



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

# 2018 Term **2** Course Guide

MAY - JULY

*“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 2, 2018

Welcome to Term 2 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 clinician.

### What's new?

The Drug and Alcohol Wellbeing project is progressing quickly. We've held meetings with service users and staff to hear about what courses we should facilitate. Our new educators are excited to start co-writing and co-facilitating the following courses this term:

- Exploring Alcohol, Drug Use & Wellbeing (page 5)
- Linking to a GP (page 7)
- Men's Health (page 7)
- Improving Self-Esteem & Challenging Stigma (page 10)

**AOD** = Symbol denotes Drug & Alcohol related courses.

Inside out and associates will be facilitating a new one day course, Supporting Personal Autonomy, Self-Management & Growth (page 13). This workshop has a strong practical focus on approaches, resources and tools to support people with their own meaning making and personal autonomy.

It is great to see so many people from our local culturally and linguistically diverse communities at the college. As a result we are broadening the range of courses in community languages. This term we are holding Your Recovery Journey in Greek for the first time page 12).



## Who can attend the Recovery College?

Whether you experience mental distress, use drug and alcohol services or both, you support someone who does or you 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).
- *Due to the new project for the period of June 2017 to June 2019 we will be extending our eligibility to include people 18 years of age and over who use drug and alcohol services and live in the South Eastern Sydney Local Health District catchment*
- 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](mailto:SESLHD-RecoveryCollege@health.nsw.gov.au)

## Work and Development Orders

Work and Development Orders (WDOs) are a way to help people who can't pay their fines. 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.



## 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.

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

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

### Staff, students and volunteers

- **Option 1:** enrol online via the mental health intranet site (non-mandatory training):  
[http://seslhnweb/Mental\\_Health/Training/Clinical.asp](http://seslhnweb/Mental_Health/Training/Clinical.asp)
- **Option 2:** complete the enrolment form  
<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

For any queries, please phone: 9113 2981

Email: [SESLHD-RecoveryCollege@health.nsw.gov.au](mailto:SESLHD-RecoveryCollege@health.nsw.gov.au)

## What our students say...

*"I enjoyed the extensive and illuminating discussion and presentation. I appreciated the experience of learning from a person who has embraced the experience & diagnosis of BPD. This encouraged me to feel more confident."*

Exploring the Experience of Personality Disorders

*"It was particularly relevant to me right now. I was able to be self-aware + mindful of my thoughts/beliefs + barriers throughout the day."*

Your Recovery Journey

*"Able to understand how telling my story gives space to understand my self-further and this brings about self-righting my recovery."*

Telling Your Story in a Public Forum

## 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	Thursday 3 <sup>rd</sup> May 2018	9:00am-4:30pm
Recovery College Training Room, 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	Thursday 10 <sup>th</sup> May 2018	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		

## Exploring Alcohol, Drug Use & Wellbeing AOD

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 10 <sup>th</sup> May 2018	10:00am-1:00pm
Recovery College Training Room, Kogarah		





## 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 21 <sup>st</sup> May 2018	10:00am-1:00pm
City East Community College, Bondi Road Campus		

## 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	Tuesday 22 <sup>nd</sup> May 2018	12:30pm-3:30pm
St George & Sutherland Community College, Jannali Campus		

## 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 31 <sup>st</sup> May 2018	10:00am-2:00pm
Recovery College Training Room, 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 5 <sup>th</sup> June 2018	10:00am-1:00pm
headspace, Bondi Junction		



## Navigating the Mental Health System

4 Hour Course

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

#S010003-ENG	Friday 15 <sup>th</sup> June 2018	10:00am-2:00pm
City East Community College, Bondi Road Campus		

## Linking to a GP

AOD



3 Hour Course

What is the role of general practice in supporting people with a lived experience of mental distress and addiction? This course will explore the range of services GPs and practice nurses can offer. In particular, students will learn how GPs can support those receiving opioid substitution treatment or who have physical health needs related to their mental distress.

#S010026-ENG	Tuesday 26 <sup>th</sup> June 2018	10:00am-1:00pm
The Langton Centre		

## Men's Health

AOD



4 Hour Course

According to the Australian Men's Shed Association, "men don't talk face-to-face, they talk shoulder-to-shoulder". This new course will holistically look at men's health exploring identity, expression, healthy support networks, and connectedness in relationships and coping with stressors in everyday life.

#S010022-ENG	Friday 29 <sup>th</sup> June 2018	10:00am-1:00pm
Caringbah Community Health Centre/Adult Group Room		





## Courses for Educators

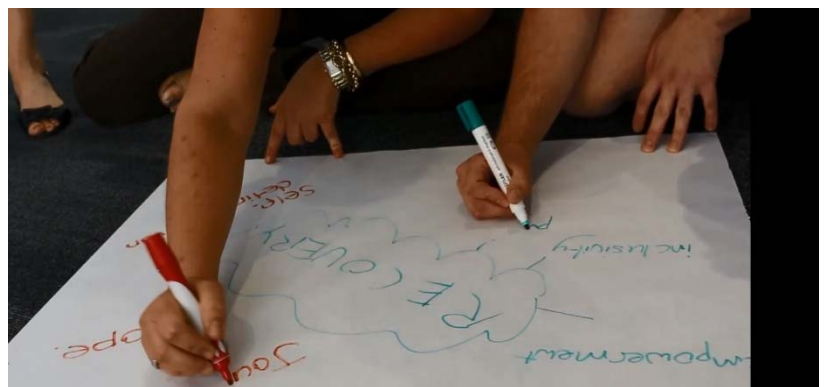
To discuss your particular learning needs and the relevance of this course for you, please contact the Recovery College.

### Explanatory Frameworks for Mental Distress

4 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.

#S010013-ENG	Friday 29 <sup>th</sup> June 2018	1:00-5:00pm
Recovery College Training Room, Kogarah		



## 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.

#S020020-ENG	Tuesday 8 <sup>th</sup> May 2018	12:30pm-3:30pm
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 <sup>th</sup> May 2018	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		

## 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 6).

#S020010-ENG	Monday 28 <sup>th</sup> May 2018	10:00am-1:00pm
City East Community College, Bondi Road Campus		

## 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.

#S020003-ENG	Tuesday 29 <sup>th</sup> May 2018	1:00pm-3:00pm
	Tuesday 5 <sup>th</sup> June 2018	
	Tuesday 12 <sup>th</sup> June 2018	
	Tuesday 19 <sup>th</sup> June 2018	
	Tuesday 26 <sup>th</sup> June 2018	
Recovery College Training Room, 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	Thursday 14 <sup>th</sup> June 2018	10:00am-12:00pm
	Thursday 21 <sup>st</sup> June 2018	
	Thursday 28 <sup>th</sup> June 2018	
	Thursday 5 <sup>th</sup> July 2018	
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## 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.

#S020021-ENG	Monday 18 <sup>th</sup> June 2018	10:00am-1:00pm
	Monday 25 <sup>th</sup> June 2018	
<b>Recovery College Training Room, Kogarah</b>		

## 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.

#S020018-ENG	Tuesday 19 <sup>th</sup> June 2018	10:00am-12:00pm
	Tuesday 26 <sup>th</sup> June 2018	
	Tuesday 3 <sup>rd</sup> July 2018	
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		



## 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	Friday 22 <sup>nd</sup> June 2018	10:00am-1:30pm
The Maroubra Centre		

## 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	Friday 29 <sup>th</sup> June 2018	12:30pm-4:30pm
City East Community College, Bondi Road Campus		



## Stream 2 Courses in Community Languages

These courses will be conducted in Arabic, Greek or Macedonian 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.

### 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 2 <sup>nd</sup> May 2018	10:00am-12:00pm
	Wednesday 9 <sup>th</sup> May 2018	
	Wednesday 16 <sup>th</sup> May 2018	
	Wednesday 23 <sup>rd</sup> May 2018	
	Wednesday 30 <sup>th</sup> May 2018	
<b>Recovery College Training Room, Kogarah</b>		



### Your Recovery Journey in Greek

4 Hour Course

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

In this course developed by two Greek speaking educators 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-GRK	Wednesday 6 <sup>th</sup> June 2018	10:00am-2:00pm
<b>Recovery College Training Room, Kogarah</b>		



## 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.

#S030001-ENG	Tuesday 8 <sup>th</sup> May 2018	9:00am-4:30pm
City East Community College, Bondi Road Campus		

## Supporting Personal Autonomy, Self- Management & Growth

NEW  
COURSE

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	Friday 11 <sup>th</sup> May 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## Committee Work

3 Hour Course

This practical course aims to provide students with:

- An understanding of the reasons for committee work
- How to participate effectively
- Roles within committees
- Dealing with challenging situations
- Examples of local, state and national mental health committees and how to get involved.

#S030005-ENG	Tuesday 15 <sup>th</sup> May 2018	1:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		





## Journeys in Gender, Sex & Sexuality: From Surviving to Thriving 1 Day Course

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

#S040006-ENG	Tuesday 22 <sup>nd</sup> May 2018	9:00am-4:30pm
Recovery College Training Room, 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.

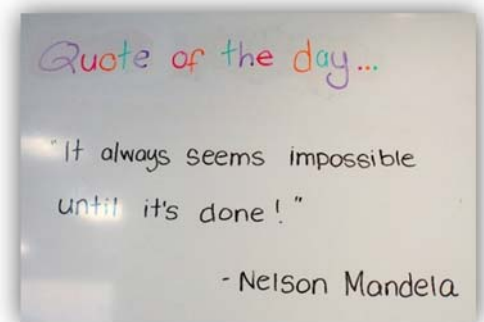
#S030010-ENG	Thursday 24 <sup>th</sup> May 2018	10:00am-2:00pm
Recovery College Training Room, Kogarah		

## Recovery-Supporting Services & Systems 2 Day Course

Recovery-oriented practice is dynamic and continually advancing. This stimulating 2 day course will examine the complexities of recovery-supporting practices and service delivery by challenging students to 'unpack' and 'unlearn' many of the assumptions in mental health. Students will use the National Framework for Recovery Oriented Mental Health Services to explore how recovery can be supported and promoted in their day to day work. If you want to advance your understanding of recovery-oriented practice and service delivery to the next level, then this is the course for you.

*Attendance at the 'Introduction to Recovery' course or other prior recovery education is a pre-requisite.*

#S040007-ENG	Wednesday 20 <sup>th</sup> June 2018	9:00am-5:00pm
	Thursday 21 <sup>st</sup> June 2018	
Recovery College Training Room, Kogarah		



## 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.*

### **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 15 <sup>th</sup> June 2018	9:00am-4:30pm
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](mailto:ihenderson@sgscc.edu.au)**

<b>#S050002-ENG</b>	Thursday 3 <sup>rd</sup> May 2018 Thursday 10 <sup>th</sup> May 2018 Thursday 17 <sup>th</sup> May 2018 Thursday 24 <sup>th</sup> May 2018 Thursday 31 <sup>st</sup> May 2018 Thursday 7 <sup>th</sup> June 2018 Thursday 14 <sup>th</sup> June 2018 Thursday 21 <sup>st</sup> June 2018 Thursday 28 <sup>th</sup> June 2018 Thursday 5 <sup>th</sup> July 2018	9:30am-2:30pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		



## 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.**

<b>Monday 2<sup>nd</sup> July 2018</b>	<b>2:00-3:00pm</b>
<b>Recovery College Training Room, Kogarah</b>	



COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1		<b>1</b> TERM 2 COMMENCES	<b>2</b> Making Mindfulness Your Own in <u>Greek</u> , (p.12) 1 of 5, (10am- 12pm)	<b>3</b> Introduction to Recovery & The Strengths Approach, (p.5) (9am-4:30pm)  Certificate II in Business, (p.16), 1 of 10, (9:30am-2:30pm)	<b>4</b>	<b>5</b>	<b>6</b>
WEEK 2	<b>7</b>	<b>8</b> Introduction to Consumer & Peer Worker Roles, (p.13) (9am-4:30pm)  Getting a Good Night's Sleep, (p.9), (12:30pm-3:30pm)	<b>9</b> Making Mindfulness Your Own in <u>Greek</u> , (p.12) 2 of 5, (10am- 12pm)	<b>10</b> Certificate II in Business, (p.16), 2 of 10, (9:30am-2:30pm)  Exploring Alcohol, Drug Use & Wellbeing, (p.5), (10am-1pm)  Understanding the Mental Health Act, (p.5), (10am-2pm)	<b>11</b> Supporting Personal Autonomy, Self- Management & Growth, (p.13), (9am- 4:30pm)	<b>12</b>	<b>13</b>
WEEK 3	<b>14</b>	<b>15</b> Committee Work, (p.13), (1pm-4pm)	<b>16</b> Making Mindfulness Your Own in <u>Greek</u> , (p.12) 3 of 5, (10am- 12pm)	<b>17</b> Certificate II in Business, (p.16), 3 of 10, (9:30am-2:30pm)  Understanding & Working with Voices, (p.9), (10am-2pm)	<b>18</b>	<b>19</b>	<b>20</b>
WEEK 4	<b>21</b> Exploring Depression, (p.6) (10am-1pm)	<b>22</b> Journeys in Gender, Sex & Sexuality: From Surviving to Thriving, (p.14) (9am- 4:30pm)  Exploring Bipolar, (p.6), (12:30pm- 3:30pm)	<b>23</b> Making Mindfulness Your Own in <u>Greek</u> , (p.12) 4 of 5, (10am- 12pm)	<b>24</b> Certificate II in Business, (p.16), 4 of 10, (9:30am-2:30pm)  Telling Your Story in a Public Forum, (p.14), (10am-2pm)	<b>25</b>	<b>26</b>	<b>27</b>
WEEK 5	<b>28</b> Life Beyond Depression, (p.9) (10am-1pm)	<b>29</b> Introduction to Mindfulness in <u>English</u> , (p.9) 1 of 5, (1pm-3pm)	<b>30</b> Making Mindfulness Your Own in <u>Greek</u> , (p.12) 5 of 5, (10am- 12pm)	<b>31</b> Certificate II in Business, (p.16), 5 of 10, (9:30am-2:30pm)  Exploring Grief & Loss, (p.6), (10am- 2pm)			



Sutherland
St George
Eastern Suburbs
Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 (cont.)					<b>1</b> Nutrition for Good Health, (p. *) (10am-1pm)	<b>2</b>	<b>3</b>
WEEK 6	<b>4</b>	<b>5</b> Exploring the Experience of Personality Disorders, (p.6) (10am-1pm)  Introduction to Mindfulness in English, (p.9) 2 of 5, (1pm-3pm)	<b>6</b> Your Recovery Journey in Greek, (p.12), (10am-2pm)	<b>7</b> Certificate II in Business, (p.16), 6 of 10, (9:30am-2:30pm)	<b>8</b>	<b>9</b>	<b>10</b>
WEEK 7	<b>11</b> PUBLIC HOLIDAY	<b>12</b> Introduction to Mindfulness in English, (p.9) 3 of 5, (1pm-3pm)	<b>13</b>	<b>14</b> Certificate II in Business, (p.16), 7 of 10, (9:30am-2:30pm)  Communication – Finding Your Voice, (p.10), 1 of 4, (10am-12pm)	<b>15</b> Educating for Recovery: In Practice, (p.15), (9am-4:30pm)  Navigating the Mental Health System, (p.7) (10am-2pm)	<b>16</b>	<b>17</b>
WEEK 8	<b>18</b> Law for Everyday Life, 1 of 2, (p.10), (10am-1pm)	<b>19</b> Spirituality & Wellbeing, (p.10), 1 of 3, (10am-12pm)  Introduction to Mindfulness in English, (p.9) 4 of 5, (1pm-3pm)	<b>20</b> Recovery-Supporting Services & Systems, 1 of 2, (p.14), (9am-5pm)	<b>21</b> Recovery-Supporting Services & Systems, 2 of 2, (p.14), (9am-5pm)  Certificate II in Business, (p.16), 8 of 10, (9:30am-2:30pm)  Communication – Finding Your Voice, (p.10), 2 of 4, (10am-12pm)	<b>22</b> Improving Self-Esteem & Challenging Stigma, (p.11), (10am-1:30pm)	<b>23</b>	<b>24</b>
WEEK 9	<b>25</b> Law for Everyday Life, 2 of 2, (p.10), (10am-1pm)	<b>26</b> Spirituality & Wellbeing, (p.10), 2 of 3, (10am-12pm)  Linking to a GP, (p.7), (10am-1pm)  Introduction to Mindfulness in English, (p.9) 5 of 5, (1pm-3pm)	<b>27</b>	<b>28</b> Certificate II in Business, (p.16), 9 of 10, (9:30am-2:30pm)  Communication – Finding Your Voice, (p.10), 3 of 4, (10am-12pm)	<b>29</b> Men's Health, (p.7) (10am-1pm)  Your Recovery Journey, (p.11) (12:30pm-4:30pm)  Explanatory Frameworks for Mental Distress, (p.8), (1pm-5pm)	<b>30</b>	



COURSE AREA LOCATION KEY

Sutherland
St George
Eastern Suburbs
Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 (cont.)							1
WEEK 10	2 Pathways to Peer Work - MHCC Information Session, (p.17), (2pm-3pm)	3 Spirituality & Wellbeing, (p.10), 3 of 3, (10am-12pm)	4	5 Certificate II in Business, (p.16), 10 of 10, (9:30am-2:30pm)  Communication – Finding Your Voice, (p.10), 4 of 4, (10am-12pm)	6 LAST DAY OF TERM 2	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24 TERM 3 COMMENCES <i>(Term Schedule TBA)</i>	25	26	27	28	29
	30	31					



## Course Venue Details

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

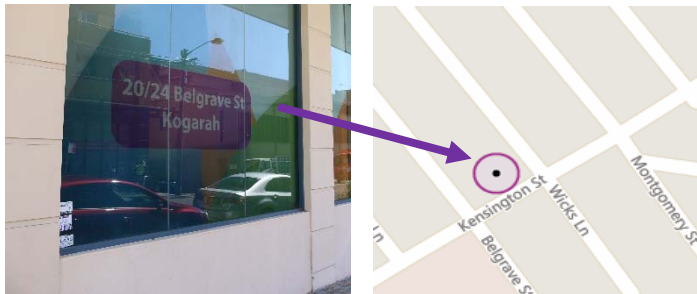
We deliver the courses at a variety of locations across South Eastern Sydney district including:

### Recovery College & Keeping the Body in Mind Gym

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

### The Langton Centre

Wheelchair accessible 

591-623 South Dowling Street, Surry Hills 2010

### Headspace, Bondi Junction

Wheelchair accessible 

20 Bronte Road, Bondi Junction 2022

### The Maroubra Centre

(Maroubra Community Mental Health)

Wheelchair accessible 

130 Garden Street, Maroubra 2035

### Community Health Caringbah

Wheelchair accessible 

The Sutherland Hospital,

430 Kingsway, Caringbah 2229

## 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](mailto: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? <input type="checkbox"/> Phone <input type="checkbox"/> Email		We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.	

## INFORMATION TO HELP US SUPPORT YOU

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

Do you have any specific learning or support requirements of which you would like the College to be aware?  Yes *please specify below*  No

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

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

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

Family/Friend  Mental Health Worker  Brochure/Website  Community College  
 NGO Support Worker  Drug & Alcohol 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

*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 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  
 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 <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 <b>current</b> 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 <b>successfully</b> 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 <input type="checkbox"/> Prefer not to say			
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 <input type="checkbox"/> Prefer not to say			
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 <input type="checkbox"/> Man <input type="checkbox"/> Woman <input type="checkbox"/> Trans <input type="checkbox"/> Prefer not to say		Are you intersex? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say	
Sexuality <input type="checkbox"/> Heterosexual <input type="checkbox"/> Lesbian, Gay or Bisexual <input type="checkbox"/> Other (please specify): .....	<input type="checkbox"/> Prefer not to say		

# Enrolment Form

(SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT STAFF & VOLUNTEERS ONLY)



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

- |  |   |  |  |
|--|---|--|--|
| <b>1</b> Carefully read the South Eastern Sydney Recovery College Course Guide | <b>2</b> Select the Course/s you wish to attend and place them in order of preference | <b>3</b> Seek approval of your Manager to attend Recovery College Course/s | <b>4</b> Complete enrolment form and submit in any of the following ways.<br><b>By Email:</b> <a href="mailto:seslhd-recoverycollege@health.nsw.gov.au">seslhd-recoverycollege@health.nsw.gov.au</a><br><b>By Mail:</b> South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave Street, Kogarah NSW 2217 |
|--|---|--|--|

## STAFF/VOLUNTEER STUDENT INFORMATION

First Name:	Surname:		
Address:			
Suburb:	Post Code:	Phone:	Mobile:
Email:			Date of Birth:
How would you prefer to be contacted? <input type="checkbox"/> Phone <input type="checkbox"/> Email	<i>We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.</i>		

## QUESTIONNAIRE

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

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

Which of the following best describes your work environment? (please tick)

<input type="checkbox"/> Community	<input type="checkbox"/> Acute Team Community	<input type="checkbox"/> Inpatient – Acute	<input type="checkbox"/> Inpatient - Rehabilitation	<input type="checkbox"/> Older Adult Mental Health
<input type="checkbox"/> Child & Adolescent Mental Health	<input type="checkbox"/> Drug & Alcohol	<input type="checkbox"/> Other (please specify) .....		

## COURSE INFORMATION

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

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.**

.....  
.....

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





## Contact details

Ph: 9113 2981 | Email: [seslhd-recoverycollege@health.nsw.gov.au](mailto: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/](http://www.seslhd.health.nsw.gov.au/Recovery_College/)

Visit our Facebook Page: [www.facebook.com/SESLHDRRecoveryCollege/](https://www.facebook.com/SESLHDRRecoveryCollege/)

Also supported by



Mental Health & Wellbeing  
Consumer  
Advisory Group

