



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Winter Term Prospectus July - October 2014

*“Learning and Growth
for Mental Health”*

Principal Supporters



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



Health
South Eastern Sydney
Local Health District

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Welcome

I'm very pleased to welcome you to the new South Eastern Sydney Recovery College. In recent years there has been significant progress in mental health towards a recovery orientation. The Recovery College will provide opportunities for people affected by mental health concerns to build meaningful and satisfying lives. It will aid in reducing barriers that impact on people's full participation in the community and will enhance the recovery approach in the mental health services.

We are working alongside adult education and mental health partner organisations to deliver this pioneering initiative. This project presents exciting opportunities for shared learning between partner organisations, the mental health workforce and people with a lived experience of mental health concerns, their family and carers.

David Pearce
 Director of Operations
 South Eastern Sydney Local Health District, Mental Health Service

What is South Eastern Sydney Recovery College?

We are delighted to offer you the first prospectus for the South Eastern Sydney Recovery College. The college offers a fresh approach in mental health services, providing Recovery focused educational courses aimed at supporting people to recognise and develop their own talents and skills. The college follows an educational model and courses are designed to assist students to develop skills and knowledge to become experts in their own self care, to make informed choices and fulfil their ambitions. The college promotes people strengths and successes and conveys messages of hope and empowerment. We embrace the diversity of all our students.

The Recovery College brings together people who have a lived experience of mental health concerns and health professionals as both trainers and students. All our courses are co-written and run by people with a lived experience of mental health concerns and health care workers. The courses vary in length and learning. As the college grows, so will the number of courses.

We are currently running courses in three streams:

Stream 1. Understanding Mental Health Conditions & Treatment Options

Stream 2. Rebuilding Your Life – Developing Knowledge & Skills

Stream 3. Getting Involved in Mental Health Services & Making a Difference

Who can attend the Recovery College?

Whether you use mental health services in South Eastern Sydney Local Health District yourself, you support someone who does or you work in the service, we offer you the opportunity to learn about recovery and inspire people to lead hopeful and meaningful lives. All the courses are friendly and welcoming.

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

- People over 18 years of age who are current clients of the South Eastern Sydney Local Health District Mental Health Service or have used the service in the past six months.
- Their families, carers and friends.
- Staff and volunteers of the South Eastern Sydney Local Health District Mental Health Service.
- Staff of the Community Colleges.

NOTE: Eligibility for Stream 3 courses (Getting Involved in Mental Health and Making a Difference) is extended to people with a lived experience of mental health concerns who live within the catchment area of South Eastern Sydney Local Health District. They are not required to be current or past public mental health service users. Priority will be given to current or past service users.

Where will courses be held?

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

- **St George Mental Health**
Ground Floor, 11 South Street, Kogarah 2217
- **Sutherland Hospital**
Sutherland Hospital Staff Education Seminar Room
Sutherland Community Mental Health, Group Room
Kingsway, Caringbah 2229
- **Eastern Suburbs**
Ground Floor, Edmund Blackett Building
Prince of Wales Hospital
Barker Street, Randwick, 2031
- **St George and Sutherland Community College (SGSCC) – Jannali Campus**
127-129 Sutherland Road, Jannali 2226
- **St George and Sutherland Community College (SGSCC) – Hurstville Campus**
12 Butler Road, Hurstville 2220
- **City East Community College – Bondi Rd Campus**
98 Bondi Road, Bondi Junction 2022

How do I enrol?

Enrolling is easy!

If you are a service user, a family member or carer, complete the enrolment form at the back of this prospectus or alternatively you can email us and request a form.

Staff and volunteers should request an enrolment form from the college.

For any queries, please phone: 9113 1780

Email: recoverycollege@sesiahs.health.nsw.gov.au

Level 2, 11 South Street Kogarah 2217

Information in languages other than English

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 .



Course Index

Stream 1: Understanding Mental Health Conditions & Treatment Options

MENTAL HEALTH ACT

COURSE # S010001

Duration:	1 x 4 Hour Workshop
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	This introductory course will give you a basic understanding of the NSW Mental Health Act 2007. It 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.
Venue:	Sutherland Community Mental Health, Seminar Room Level 2, Staff Education Building
Date/Times:	Wednesday 6 th August 2014, 9:00am-1:00pm

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

INTRODUCTION TO RECOVERY

COURSE # S020001

Duration:	1 x 4 Hour Workshop
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	There is a lot of talk about Recovery, what does this really mean? This session provides an introduction to what recovery means for individuals, families and mental health services. This is a great introduction to the Recovery College and a foundation towards other courses.
Venue:	City East Community College, Bondi Rd
Date/Times:	Tuesday 22 nd July, 10:00am-2:00pm
Venue:	Sutherland Community Mental Health
Date/Times:	Wednesday 1 st October 2014, 9:00am-1:00pm

INTRODUCTION TO THE VOICE HEARING APPROACH

COURSE # S010002

Duration:	1 x 2 Hour Workshop
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	This two hour session will provide participants with information into 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.
Venue:	SGSCC – Hurstville Campus, Conference Room 3
Date/Times:	Thursday 7 th August 2014, 10:30am-12:30pm

THE ROAD TO RECOVERY

COURSE # S020002

Duration:	2 Hour Workshop x 4 Weeks
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	This course takes people on a journey to explore the themes of recovery and its meaning to their lives. During the session you will develop tools and strategies to support your own and others recovery and reflect on your own values and attitudes about recovery. You will also discuss strategies that enable services to be recovery orientated.
Venue:	City East Community College, Bondi Rd
Date/Times:	Tuesday 5 th August 2014, 2:00pm-4:00pm Tuesday 12 th August 2014, 2:00pm-4:00pm Tuesday 19 th August 2014, 2:00pm-4:00pm Tuesday 26 th August 2014, 2:00pm-4:00pm



MINDFULNESS MEDITATION

COURSE # S020003

Duration:	2 Hour Workshop x 5 Weeks
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness meditation is an effective approach to support mental health recovery and improving overall wellbeing. Participants 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.
Venue:	SGSCC – Hurstville Campus, Conference Room 2
Date/Times:	Thursday 21 st August 2014, 2:00pm-4:00pm Thursday 28 th August 2014, 2:00pm-4:00pm Thursday 4 th September 2014, 2:00pm-4:00pm Thursday 11 th September 2014, 2:00pm-4:00pm Thursday 18 th September 2014, 2:00pm-4:00pm

RECOVERING CREATIVELY

COURSE # S020004

Duration:	2 Hour Workshop x 4 Weeks
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	Over four weeks, participants will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their everyday lives. A range of group discussions, partnered tasks, take home exercises and creative activities form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.
Venue:	City East Community College, Bondi Rd
Date/Times:	Monday 8 th September 2014, 2:00pm-4:00pm Monday 15 th September 2014, 2:00pm-4:00pm Monday 22 nd September 2014, 2:00pm-4:00pm Monday 29 th September 2014, 2:00pm-4:00pm

PHYSICAL HEALTH & WELLBEING

COURSE # S020005

Duration:	2 Hour Workshop x 4 Weeks
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	This course examines the relationship between mental health and physical health. It will be beneficial for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing.
Venue:	SGSSC – Jannali Campus, Conference Room 2
Date/Times:	Wednesday 17 th September 2014, 1:30pm-3:30pm Wednesday 24 th September 2014, 1:30pm-3:30pm Wednesday 1 st October 2014, 1:30pm-3:30pm Wednesday 8 th October 2014, 1:30pm-3:30pm

SELF-CARE FOR CARERS

COURSE # S020006

Duration:	1 x 4 Hour Workshop
Target Group:	Carers and family members of people with a lived experience of mental health concerns.
Course Overview:	As a carer or family member of a loved one with mental health concerns, it is important to look after your own emotional health and wellbeing. This course will provide you with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery. Topics include: stress management, where to get help, maintaining healthy relationships and supporting recovery.
Venue:	SGSSC – Jannali Campus, Conference Room 2
Date/Times:	Wednesday 3 rd September 2014, 10:00am-2:00pm



UNDERSTANDING & WORKING WITH VOICES

COURSE # S020007

Duration:	1 Day Workshop
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	This workshop will provide an opportunity to learn effective ways for people to understand the voice hearing experience and to lead fulfilling lives whilst hearing voices. Modules include: three stages of hearing voices, voice profiling, coping strategies and a case study.
Venue:	SGSSC – Jannali Campus, Conference Room 2
Date/Times:	Wednesday 8 th October 2014, 9:30am-4:30pm

Stream 3: Getting Involved in Mental Health Services & Making A Difference

INTRODUCTION TO CONSUMER & PEER WORKER ROLES

COURSE # S030001

Duration:	1 Day Workshop
Target Group:	People with a lived experience of mental health concerns and mental health staff.
Course Overview:	This introductory course will provide students information about the history, nature and policy context of the role 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. Participants 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 Consumer and Peer Work.
Venue:	St George Mental Health, Conference Room
Date/Times:	Tuesday 9 th September 2014, 9:30am-4:30pm



Frequently Asked Questions

What happens after I complete the enrolment form?

A Recovery College team member will contact you and arrange time to meet and discuss your individual learning needs. Together we will go through an Individual Learning Plan prior to the start of your learning and at intervals as your courses progress. This will help you identify your goals, look at your strengths and where you would like to improve. We will also discuss if you have learning support needs.

How do I know where the course will be held?

We will then send you information on the courses you are enrolled in, the location of the courses and maps.

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, 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 2.

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?

We are happy for you to bring a support person to the course. The person also needs to complete the enrolment form and participate as a student in the same course.

What happens if I don't attend the entire course?

We understand that there may be genuine reasons why on occasions people find it difficult to attend a course. The team will talk to you about the reasons you cannot attend the sessions. We expect you to contact the college if you are unable to attend. If you would like to withdraw from a course, please let us know as soon as possible so that your place can be offered to someone else.

This prospectus 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



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Student Number (Office Use Only)

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

1 Carefully read the South Eastern Sydney Recovery Prospectus	2 Select the Course/s you wish to attend and place them in order of preference	3 Complete enrolment form and submit in any of the following ways. By Mail – Level 2, 11 South Street, Kogarah NSW 2217 By Phone – 9113 1780 By Email – recoverycollege@sesiahs.health.nsw.gov.au
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Student Information

First Name:	Surname:		
Address:			
Suburb:	Post Code:	Phone:	Mobile:
Email:	Date of Birth:	DD / MM / YYYY	
How would you prefer to be contacted?	<input type="checkbox"/> Phone	<input type="checkbox"/> Email	<input type="checkbox"/> Other (please specify)
Do you identify yourself as an	<input type="checkbox"/> Aboriginal	<input type="checkbox"/> Torres Strait Islander	Preferred Language in Health Setting:

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 **current** employment status? (please tick)

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

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

Bachelor or Higher Degree Advanced Diploma or Associated Degree Diploma or Associate Diploma
 Certificate IV Certificate III Certificate II Certificate I Miscellaneous Education (please specify)

What is your highest completed school level? (please tick) Year 12 Year 11 Year 10 Year 9/lower

Information to Help Us Support You

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

Preference # 1

Preference # 2

Preference # 3

Is there anything that may impact on your attendance or ability to participate? (please provide details) Do you have a disability? Yes No

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Emergency Contact Details e.g. Family, GP, Mental Health Worker:

Name: Relationship: Phone:

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

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

What is your connection with the Recovery College? (please tick)

Current Service User Supporter (Family/Carer/Friend) of Current Service User (Stream 3 Only): Person with mental health concerns residing in South Eastern Sydney Local Health District catchment area
 Previous Service User in the last 6 months Supporter (Family/Carer/Friend) of Previous Service User

STUDENT SIGNATURE:	DATE: DD / MM / YYYY
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OFFICE USE ONLY

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Contact details

Tel: 9113 1780 | Email: recoverycollege@sesiahs.health.nsw.gov.au

Postal Address: Level 2, 11 South Street Kogarah 2217

Office Address: Room 101, Level 1 James Laws House
Gray Street Kogarah 2217

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

Also supported by

