



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

# 2015 Term 4 Course Guide

October - December

*“Learning and Growth  
for Mental Health”*

Principal Supporters

**SGSCC**  
St George & Sutherland  
Community College



**CITYEAST**  
COMMUNITY COLLEGE



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



**Health**  
South Eastern Sydney  
Local Health District

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## South Eastern Sydney Recovery College – Term 4, 2015

We are very pleased to offer you our new Course Guide for Term 4 2015.

Recovery describes a personal journey people with mental health issues undertake to rebuild and live a meaningful life. The Recovery College aims to promote healing, wellbeing and recovery by providing learning opportunities for people to become experts in their mental health self-care and achieve their goals and aspirations.

This term we have been collaborating with two new service provider partners. We co-developed the *Journeys in Gender, Sex and Sexuality: From Surviving to Thriving* course with Sydney Sexual Health Centre and the *Understanding Bipolar* course with the Brain Mind Centre at the University of Sydney.

Also on offer for the first time in Term 4, 2015 are a 1 day course on *Trauma Informed Care* and a 5 week course on *Relaxation and Movement for Mental Wellbeing*.

All our courses are co-written and co-facilitated by people with a lived experience of mental health issues and health care workers.

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.

### Who can attend the Recovery College?

Whether you experience mental distress, you support someone who does or you work with SESLHD, we offer you the opportunity to learn about recovery and inspire people to lead hopeful and meaningful lives. All the courses are friendly and welcoming.

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

- People 18 years of age and over who have a mental health condition and live in the South Eastern Sydney Local Health District catchment (aqua blue section of map <https://www.google.com/maps/d/viewer?mid=ztNNWkXt8UgA.koldVDNg-2II&msa=0> or contact the Recovery College for further clarification)
- Their families, carers and support people
- Staff, students and volunteers of the South Eastern Sydney Local Health District
- Staff of our partner Community Colleges and Advance Diversity Services.

If you **do not meet the eligibility criteria** and would like to attend courses for a fee complete the enrolment form on page 18 and tick box as indicated in the 'connection with the Recovery College' section.

### Enrolling is easy!

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

- Option 1: complete and return the enrolment form on page 18 of the course guide.
- Option 2: Email us to request a form.

### For current students of the Recovery College

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

### Staff, students and volunteers

- Option 1: enrol online via the mental health intranet site (non-mandatory training):  
[http://seslhnweb/Mental\\_Health/Training/Clinical.asp](http://seslhnweb/Mental_Health/Training/Clinical.asp)
- Option 2: complete the enrolment form on page 19.

For any queries, please phone: 9113 2981

Email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)

Address: St George Hospital, James Laws House, First Floor, Gray Street, Kogarah NSW 2217

## Recovery College Course Streams

### Stream 1: Understanding Mental Health Conditions Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health conditions and common treatment options, incorporating different ways of understanding mental distress. Courses about rights, current mental health legislation and the mental health system are also offered. **People with a lived experience of mental health concerns, their carers and support people, and SESLHD staff are all welcome to attend.**

### 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. **People with a lived experience of mental health concerns, their carers and support people, and SESLHD staff are all welcome to attend.**

## Stream 3: Getting involved in mental health services and making a difference

These courses provide information about the different ways that people with lived experience, their family and carers can get involved in the mental health system as employees or volunteers. Courses outline different roles and opportunities and teach some of the skills required for this type of work. Courses also aim to educate mental health workers in how to effectively work alongside and support people in consumer, carer or peer worker roles. **People with a lived experience of mental health concerns, their families, friends and carers, and SESLHD staff are all welcome to attend.**

## Stream 4: Recovery Supporting Practices

These courses provide education and training for people currently working in or considering a career in mental health services in approaches and practices that support personal recovery. These courses are supported by the SESLHD Mental Health Service and form part of a service development strategy aimed at ensuring recovery principles underpin all mental health service provision. **Approval from your manager must be sought prior to enrolling in any of these courses.**

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## 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 any 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.

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## 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 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.

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## Introduction to Recovery

4 Hour Workshop

There is a lot of talk about recovery, what does it 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 for other courses.

#S010009	Thursday 15 <sup>th</sup> October 2015	9:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		

## Introduction to Recovery and the Strengths Approach

1 Day Workshop

This course combines the Introduction to Recovery course (above) with an introduction to the Strengths Approach 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. *Clinicians who require training in implementation of the Strengths Model should enrol in the SESLHD 2 Day Strengths Model Training Program*

#S010010	Monday 26 <sup>th</sup> October 2015	9:00am-4:30pm
St George Mental Health Conference Room, Kogarah		

## Understanding Depression

3 Hour Workshop

This course will explore the nature of depression, from clinical and personal recovery perspectives. We will work with students to develop strategies for identifying positive coping techniques. Students may like to continue their learning by attending the *Life Beyond Depression* course the following week.

#S010005	Friday 30 <sup>th</sup> October 2015	1.00pm-4:00pm
City East Community College, Bondi Road Campus		

## Making Meaning of Medications

2 Hour Workshop

This course will provide information about the role medication plays as a treatment for people with mental health concerns. Students will explore: what is medication, types of medication, how and when it is used and who can prescribe medication. There will also be opportunity to explore how to communicate with doctors when making decisions about medication in the recovery journey.

#S010006	Thursday 5 <sup>th</sup> November 2015	11:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		



## Understanding Bipolar



3 Hour Workshop

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	Thursday 26 <sup>th</sup> November 2015	10:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		

## 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 Workshop

This session facilitated 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	Monday 19 <sup>th</sup> October 2015	1:00pm-5:00pm
St George Mental Health Conference Room, Kogarah		





## Understanding and Working with Voices

1 Day Workshop

This course 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	Friday 16 <sup>th</sup> October 2015	9:00am-4:30pm
City East Community College, Bondi Road Campus		

## Getting a Good Night's Sleep

3 Hour Workshop

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.

#S020001-2	Tuesday 20 <sup>th</sup> October 2015	1:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		

## Relaxation and Movement for Mental Wellbeing

NEW  
COURSE

1.5 Hour Workshops x 5 Weeks

Relaxation and gentle exercise are helpful for people to maintain balance and mental wellbeing. During this introductory course students will learn relaxation techniques, simple yoga postures and have the opportunity to explore the benefits of these approaches to recovery. *We recommend students wear comfortable clothing to this course.*

#S020013	Friday 30 <sup>th</sup> October 2015 Friday 6 <sup>th</sup> November 2015 Friday 13 <sup>th</sup> November 2015 Friday 20 <sup>th</sup> November 2015 Friday 27 <sup>th</sup> November 2015	10:00am-11:30am
St George & Sutherland Community College, Jannali Campus		

## Life Beyond Depression

3 Hour Workshop

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 *Understanding Depression* course (see page 5).

#S020010	Friday 6 <sup>th</sup> November 2015	1:00pm-4:00pm
City East Community College, Bondi Road Campus		





## Building the Career of Your Choice

(Previously *Getting Back to Work*)

2 Hour Workshop x 4 Weeks

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 work-related skills and students will receive information about resources, the supports available and how to access them.

#S020008	Thursday 5 <sup>th</sup> November 2015	10:00am-12:00pm
	Thursday 12 <sup>th</sup> November 2015	
	Thursday 19 <sup>th</sup> November 2015	
	Thursday 26 <sup>th</sup> November 2015	
	St George & Sutherland Community College, Jannali Campus	

## Taking Control of Your Life

2 Hour Workshop x 5 Weeks

This 5 week course will take you on a journey to explore the principles of recovery and its meaning to your life. During the sessions you will develop tools and strategies to support your own and others' recovery and reflect on your own values and attitudes towards recovery.

#S020002	Thursday 5 <sup>th</sup> November 2015	1:30pm-3:30pm
	Thursday 12 <sup>th</sup> November 2015	
	Thursday 19 <sup>th</sup> November 2015	
	Thursday 26 <sup>th</sup> November 2015	
	Thursday 3 <sup>rd</sup> December 2015	
The Cottage, Hurstville		

## Introduction to Mindfulness

2 Hour Workshop 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	Monday 9 <sup>th</sup> November 2015	2:45pm-4:45pm
	Monday 16 <sup>th</sup> November 2015	
	Monday 23 <sup>rd</sup> November 2015	
	Monday 30 <sup>th</sup> November 2015	
	Monday 7 <sup>th</sup> December 2015	
City East Community College, Bondi Road Campus		



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## Physical Health and Wellbeing

2 Hour Workshop x 4 Weeks

This popular 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.

#S020005	Wednesday 11 <sup>th</sup> November 2015	2:45pm-4:45pm
	Wednesday 18 <sup>th</sup> November 2015	
	Wednesday 25 <sup>th</sup> November 2015	
	Wednesday 2 <sup>nd</sup> December 2015	
	City East Community College, Bondi Road Campus	

## Next Steps



3 Hour Workshop

The next steps course invites students to explore work, study and life opportunities. This course is a chance to hear from employment advisors, community colleges and other educational settings. The course will also provide a space to review your learning plan 1 or 2 and discuss pathways for life after the Recovery College journey.

#S020014	Thursday 10 <sup>th</sup> December 2015	1:30pm-4:30pm
	The Cottage, Hurstville	
	Friday 11 <sup>th</sup> December 2015	10:00am-1:00 pm
City East Community College, Bondi Road Campus		

## Courses in Community Languages

### Introduction to Mindfulness in Greek

2 Hour Workshop x 5 Weeks

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

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. This 5 week course has been developed specifically for the Greek community. 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-GRK	Tuesday 3 <sup>rd</sup> November 2015	10:00am-12:00pm
	Tuesday 10 <sup>th</sup> November 2015	
	Tuesday 17 <sup>th</sup> November 2015	
	Tuesday 24 <sup>th</sup> November 2015	
	Tuesday 1 <sup>st</sup> December 2015	
	Advance Diversity Services, Rockdale (previously St George Migrant Resource Centre)	



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## Telling Your Story in a Public Forum

3 Hour Workshop

NEW  
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	Friday 23 <sup>rd</sup> October 2015	10:00am-1:00pm
City East Community College, Bondi Road Campus		

## Challenging Stigma

4 Hour Workshop

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

#S030004	Friday 20 <sup>th</sup> November 2015	12:00pm-4:00pm
City East Community College, Bondi Road Campus		

## Public Speaking

2 Hour Workshop x 2 Weeks

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

#S030003	Thursday 3 <sup>rd</sup> December 2015	11:00am-1:00pm
	Thursday 10 <sup>th</sup> December 2015	
St George & Sutherland Community College, Hurstville Campus		



## Courses for Educators

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

### Skills for Educators

(Previously *General Train the Trainer*)

1 Day Workshop

This course forms part of the Recovery College Educators' Training Program. It will provide you with core knowledge and skills required to effectively deliver courses as a co-facilitator with the Recovery College. Students will learn about adult education principles, planning and structuring courses and dealing with different student needs.

#S030007	Tuesday 20 <sup>th</sup> October 2015	9:00am-4:30pm
St George Mental Health Conference Room, Kogarah		

### Educating for Recovery: Foundations

(Previously *Recovery Orientation for Educators*)

4 Hour Workshop

This course will provide you with an orientation to important foundational concepts of recovery and their application to the Educator role within the Recovery College. This course forms part of the Recovery College Educators' Training Program.

#S030006	Wednesday 21 <sup>st</sup> October 2015	9:00am - 1:00pm
St George Mental Health Conference Room, Kogarah		

### Educating for Recovery: In Practice

(Previously *Recovery Train the Trainer*)

1 Day Workshop

This course forms part of the Recovery College Educators' Training Program. It will provides knowledge and skills in co-delivering 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	Friday 20 <sup>th</sup> November 2015	9:00am-5:00pm
St George Community Mental Health Group Room, Kogarah		

These workshops are designed for people currently working in or considering a career in mental health services. To discuss your particular learning needs and the relevance of these courses for you, please contact the Recovery College.

## Trauma-Informed Care

NEW  
COURSE

1 Day Workshop

What is trauma? This new course will explore the relationships between trauma, mental distress and mental illness and introduce evidence-based frameworks for recovery from trauma. Students will consider the role of mental health workers in responding to disclosures of trauma and preventing re-traumatisation in the mental health system. The course will provide an overview of specialist trauma services and build students' capacity to advocate for trauma-informed care in mental health settings.

#S040005	Friday 13 <sup>th</sup> November 2015	9:00am-5:00pm
St George Mental Health Conference Room, Kogarah		

## Journeys in Gender, Sex and Sexuality: From Surviving to Thriving

NEW  
COURSE

1 Day Workshop

This new 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	Friday 4 <sup>th</sup> December 2015	9:00am-4:30pm
St George Mental Health Conference Room, Kogarah		



# Course Calendar – October 2015

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12 Term 4, 2015 Commences	13	14	15 Introduction to Recovery (9am-1pm)	16 Understanding & Working with Voices (9am-4:30pm)	17	18
19 Explanatory Frameworks for Mental Distress (1pm-5pm)	20 Getting a Good Night's Sleep (1pm-4pm) Skills for Educators (9am-4:30pm)	21 Educating for Recovery: Foundations (9am-1pm)	22	23 Telling Your Story in a Public Forum (10am- 1pm)	24	25
26 Introduction to Recovery & the Strengths Approach (9am-4:30pm)	27	28	29	30 Understanding Depression (1pm-4pm) Relaxation & Movement for Mental Wellbeing, 1 of 5 (10am-11:30am)	31	



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# Course Calendar – November 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 Introduction to Mindfulness – Greek, 1 of 5 (10am-12pm)	4	5 Building a Career of Your Choice, 1 of 4 (10am-12pm) Making Meaning of Medications (11am-1pm) Taking Control of Your Life, 1 of 5 (1:30pm-3:30pm)	6 Relaxation & Movement for Mental Wellbeing, 2 of 5 (10am-11:30am) Life Beyond Depression (1pm-4pm)	7	8
9 Introduction to Mindfulness, 1 of 5 (2:45pm-4:45pm)	10 Introduction to Mindfulness – Greek, 2 of 5 (10am-12pm)	11 Physical Health & Wellbeing, 1 of 4 (2:45pm-4:45pm)	12 Building a Career of Your Choice, 2 of 4 (10am-12pm) Taking Control of Your Life, 2 of 5 (1:30pm-3:30pm)	13 Trauma-Informed Care (9am-5pm) Relaxation & Movement for Mental Wellbeing, 3 of 5 (10am-11:30am)	14	15
16 Introduction to Mindfulness, 2 of 5 (2:45pm-4:45pm)	17 Introduction to Mindfulness – Greek, 3 of 5 (10am-12pm)	18 Physical Health & Wellbeing, 2 of 4 (2:45pm-4:45pm)	19 Building a Career of Your Choice, 3 of 4 (10am-12pm) Taking Control of Your Life, 3 of 5 (1:30pm-3:30pm)	20 Educating for Recovery: In Practice (9am-5pm) Relaxation & Movement for Mental Wellbeing, 4 of 5 (10am-11:30am) Challenging Stigma (12pm-4pm)	21	22
23 Introduction to Mindfulness, 3 of 5 (2:45pm-4:45pm)	24 Introduction to Mindfulness – Greek, 4 of 5 (10am-12pm)	25 Physical Health & Wellbeing, 3 of 4 (2:45pm-4:45pm)	26 Building a Career of Your Choice, 4 of 4 (10am-12pm) Understanding Bipolar (10am-1pm) Taking Control of Your Life, 4 of 5 (1:30pm-3:30pm)	27 Relaxation & Movement for Mental Wellbeing, 5 of 5 (10am-11:30am)	28	29
30 Introduction to Mindfulness, 4 of 5 (2:45pm-4:45pm)						



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# Course Calendar – December 2015

Green = Sutherland Area

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Introduction to Mindfulness – Greek, 5 of 5 (10am-12pm)	<b>2</b> Physical Health & Wellbeing, 4 of 4 (2:45pm-4:45pm)	<b>3</b> Public Speaking, 1 of 2 (11am-1pm) Taking Control of Your Life, 5 of 5 (1:30pm-3:30pm)	<b>4</b> Journeys in Gender, Sex & Sexuality: From Surviving to Thriving (9am-4:30pm)	<b>5</b>	<b>6</b>
<b>7</b> Introduction to Mindfulness, 5 of 5 (2:45pm-4:45pm)	<b>8</b>	<b>9</b>	<b>10</b> Public Speaking, 2 of 2 (11am-1pm) Next Steps (1:30pm-4:30pm)	<b>11</b> Next Steps (10am-1pm)	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Term 4, 2015 Concludes	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			



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## 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:

### Advance Diversity Services (previously St George Migrant Resource Centre)

*Wheelchair accessible* 

552 Princes Highway, Rockdale 2216

### City East Community College, Bondi Road Campus

*Wheelchair accessible* 

98 Bondi Road, Bondi Junction 2022

### Maroubra Community Mental Health Centre

*Wheelchair accessible* 

130 Garden Street, Maroubra 2035

### St George Community Mental Health Group Room

*Wheelchair accessible* 

Level 1, 15 Kensington Street, Kogarah 2217

### St George & Sutherland Community College, Hurstville Campus

*Wheelchair accessible* 


12 Butler Road, Hurstville 2220

### St George & Sutherland Community College, Jannali Campus

*Wheelchair accessible* 

127-129 Sutherland Road, Jannali 2226

### St George Hospital Mental Health Building

*Wheelchair accessible* 

Ground Floor Conference Room

11 South Street, Kogarah 2217

### The Cottage

*Wheelchair accessible* 

34 Woniora Road, Hurstville 2220

## 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 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.

### Do I need to be referred by the mental health team?

No. You do not need to be referred. As a student you simply complete the enrolment form and a staff member will talk to you about what courses you want to attend.

### How many other students will be at the courses?

The class sizes are kept small so you can have the best environment for learning. The sizes will vary depending on the nature of the course, with the average around 8-12 students.

### Who will teach the courses?

The courses are taught by people who have a lived experience of mental health concerns (consumer peer educators), carers and health care workers. There are always two educators at each session.

### What do courses cost?

All courses are currently free of charge as long as you meet the eligibility criteria on page 3.

### Do you supply food and refreshments?

Where possible, we provide tea and coffee. Please bring along your own lunch and other snacks.

### Can I bring a support person?

You are welcome to bring a support person to the course. This person also needs to complete the enrolment form and participate as a student in the same course.



# 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 هاتفياً، 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 इन्टरप्रेटिंग सर्भिस (टि आइ एस) को १३१ ४५० मा फोन गर्नुहोस् . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस्, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस् .

## ¿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



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

# Enrolment Form

(PEOPLE WITH MENTAL HEALTH CONDITIONS, THEIR CARERS & SUPPORT PEOPLE)



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

Student Number  
(Office Use Only)

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

1

Carefully read the South Eastern Sydney Recovery College Course Guide

2

Select the Course/s you wish to attend and place them in order of preference

3

Complete enrolment form and submit in any of the following ways.

**By Email** – [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)

**By Mail** – James Laws House, First Floor, Gray Street, 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?

☐ Phone

☐ 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

☐ Other (please specify) .....

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

☐ Current consumer of South Eastern Sydney Local Health District Mental Health Service – *please indicate:*

☐ Eastern Suburbs

☐ St George

☐ Sutherland

☐ Supporter (Carer or Support Person) of Current Service User

☐ Supporter (Carer or Support Person) of Person living in South Eastern Sydney (not current service user)

☐ Person with mental health condition residing in South Eastern Sydney Local Health District catchment area (but not a current user of the South Eastern Sydney Mental Health Service)

Please tick: Mental Health Service Provider

☐ Neami, ☐ Aftercare, ☐ Partners in Recovery,

☐ Private Psychiatrist, ☐ Private Psychologist,

☐ Other, please specify .....

☐ **I do not meet the above criteria and would like to pay a fee to attend course/s. (Please contact the Recovery College for information regarding pricing and further details).**

## QUESTIONNAIRE – OPTIONAL & CONFIDENTIAL

The following questionnaire will assist us to ensure the Recovery College is accessible to the diverse population groups in our community. The information related to employment and education will assist us with our service evaluation and in applying for future funding.

The questionnaire is entirely optional and confidential and you DO NOT need to answer the questions if you do not wish to.

Do you identify as

☐ Aboriginal

☐ Torres Strait Islander

Do you have a disability?

☐ Yes

☐ No

Country of Birth:

Language Spoken at Home:

Ethnicity:

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

☐ Full Time Employee

☐ Part Time Employee

☐ Casual Employee

☐ Volunteer Work

☐ Supported Employment

☐ Student

☐ Unemployed, Job Seeking Independently

☐ Unemployed, Job Seeking with Employment Agency

☐ Unwaged, Not Seeking Work

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

☐ Bachelor or Higher Degree

☐ Advanced Diploma or Associated Degree

☐ Diploma or Associate Diploma

☐ Certificate IV

☐ Certificate III

☐ Certificate II

☐ Certificate I

☐ Misc. Education (please specify) .....

☐ None of the above

☐ Prefer not to say

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

☐ Year 12

☐ Year 11

☐ Year 10

☐ Year 9/lower

☐ Prefer not to say

Are you currently Studying?

☐ Yes

☐ No

If yes, are you studying (please tick)

☐ Full Time

☐ Part Time

Gender identity

☐ Man

☐ Woman

☐ Trans

☐ Prefer not to say

Are you intersex?

☐ Yes

☐ No

☐ Prefer not to say

Sexuality

☐ Heterosexual

☐ Lesbian, Gay or Bisexual

☐ Other (please specify): .....

☐ Prefer not to say

**STUDENT SIGNATURE:** .....

**DATE:** .....

# Enrolment Form

## (STAFF & VOLUNTEERS ONLY)



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

Student Number  
(Office Use Only)

**Enrolment Checklist** – 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 Prospectus	<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. <b>By Email</b> – recoverycollege@sesiahs.health.nsw.gov.au <b>By Mail</b> – James Laws House, Ground Floor, Gray Street, Kogarah NSW 2217
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### STAFF / VOLUNTEER 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 <input type="checkbox"/> 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.

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"/> Other (please specify) .....	

### COURSE INFORMATION

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

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

Preference # 1	.....
Preference # 2	.....
Preference # 3	.....

SIGNATURE:

.....

DATE:

.....

## Contact details

Ph: 9113 2981 | Email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)

Postal Address: James Laws House, Ground Floor,  
Gray Street Kogarah NSW 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/](http://www.seslhd.health.nsw.gov.au/Recovery_College/)

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Advisory Group

