



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Summer Term Prospectus October - December 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

Contents

Welcome

South Eastern Sydney Recovery College – Summer Term 2014	2
What do students have to say about Recovery College courses?	2
Recovery College Course Streams	3
Who can attend the Recovery College?	3
How do I enrol?	3
Attendance & Certificate Information	3
Where will courses be held?	3

Information in languages other than English	4
---	---

Course Index

Stream 1: Understanding Mental Health Conditions & Treatment Options

Understanding the Mental Health Act	5-6
Introduction to the Voice Hearing Approach	5
Navigating the Mental Health System Maze	5
Introduction to the Strengths Model	5
Understanding Depression	6

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

Introduction to Recovery	6-7
Introduction to Mindfulness	6
Creativity for Recovery	6
Physical Health & Wellbeing	6
Getting Back to Work	7

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

Introduction to Consumer & Peer Worker Roles	7-8
Systemic Advocacy in Mental Health	7
Public Speaking	7
End of Year Celebration Information	8
Frequently Asked Questions	8

Enrolment Form

9



Welcome

South Eastern Sydney Recovery College – Summer Term 2014

We are very pleased to welcome you to the second term of the South Eastern Sydney Recovery College. The College aims to promote wellbeing and recovery by providing learning opportunities for people to become experts in their mental health self-care and achieve their goals and aspirations.

The College follows an educational model and courses are designed to promote peoples 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 lived experience of mental health concerns and health professionals as both students and trainers. All our courses are co-written and co-delivered by people with a lived experience of mental health concerns and health care workers. The courses range in length from 2 hours one off sessions, 1 day, 4 hours or 2 hours over consecutive weeks.

*Integrity, Respect,
Hope, Collaboration,
Self-Determination,
Opportunity,
Inclusion,
Enjoyment*

What do Students have to say about the Recovery College Courses?

“Without sounding over the top, the Recovery College is the most beneficial support I have ever been involved with...meeting some amazing people... other students and in particular the teachers are truly inspirational”

“Hopefully this Recovery College concept & involvement of consumers will continue to grow, great start!”

The first term of the Recovery College got off to an amazing start with over 100 students enrolling in courses. The feedback from students has been overwhelmingly positive and we aim to continue providing inspirational, strengths based, recovery orientated courses during our second term.

Students who attended in the first term said they appreciated the open discussions and interaction. They valued the strengths based approach, safe environment, sharing of lived experience & positive outlook on recovery. Students also gained greater awareness & understanding of recovery and other approaches to mental health.

Both health care workers and people with a lived experience of mental health concerns valued learning together.

“Professionals can learn a lot by working together with consumers & understanding their point of view ... Continue with the consumer perspective - very interesting ... “



Recovery College Course Streams

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, students 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 however be given to current or past service users.

Enrolling is easy!

If you are **new to the Recovery College** and 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.

If you are a **current student 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 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 NSW 2217

Attendance & Certificate Information

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

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

Where will Courses be held?

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

- **St George Mental Health**
Conference Room, Ground Floor,
11 South Street, Kogarah 2217
- **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 Road Campus**
98 Bondi Road, Bondi Junction 2022



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 بالاتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم **131 450**. إبلاغ 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

UNDERSTANDING THE MENTAL HEALTH ACT

COURSE # S010001

(Previously known as; Mental Health Act)

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 students 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:	Edmund Blackett Function Room, Prince of Wales Hospital
Date/Times:	Friday 7 th November 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 students 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:	City East Community College, Bondi Road
Date/Times:	Tuesday 9 th December 2014, 2:00pm-4:00pm

NAVIGATING THE MENTAL HEALTH SYSTEM MAZE

COURSE # S010003

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:	Students attending this course will develop the necessary skills and knowledge to make informed choices about using and working with public, private and Non Government mental health and GP services. They will learn about how we work in the South Eastern Sydney Local Health District, consumer rights and responsibilities.
Venue:	SGSCC – Hurstville Campus
Date/Times:	Thursday 23 rd October 2014, 9:00am-1:00pm

INTRODUCTION TO THE STRENGTHS MODEL

COURSE # S010004

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 who are interested in learning about this model. <i>Clinicians who require training in implementation of the Strengths Model should enrol in the SESLHD 2 Day Strengths Model Training Program.</i>
Course Overview:	The Strengths Model is both a philosophy of practice and a set of tools and methods designed to enhance recovery. This course will provide information about the model and how it is used in the South Eastern Sydney Mental Health Services. Research studies show that the Strengths Model has proven benefits which include reduced hospitalisation, more participation in employment and education, increased social connections, improved physical health and benefits for families
Venue:	SGSCC – Hurstville Campus
Date/Times:	Thursday 30 th October 2014, 9:00am-1:00pm



UNDERSTANDING DEPRESSION

COURSE # S020005

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 course will explore the nature of depression, from both the clinical and personal recovery perspective. We will work with students to develop strategies for identifying positive coping techniques.
Venue:	St George Mental Health Conference Room
Date/Times:	Wednesday 19 th November 2014, 10:00am-12:00pm

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:	St George Mental Health Conference Room
Date/Times:	Monday 24 th November 2014, 10:00am-2:00pm

INTRODUCTION TO MINDFULNESS

COURSE # S020003

(Previously known as; Mindfulness Meditation)

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. 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.

Venue:	SGSCC – Jannali Campus
Date/Times:	Thursday 23 rd October 2014, 10:00am-12:00pm Thursday 30 th October 2014, 10:00am-12:00pm Thursday 6 th November 2014, 10:00am-12:00pm Thursday 13 th November 2014, 10:00am-12:00pm Thursday 20 th November 2014, 10:00am-12:00pm

Venue:	City East Community College, Bondi Road
Date/Times:	Monday 17 th November 2014, 2:00pm-4:00pm Monday 24 th November 2014, 2:00pm-4:00pm Monday 1 st December 2014, 2:00pm-4:00pm Monday 8 th December 2014, 2:00pm-4:00pm Monday 15 th December 2014, 2:00pm-4:00pm

CREATIVITY FOR RECOVERY

COURSE # S020004

(Previously known as; Recovering Creatively)

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, students will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their everyday lives. A range of group discussions, partnered tasks, take home exercises and creative activities form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.
Venue:	SGSCC – Jannali Campus
Date/Times:	Thursday 20 th November 2014, 1:00pm-3:00pm Thursday 27 th November 2014, 1:00pm-3:00pm Thursday 4 th December 2014, 1:00pm-3:00pm Thursday 11 th December 2014, 1:00pm-3:00pm



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 – Hurstville Campus
Date/Times:	Thursday 20 th November 2014, 11:00am-1:00pm Thursday 27 th November 2014, 11:00am-1:00pm Thursday 4 th December 2014, 11:00am-1:00pm Thursday 11 th December 2014, 11:00am-1:00pm

GETTING BACK TO WORK

COURSE # S020008

Duration:	2 Hour Workshops 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 will enable you to explore your work interests and understand the role of employment in leading a contributing life. The course will provide practical job seeking skills and students will receive information about resources, the supports available and how to access them.
Venue:	City East Community College, Bondi Road
Date/Times:	Monday 20 th October 2014, 2:00pm-4:00pm Monday 27 th October 2014, 2:00pm-4:00pm Monday 3 rd November 2014, 2:00pm-4:00pm Monday 10 th November 2014, 2:00pm-4:00pm

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 with 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. 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 Consumer and Peer Work.
Venue:	Edmund Blackett Function Room, Prince of Wales Hospital
Date/Times:	Wednesday 3 rd December 2014, 9:30am-4:30pm

SYSTEMIC ADVOCACY IN MENTAL HEALTH

COURSE # S030002

Duration:	4 Hour Workshops x 2 Weeks
Target Group:	People with a lived experience of mental health concerns, their carers and family and mental health staff.
Course Overview:	These two half day interactive workshops will provide students with information, skills and confidence to engage in systemic advocacy. Students will leave with strategies and connections to work towards positive change in services, policy, law, communities and attitudes. This workshop series will be run by NSW Consumer Advisory Group (NSW CAG).
Venue:	SGSCC – Jannali Campus
Date/Times:	Thursday 6 th November 2014, 12:15pm-4:15pm Thursday 13 th November 2014, 12:15pm-4:15pm (Students are expected to attend both workshops)



PUBLIC SPEAKING

COURSE # S030003

Duration:	2 Hour Workshops x 2 Weeks
Target Group:	People with a lived experience of mental health concerns and mental health staff.
Course Overview:	Many people find the thought of public speaking daunting. This introductory course will assist students to develop skills and confidence to speak publicly 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.
Venue:	City East Community College, Bondi Road
Date/Times:	Wednesday 19 th November 2014, 2:00pm-4:00pm Wednesday 26 th November 2014, 2:00pm-4:00pm

END OF YEAR CELEBRATION

We would like to invite all of our students to a special event to celebrate the first 6 months of the Recovery College.

Venue: SGSCC – Hurstville Campus

Date/Time: Thursday 18th December 2014, 10:30am-12:30pm

RSVP: Friday 5th December 2014

recoveryCollege@sesiahs.health.nsw.gov.au

Light snacks and refreshments will be provided

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. Prior to commencing any courses, we will work through an Individual Learning Plan with you which will build on your strengths to identify a set of learning goals for recovery. We will also discuss if you have any particular learning support needs.

How do I know where the course will be held?

We will 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 can't attend the course?

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

If you need to withdraw from a course, please let us know as soon as possible so that your place can be offered to someone else on the waiting list.

To receive a Certificate of Attendance, at least 75% of courses must be attended.

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



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

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

STUDENT INFORMATION

First Name:

Surname:

Address:

Suburb:

Post Code:

Phone:

Mobile:

Email:

Date of Birth:

How would you prefer to be contacted?

☐ Phone

☐ Email

☐ Other (please specify)

QUESTIONNAIRE

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

Do you identify yourself as an ☐ Aboriginal

☐ Torres Strait Islander

Do you have a disability?

☐ Yes

☐ No

Country of Birth:

Language Spoken at Home:

Ethnicity:

I identify my gender as

☐ Male

☐ Female

☐ Trans

Are you intersex?

☐ Yes

☐ No

☐ Prefer not to say

Do you consider yourself to be

☐ Lesbian, Gay or Homosexual

☐ Straight or Heterosexual

☐ Bisexual

☐ Other (please specify)

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

☐ Full Time Employee

☐ Part Time Employee

☐ Casual Employee

☐ Volunteer Work

☐ Support Employment

☐ Student

☐ Unemployed, Job Seeking Independently

☐ Unemployed, Job Seeking with Employment Agency

☐ Unwaged, Not Seeking Work

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

☐ Bachelor or Higher Degree

☐ Advanced Diploma or Associated Degree

☐ Diploma or Associate Diploma

☐ Certificate IV

☐ Certificate III

☐ Certificate II

☐ Certificate I

☐ Miscellaneous Education (please specify)

What is your highest completed school level? (please tick)

☐ Year 12

☐ Year 11

☐ Year 10

☐ Year 9/lower

Are you currently Studying?

☐ Yes

☐ No

If yes, are you studying (please tick)

☐ Full Time

☐ Part Time

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

Emergency Contact Details e.g. Family, Friend etc)

Name:

Relationship:

Phone:

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

☐ Family/Friend

☐ Mental Health Worker

☐ Brochure/Website

☐ Community College

☐ NGO Support Worker

☐ Other (please specify)

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

☐ *Current* South Eastern Sydney Local Health District Service User – *please indicate:*

☐ Eastern Suburbs

☐ St George

☐ Sutherland

☐ *Previous* South Eastern Sydney Local Health District Service User (*last 6 months*) – *please indicate:*

☐ Eastern Suburbs

☐ St George

☐ Sutherland

☐ Supporter (Family/Carer/Friend) of *Current* Service User

☐ Supporter (Family/Carer/Friend) of *Previous* Service User

☐ (*Stream 3 Only*): Person with mental health concerns residing in South Eastern Sydney Local Health District catchment area

STUDENT SIGNATURE:

DATE:

OFFICE USE ONLY

ILP Required?

☐ Yes

☐ No

Allocated To:

Research

☐ Yes

☐ No

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



**Mental
Health
Commission**
of New South Wales



HOPE
Hearing Voices Network
NSW

