Law for Everyday Life

3 Hour Course x 2 Weeks

This course is co-facilitated by lawyers from Legal Aid NSW and the Mental Health Advocacy Service. It will provide students with information about civil law issues that impact on people's everyday life - debts, unpaid fines, discrimination, tenancy issues, Centrelink disputes and more. Legal issues relevant to mental health will also be explored.



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| #S020021-ENG | Friday 9 th November 2018 Friday 16 th November 2018 | 1:45pm-4:45pm |
| | City East College, Bondi Junction | |

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 learn about 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.



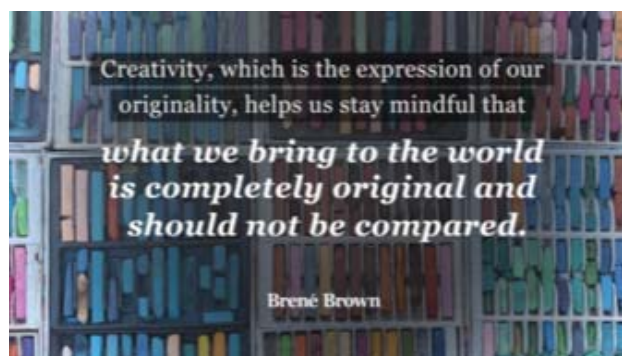
| | | |
|--|--|----------------|
| #S020015-ENG | Tuesday 13 th November 2018 | 10:00am-1:00pm |
| St George & Sutherland Community College, Jannali | | |

Spirituality & Wellbeing

2 Hour Course x 3 Weeks

This course is for anyone, whether you believe in a specific religion, have some understanding of the role of spirituality in your own life, or have not thought about spirituality before and would simply like to learn more. Hear and understand what spirituality means for others and explore new ways of being spiritual and how this impacts on your wellbeing.

| | | |
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| #S020024-ENG | Thursday 15 th November 2018 Thursday 22 nd November 2018 Thursday 29 th November 2018 | 10:00am-12:00pm |
| | Maroubra Community Mental Health Centre | |



South Eastern Sydney
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Getting into Exercise

2 Hour Course

We've all thought about being more active. We've all thought about exercising. We've all wondered what to do and how to do it. This new course will address your questions about getting into exercise, build your familiarity and confidence with exercise equipment and provide the evidence base for exercise.



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| #S020028-ENG | Friday 16 th November 2018 | 12:00pm-2:00pm |
| Keeping the Body in Mind Gym (Recovery College), Kogarah | | |

Communication - Finding your Voice

2 Hour Course x 4 Weeks

Students will have fun learning about communication and how it supports a person's mental health recovery. Topics include:

- What is communication and how do we communicate
- Assertiveness and how to get my message across. Saying "no" is OK
- What to say after you say "hi"

| | | |
|---------------------------|---|-----------------|
| #S020009-ENG | Monday 19 th November 2018 Monday 26 th November 2018 Monday 3 rd December 2018 Monday 10 th December 2018 | 10:00am-12:00pm |
| Recovery College, Kogarah | | |

Improving Self-Esteem & Challenging Stigma

3.5 Hour Course

In this course students will learn about:

- How low self-esteem develops
- How this may impact of a person's substance use
- How to take hold of your own self-worth
- The roots of stigma and how to become a stigma buster!

| | | |
|----------------------------|---|----------------|
| #S020029-ENG | Thursday 29 th November 2018 | 10:00am-1:30pm |
| Community Health Caringbah | | |



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 | Tuesday 4 th December 2018 | 10:00am-2:00pm |
| Recovery College, Kogarah | | |

Life Beyond Depression

3 Hour 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 depression. This course complements and builds upon the *Exploring Depression* course (see page 5).

| | | |
|---------------------------|---|----------------|
| #S020010-ENG | Thursday 13 th December 2018 | 10:00am-1:00pm |
| Recovery College, 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 | Monday 17 th December 2018 | 10:00am-2:00pm |
| Recovery College, Kogarah | | |



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RECOVERY COLLEGE
Learning and Growth for Mental Health

Stream 2 Courses in Community Languages

These courses will be conducted in Mandarin or Greek 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 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.

Introduction to Mindfulness in Mandarin



2 Hour Course x 5 Weeks

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)

| | | |
|----------------------------------|---|-----------------|
| #S020003-MAN | Thursday 18 th October 2018 | 10:00am-12:00pm |
| | Thursday 25 th October 2018 | |
| | Thursday 1 st November 2018 | |
| | Thursday 8 th November 2018 | |
| | Thursday 15 th November 2018 | |
| Recovery College, Kogarah | | |

Introduction to Mindfulness in Greek

2 Hour Course x 5 Weeks

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

| | | |
|----------------------------------|--|-----------------|
| #S020003-GRK | Wednesday 21 st November 2018 | 10:00am-12:00pm |
| | Wednesday 28 th November 2018 | |
| | Wednesday 5 th December 2018 | |
| | Wednesday 12 th December 2018 | |
| | Wednesday 19 th December 2018 | |
| Recovery College, Kogarah | | |



Introduction to Consumer & Peer Worker Roles

1 Day Course

This introductory course will provide students with information about the history, nature and policy context of the roles of Consumer and Peer Workers. It will provide students with the resources and capacity to work effectively with these important positions in mental health services. Students will gain an understanding of how purposeful storytelling is used in recovery orientated practice. The information will provide a foundation for those interested in pursuing a career in the field and for health care staff who work collaboratively with Consumer and Peer Workers.

| | | |
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| #S030001-ENG | Monday 29 th October 2018 | 9:00am-4:30pm |
| Recovery College, Kogarah | | |

Telling Your Story in a Public Forum

3 Hour Course

In this course, students will learn how to make meaning of their experience and tell their story using recovery principles. They will also learn about boundaries and keeping safe, confidentiality of others in their story, how to deal with curly questions and how to manage nerves. The course will also explore how students can tailor their story to the needs of different audiences.

| | | |
|---------------------------|---------------------------------------|---------------|
| #S030011-ENG | Friday 16 th November 2018 | 1:00pm-4:00pm |
| Recovery College, Kogarah | | |

Systemic Advocacy

4 Hour Course x 2 Weeks

This course gives you the resources, skills and confidence to engage in systemic advocacy. Systemic advocacy is about making change in services, systems and policy.

Topics include:

- Social justice and human rights frameworks
- The mental health consumer movement
- Challenging stigma and discrimination in the media
- How to advocate in the mental health system

| | | |
|---------------------------|---|----------------|
| #S030002-ENG | Thursday 22 nd November 2018 | 10:00am-2:00pm |
| | Thursday 29 th November 2018 | |
| Recovery College, Kogarah | | |



Supporting Personal Autonomy, Self-Management & Growth

1 Day Course

The course has a strong practical focus on approaches, resources and tools to support personal autonomy and growth. Students will explore:

- A framework for exploring and supporting self-management
- Discovering ourselves and supporting others in self-discovery
- Hope-inspiring people and practices
- Personal meaning
- Understanding and supporting personal agency and personal control
- Enhancing personal networks and finding or creating a sense of belonging.



The course is offered by inside out and associates.

| | | |
|---------------------------|--|---------------|
| # S030014-ENG | Thursday 6 th December 2018 | 9:00am-4:30pm |
| Recovery College, 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 11 th December 2018 | 10:00am-1:00pm |
| St George & Sutherland Community College, Jannali | | |

Developing Your Story

4 Hour Course

This course follows on from Purposeful Storytelling. Students will have an opportunity to practice developing purposeful stories about their own personal lived experience. Recovery principles such as hope, empowerment, identity, meaning and purpose will be drawn upon. Students will be assisted to develop their own stories relevant to the situation in which they will be sharing their experiences. There will be opportunities to practice delivering the stories in a safe environment.

| | | |
|---|---|----------------|
| #S030013-ENG | Thursday 13 th December 2018 | 10:00am-2:00pm |
| St George & Sutherland Community College, Jannali | | |



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.

Transformation through Co-Production

4 Hour Course

Co-production is an approach that involves consumers and staff working in collaboration. It is increasingly being adopted in the mental health services and can be used in direct work, service planning and policy.

In this practical course students will explore:

- The six principles of co-production and what these mean in practice
- How co-production can transform individuals and systems
- Using co-production in your context and workplace

| | | |
|---------------------------|--------------------------------------|----------------|
| #S030012-ENG | Friday 26 th October 2018 | 10:00am-2:00pm |
| Recovery College, Kogarah | | |

Educating for Recovery: In Practice

1 Day Course

This course forms part of the Recovery College Educators' Training Program. It provides knowledge and skills in co-facilitating recovery-focused education programs. Students will have the opportunity to practice this through developing and delivering educational activities. This training is delivered by *inside out and associates*.



| | | |
|---------------------------|---------------------------------------|---------------|
| #S030008-ENG | Friday 30 th November 2018 | 9:00am-4:30pm |
| Recovery College, Kogarah | | |





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!

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

| | |
|---|------------------------|
| Tuesday 23rd October 2018 | 10:00am-11:00am |
| Recovery College, Kogarah | |



*Photos from our 2017 End of Year Achievement Ceremony
This year's End of Year Achievement Ceremony will be held on Tuesday 18th December, 11am-12:30pm.*

| |
|----------------------------------|
| COURSE AREA LOCATION KEY |
| Sutherland |
| St George |
| Eastern Suburbs |
| Surry Hills (The Langton Centre) |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|---|---|---|---|-----------|-----------|
| | 1 PUBLIC HOLIDAY | 2 | 3 | 4 | 5 | 6 | 7 |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| WEEK 1 | 15 TERM 4 COMMENCES | 16 Introduction to Recovery & the Strengths Approach, (p.5), (9am-4:30pm) | 17 | 18 Introduction to Mindfulness in Mandarin, (p.13), 1 of 5, (10am-12pm) | 19 | 20 | 21 |
| WEEK 2 | 22 | 23 MHCC Pathways to Peer Work Information Session, (p.17), (10am-11am) | 24 | 25 Introduction to Mindfulness in Mandarin, (p.13), 2 of 5, (10am-12pm) Introduction to Mindfulness in English, (p.9), 1 of 5, (11am-1pm) Exploring Grief & Loss, (p.5), (12pm-4pm) | 26 Transformation through Co-Production, (p.16), (10am-2pm) | 27 | 28 |
| WEEK 3 | 29 Introduction to Consumer & Peer Worker Roles, (p.14), (9am-4:30pm) | 30 | 31 Body, Mind & Breath, 1 of 4, (p.9), (10am-11:30am) | | | | |



| COURSE AREA LOCATION KEY | |
|----------------------------------|--|
| Sutherland | |
| St George | |
| Eastern Suburbs | |
| Surry Hills (The Langton Centre) | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|---|--|--|---|-----------|-----------|
| WEEK 3 (cont.) | | | | <p>1 Introduction to Mindfulness in Mandarin, (p.13), 3 of 5, (10am-12pm)</p> <p>Introduction to Mindfulness in English, (p.9), 2 of 5, (11am-1pm)</p> | <p>2 Explanatory Frameworks for Mental Distress, (p.8), (12:30pm-5pm)</p> | 3 | 4 |
| WEEK 4 | <p>5 Exploring Depression, (p.5), (9:30am-12:30pm)</p> | <p>6 Getting a Good Night's Sleep, (p.9), (10am-1pm)</p> | <p>7 Body, Mind & Breath, 2 of 4, (p.9), (10am-11:30am)</p> | <p>8 Introduction to Mindfulness in Mandarin, (p.13), 4 of 5, (10am-12pm)</p> <p>Introduction to Mindfulness in English, (p.9), 3 of 5, (11am-1pm)</p> <p>LGBTIQ Mental Health & Social Justice, (p.6), (1pm-4pm)</p> | <p>9 Law for Everyday Life, (p.10), 1 of 2, (1:45pm-4:45pm)</p> | 10 | 11 |
| WEEK 5 | 12 | <p>13 Nutrition for Good Health, (p.10), (10am-1pm)</p> | <p>14 Body, Mind & Breath, 3 of 4, (p.9), (10am-11:30am)</p> | <p>15 Introduction to Mindfulness in Mandarin, (p.13), 5 of 5, (10am-12pm)</p> <p>Introduction to Mindfulness in English, (p.9), 4 of 5, (11am-1pm)</p> <p>Spirituality & Wellbeing, (p.10), 1 of 3, (10am-12pm)</p> | <p>16 Getting Into Exercise, (p.11), (12pm-2pm)</p> <p>Telling Your Story in a Public Forum, (p.14), (1pm-4pm)</p> <p>Law for Everyday Life, (p.10), 2 of 2, (1:45pm-4:45pm)</p> | 17 | 18 |
| WEEK 6 | <p>19 Communication – Finding Your Voice, (p.11), 1 of 4, (10am-12pm)</p> | <p>20 Understanding the Mental Health Act, (p.6), (10am-2pm)</p> | <p>21 Introduction to Mindfulness in Greek, (p.13), 1 of 5, (10am-12pm)</p> <p>Body, Mind & Breath, 4 of 4, (p.9), (10am-11:30am)</p> | <p>22 Systemic Advocacy, (p.14), 1 of 2, (10am-2pm)</p> <p>Introduction to Mindfulness in English, (p.9), 5 of 5, (11am-1pm)</p> <p>Spirituality & Wellbeing, (p.10), 2 of 3, (10am-12pm)</p> | 23 | 24 | 25 |
| WEEK 7 | <p>26 Communication – Finding Your Voice, (p.11), 2 of 4, (10am-12pm)</p> | <p>27 Exploring the Experience of Personality Disorders, (p.6), (10am-1pm)</p> | <p>28 Introduction to Mindfulness in Greek, (p.13), 2 of 5, (10am-12pm)</p> | <p>29 Systemic Advocacy, (p.14), 2 of 2, (10am-2pm)</p> <p>Spirituality & Wellbeing, (p.10), 3 of 3, (10am-12pm)</p> <p>Self-Esteem & Challenging Stigma, (p.11), (10am-1:30pm)</p> | <p>30 Educating for Recovery: In Practice, (p.16), (9am-4:30pm)</p> <p>Exploring Bipolar (p.7), (1:30pm-4:30pm)</p> | | |

COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--|--|---|--------|----------|--------|
| WEEK 7 (cont.) | | | | | | 1 | 2 |
| WEEK 8 | 3 Communication – Finding Your Voice, (p.11), 3 of 4, (10am-12pm) | 4 Understanding & Working with Voices, (p.12), (10am-2pm) | 5 Introduction to Mindfulness in Greek, (p.13), 3 of 5, (10am-12pm) | 6 Supporting Autonomy, Self-Management & Growth, (p.15), (9am-4:30pm) Exploring Alcohol, Drug Use & Wellbeing, (p.7), (10am-1pm) | 7 | 8 | 9 |
| WEEK 9 | 10 Communication – Finding Your Voice, (p.11), 4 of 4, (10am-12pm) | 11 Public Speaking, (p.15), (10am-1pm) | 12 Introduction to Mindfulness in Greek, (p.13), 4 of 5, (10am-12pm) | 13 Life Beyond Depression, (p.12), (10am-1pm) Developing Your Story, (p.15), (10am-2pm) | 14 | 15 | 16 |
| WEEK 10 | 17 Your Recovery Journey, (p.12), (10am-2pm) | 18 RECOVERY COLLEGE END OF YEAR ACHIEVEMENT CEREMONY, (11am-12:30pm) | 19 LAST DAY OF TERM 4 Introduction to Mindfulness in Greek, (p.13), 5 of 5, (10am-12pm) | 20 | 21 | 22 | 23 |
| | 24 | 25 PUBLIC HOLIDAY | 26 PUBLIC HOLIDAY | 27 | 28 | 29 | 30 |
| | 31 | | | | | | |



Course Venue Details

Venue maps will be sent with your confirmation of enrolment letter.

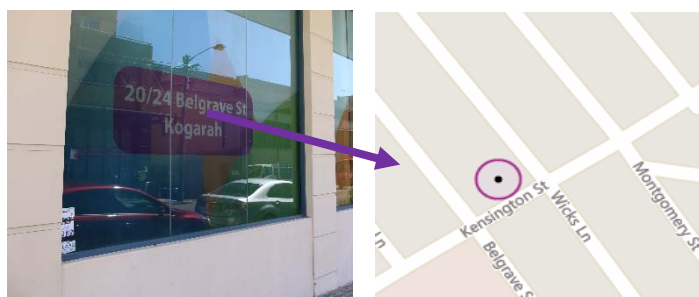
We deliver the courses at a variety of locations across South Eastern Sydney district including:

Recovery College & Keeping the Body in Mind Gym

Wheelchair accessible 

20/24 Belgrave Street, Kogarah 2217

(Entrance via Kensington Street)



Alf Kay Eastlakes Community Centre

Wheelchair accessible 

8/16 Florence Avenue, Eastlakes 2018

City East College

Wheelchair accessible 

98 Bondi Road, Bondi Junction 2022

Community Health Caringbah

Wheelchair accessible 

430 Kingsway, Caringbah 2229

headspace, Bondi Junction

Wheelchair accessible 

20 Bronte Road, Bondi Junction 2022

The Langton Centre

Wheelchair accessible 

591-623 South Dowling Street, Surry Hills 2010

The Maroubra Centre

Wheelchair accessible 

130 Garden Street, Maroubra 2035

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) and/or drug and alcohol services, 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

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 either of the following ways.
By Email: seslhd-recoverycollege@health.nsw.gov.au
By Mail: South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave St 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? | | <i>We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.</i> | |
| <input type="checkbox"/> Phone <input type="checkbox"/> Email | | | |

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 Drug & Alcohol Service 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

Current consumer of South Eastern Sydney Local Health District Drug & Alcohol Service – please indicate:
 Eastern Suburbs St George Sutherland Langton Centre, Surry Hills

Supporter (Carer or Support Person)

Person with mental health or Drug & Alcohol concern 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
 New Horizons Mission Australia
 Partners in Recovery Aftercare
 Private Psychiatrist
 Private Counsellor/Psychologist./Social Worker
 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

This demographic questionnaire assist us in evaluation and further funding for the Recovery College.

If you wish not to participate please tick this box

| | | | | | | | |
|---|--|---|---|--|--|---|------------------------------------|
| Do you identify as | | <input type="checkbox"/> Aboriginal | <input type="checkbox"/> Torres Strait Islander | Do you have a disability? | | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Country of Birth: | | Language Spoken at Home: | | Ethnicity: | | | |
| Which of the following would best describe your current employment status? (please tick) | | | | | | | |
| <input type="checkbox"/> Full Time Employee <input type="checkbox"/> Part Time Employee <input type="checkbox"/> Casual Employee <input type="checkbox"/> Volunteer Work <input type="checkbox"/> Supported Employment <input type="checkbox"/> Student <input type="checkbox"/> Unemployed, Job Seeking Independently <input type="checkbox"/> Unemployed, Job Seeking with Employment Agency <input type="checkbox"/> Unwaged, Not Seeking Work | | | | | | | |
| Have you successfully completed any of the following Qualifications? (please tick) | | | | | | | |
| <input type="checkbox"/> Bachelor or Higher Degree <input type="checkbox"/> Advanced Diploma or Associated Degree <input type="checkbox"/> Diploma or Associate Diploma <input type="checkbox"/> Certificate IV <input type="checkbox"/> Certificate III <input type="checkbox"/> Certificate II <input type="checkbox"/> Certificate I <input type="checkbox"/> Misc. Education (please specify) <input type="checkbox"/> None of the above | | | | | | | |
| What is your highest completed school level? (tick one) <input type="checkbox"/> Year 12 <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 9/lower | | | | | | | |
| Are you currently Studying? | | <input type="checkbox"/> Yes | <input type="checkbox"/> No | If yes, are you studying (please tick) | | <input type="checkbox"/> Full Time | <input type="checkbox"/> Part Time |
| Gender identity | | | | Were you born with a variation of sex characteristics (this is sometimes called 'intersex'?) | | | |
| <input type="checkbox"/> Man <input type="checkbox"/> Woman <input type="checkbox"/> Different identity (please state) | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer | | | |
| Do you consider yourself to be: | | <input type="checkbox"/> Straight or heterosexual | | <input type="checkbox"/> Lesbian, Gay or Homosexual | | <input type="checkbox"/> Bisexual <input type="checkbox"/> Queer <input type="checkbox"/> Different identity (please state) | |

Students have the right to:

- Be treated fairly and with respect by Recovery College staff and students
- Be treated in a warm and professional manner
- Privacy, dignity & confidentiality
- Quality provision of courses that provide hope, opportunity, personal control and appreciate individual needs and learning styles
- Complain through appropriate channels
- Be protected from all forms of harassment and discrimination
- Know about policies referring to them
- A safe & clean learning environment
- Have enquiries dealt with in an efficient manner
- Information, guidance and advice on courses
- Support for specific learning needs if you tell us about a disability or learning difficulty
- Have your personal beliefs, religious and cultural practices respected
- Express your views and be involved in developing the college

Students have the responsibility to:

- Treat other students and staff with respect and fairness
- Behave in an acceptable and appropriate manner towards other students and staff and to respect the property of the College and host community colleges
- Refrain from swearing in classrooms and other learning areas
- Not behave in any way that could offend, embarrass or threaten others
- Provide accurate information about themselves and advise of any changes
- Not to use mobile phones, pagers or similar devices at any time in the class
- Follow normal safety practices (eg: following both written and verbal directions given by Recovery College or host staff)
- Ask for clarification about anything you are not sure about

Name

Signed

Date



Students should:

- Act in a responsible manner and foster mutual respect and understanding between students.
- Respect the rights, beliefs and opinions of others
- Not act in a way that may be considered threatening or disruptive, or likely to cause physical or emotional harm
- Refrain from the use of alcohol or illegal drugs when using the college

The college considers the following examples to constitute misconduct and subject to disciplinary procedures:

- Prevention or disruption of learning or other activities
- Violent, indecent, threatening or offensive behaviour or language
- Use of alcohol or illegal drugs on the premises
- Theft, damage or misuse of college or host organisations property, or the property of staff, students or visitors
- Action likely to cause injury or impair safety on college or host organisations premises
- Any act which constitutes a criminal offence
- Sexual, racial or other harassment of any staff member, student or visitor to the college

Name

Signed

Date

Contact details

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

Address: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: <https://www.seslhd.health.nsw.gov.au/recovery-college>

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

Also supported by



Mental Health & Wellbeing
Consumer
Advisory Group

