



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

# 2015 Term **3** Course Guide

*“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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## South Eastern Sydney Recovery College – Term 3, 2015

We are very pleased to offer you our new Course Guide for Term Three 2015 of the South Eastern Sydney Recovery College.

Recovery describes a personal journey people with mental health issues undertake to rebuild and live a meaningful life. 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.

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.

### What's new in Term 3?

In response to the feedback we receive from students and staff, we have developed some new courses for this term which include Understanding Trauma for Women, Resilience, Getting into Volunteer Work and Nutrition. We are offering for the first time Making Mindfulness Your Own (Advanced Mindfulness) for people who have completed the Introduction to Mindfulness course and would like to build further on their knowledge and practice.

*“The Recovery College provided a sense of hope. It made me really excited.”*

*Recovery College student*

We are also very pleased to be working closely with our Community College partners to deliver accredited courses for Recovery College students. City East Community College will deliver a Communication and Work Skills Course which will offer a Nationally Recognised Statement of Attainment. Next term we plan to offer something similar through the St. George and Sutherland Community College.

We are continuing to offer a number of courses in languages other than English. This term we are offering Navigating the Mental Health System in Macedonian and Nepali and Introduction to Mindfulness in Greek.

We hope you will take advantage of the great range of courses on offer this term and we look forward to seeing you in class!

## Recovery College Course Streams

We are currently running courses in four 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 families, friends and carers, 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 families, friends and carers, and SESLHD staff are all welcome to attend.**

### Stream 3: Getting Involved in Mental Health Services & 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

#### **Open to staff of the South Eastern Sydney Local Health District (SESLHD) Mental Health Services only**

These courses provide education and training for mental health workers in approaches and practices that support personal recovery. These courses are supported by the 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.**



## 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 (see map on page 23)
- Their families, carers and friends.
- Staff, students and volunteers of the South Eastern Sydney Local Health District.
- Staff of our partner Community Colleges.

## Enrolling is easy!

### Mental health consumers, families and friends who are new to the Recovery College

- Option 1: complete and return the enrolment form on page 21 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 22.

If you **do not meet the eligibility criteria** and would like to attend courses for a fee complete the enrolment form on page 21 and tick box as indicated in the 'connection with the Recovery College' section.

For any queries, please phone: 9113 2981

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

Postal address: James Laws House, First Floor,  
Gray 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.

## 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.



## Individual Learning Plan 2 Session (ILP 2)

2 Hour Workshop

This course will provide you with time to review your first Learning Plan and also work on your 2<sup>nd</sup> plan, deciding on your specific goals for the term. The Individual Learning Plan 2 sessions are available to anyone who has completed one term or more with the Recovery College and has completed an ILP 1.

To enrol in the Individual Learning Plan 2 Session, please phone: 9113 2981

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

|           |  |               |
|-----------|--|---------------|
| #T315ILP2 | Tuesday 22 <sup>nd</sup> September 2015        | 2:30pm-4:30pm |
|           | City East Community College, Bondi Road Campus |               |
|           | Thursday 24 <sup>th</sup> September 2015       | 2:00pm-4:00pm |
|           | The Cottage, Hurstville                        |               |

## Introduction to Recovery and the Strengths Approach

1 Day Workshop

This course combines the Introduction to Recovery course (below) 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 13 <sup>th</sup> July 2015 | 9:00am-4:30pm |
| St George Mental Health Conference Room, Kogarah |                                   |               |

## Introduction to Recovery

Half Day 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   | Tuesday 14 <sup>th</sup> July 2015 | 10:00am-2:00pm |
| St George & Sutherland Community College, Jannali Campus |                                    |                |

## Understanding Anxiety

3 Hour Workshop

This course will explore anxiety from a range of perspectives including definitions of anxiety, different ways of understanding anxiety, treatment options, managing anxiety, supports available, and supporting someone who is experiencing anxiety.

|   |                                     |                |
|---|-------------------------------------|----------------|
| #S010011  | Thursday 16 <sup>th</sup> July 2015 | 10:00am-1:00pm |
| St George & Sutherland Community College, Hurstville Campus |                                     |                |

## Understanding Mental Health Conditions

6 Hour Workshop

The aim of this course is to introduce students to the range of mental health conditions and treatment options available. The course will also explore ways to communicate with mental health staff to obtain information and support.

|  |                                   |                |
|--|-----------------------------------|----------------|
| #S010008                                       | Friday 17 <sup>th</sup> July 2015 | 10:00am-4:00pm |
| City East Community College, Bondi Road Campus |                                   |                |



## Understanding Trauma for Women

NEW COURSE

3 Hour Workshop

This course, specifically for women, will introduce students to the topic of trauma. Topics will include definitions of trauma, types of trauma; the impacts of trauma on individuals, families and the community and the recovery process after experiencing trauma.

|   |                                     |                |
|---|-------------------------------------|----------------|
| #S010012  | Monday 10 <sup>th</sup> August 2015 | 10:00am-1:00pm |
| Maroubra Community Mental Health Centre, Maroubra |                                     |                |

## Introduction to the Voice Hearing Approach

Half Day Workshop

This half day 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.

|                         |                                       |                |
|-------------------------|---------------------------------------|----------------|
| #S010002                | Thursday 20 <sup>th</sup> August 2015 | 10:00am-2:00pm |
| The Cottage, Hurstville |                                       |                |

## Understanding the Mental Health Act

Half Day Workshop

This 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   | Thursday 3 <sup>rd</sup> September 2015 | 12:00pm-4:00pm |
| St George & Sutherland Community College, Jannali Campus |   |                |





## Stream One Courses in Languages Other Than English

### Navigating the Mental Health System

(To obtain language specific promotional material email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au) or phone: 9113 2981)

The mental health system can be a challenge for all of us to navigate. This can be especially so for people who speak a language other than English and people who have migrated to Australia. This course have been specifically designed for people who speak Macedonian and Nepali. The course will help students gain knowledge about how to use public, private and non-government mental health and General Practitioner services. Students will learn about how we work in the South Eastern Sydney Local Health District, the role of different professions and consumer rights and responsibilities. All courses will be delivered by a Bilingual Peer Educator and a Bilingual Mental Health Clinician.

### Nepali – Navigating the Mental Health System

Half Day Workshop

|   |                                       |                |
|---|---------------------------------------|----------------|
| #S010003-NPL                                | Saturday 15 <sup>th</sup> August 2015 | 11:00am-3:00pm |
| St George Migrant Resource Centre, Rockdale |                                       |                |

### Macedonian – Navigating the Mental Health System

Half Day Workshop

|   |                                     |                |
|---|-------------------------------------|----------------|
| #S010003-MAC                                | Friday 21 <sup>st</sup> August 2015 | 10:00am-2:00pm |
| St George Migrant Resource Centre, Rockdale |                                     |                |



## Creativity for Recovery

2 Hour Workshop x 4 Weeks

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.

|   |                                      |               |
|---|--------------------------------------|---------------|
| #S020004  | Tuesday 21 <sup>st</sup> July 2015   | 2:00pm-4:00pm |
|   | Tuesday 28 <sup>th</sup> July 2015   |               |
|   | Tuesday 4 <sup>th</sup> August 2015  |               |
|   | Tuesday 11 <sup>th</sup> August 2015 |               |
| <b>St George &amp; Sutherland Community College, Jannali Campus</b> |                                      |               |

## Making Mindfulness Your Own (Advanced Mindfulness)

NEW COURSE

2 Hour Workshop x 5 Weeks

This 5 week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness. The course will incorporate longer mindfulness practices (with and without an anchor). Topics will include the Dialectical Behaviour Therapy approach to mindfulness, loving kindness practices, using mindfulness to manage strong emotion and integrating mindfulness into daily life.

|  |                                       |                 |
|--|---------------------------------------|-----------------|
| #S020013   | Thursday 23 <sup>rd</sup> July 2015   | 10:00am-12:00pm |
|  | Thursday 30 <sup>th</sup> July 2015   |                 |
|  | Thursday 6 <sup>th</sup> August 2015  |                 |
|  | Thursday 13 <sup>th</sup> August 2015 |                 |
|  | Thursday 20 <sup>th</sup> August 2015 |                 |
| <b>St George &amp; Sutherland Community College, Hurstville Campus</b> |                                       |                 |

## Resilience

NEW COURSE

2 Hour Workshop x 4 Weeks

This course will help students understand resilience and factors that make us resilient. Students will identify they currently cope. The course will explore practical skills students can use to survive and thrive in times of change and difficulty.

|   |  |               |
|---|--|---------------|
| #S020014  | Wednesday 12 <sup>th</sup> August 2015   | 2:30pm-4:30pm |
|   | Wednesday 19 <sup>th</sup> August 2015   |               |
|   | Wednesday 26 <sup>th</sup> August 2015   |               |
|   | Wednesday 2 <sup>nd</sup> September 2015 |               |
| <b>City East Community College, Bondi Road Campus</b> |  |               |



## Communication – Finding Your Voice

2 Hour Workshop 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, how to get my message across, saying “no” is OK and what to say after you say “hi”.

|          |   |               |
|----------|---|---------------|
| #S020009 | Tuesday 25 <sup>th</sup> August 2015                                | 2:00pm-4:00pm |
|          | Tuesday 1 <sup>st</sup> September 2015                              |               |
|          | Tuesday 8 <sup>th</sup> September 2015                              |               |
|          | Tuesday 15 <sup>th</sup> September 2015                             |               |
|          | <b>St George &amp; Sutherland Community College, Jannali Campus</b> |               |

## Managing Stress

2 Hour Workshop x 6 Weeks

In this 6 week course participants will develop a range of stress management strategies. Students will explore the difference between helpful and unhelpful stress, what stress means to you and attain a set of skills for balancing life’s demands.

|  |  |                |
|--|--|----------------|
| #S020011   | Thursday 13 <sup>th</sup> August 2015    | 11:00am-1:00pm |
|  | Thursday 20 <sup>th</sup> August 2015    |                |
|  | Thursday 27 <sup>th</sup> August 2015    |                |
|  | Thursday 3 <sup>rd</sup> September 2015  |                |
|  | Thursday 10 <sup>th</sup> September 2015 |                |
|  | Thursday 17 <sup>th</sup> September 2015 |                |
| <b>St George &amp; Sutherland Community College, Hurstville Campus</b> |  |                |



## Nutrition for Good Health

3 Hour Workshop

In this workshop you will have an opportunity to analyse your own diet, learn how to develop healthy eating habits and how this can impact on your recovery. We also take a look at current diet fads, food labelling, healthy food options on a budget and where to go for more specialist advice.

|  |                                       |               |
|--|---------------------------------------|---------------|
| #S020015   | Thursday 27 <sup>th</sup> August 2015 | 1:00pm-4:00pm |
| <b>Maroubra Community Mental Health Centre, Maroubra</b> |                                       |               |





## Getting Into Volunteer Work

3 Hour Workshop

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. This course will explore pathways to volunteering that are fun and fulfilling. This course will provide you with all you need to know to get started as a volunteer!

|   |  |               |
|---|--|---------------|
| #S020016  | Wednesday 2 <sup>nd</sup> September 2015 | 1:00pm-4:00pm |
| Maroubra Community Mental Health Centre, Maroubra |  |               |

## Stream Two Courses in Languages Other Than English

### Introduction to Mindfulness in Greek



2 Hour Workshop x 5 Weeks

(To obtain language specific promotional material email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au) or phone: 9113 2981)

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. This five 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                                       | Thursday 20 <sup>th</sup> August 2015    | 10:00am-12:00pm |
|  | Thursday 27 <sup>th</sup> August 2015    |                 |
|  | Thursday 3 <sup>rd</sup> September 2015  |                 |
|  | Thursday 10 <sup>th</sup> September 2015 |                 |
|  | Thursday 17 <sup>th</sup> September 2015 |                 |
| <b>St George Migrant Resource Centre, Rockdale</b> |  |                 |



## Committee Work

3 Hour Workshop

This practical course aims to provide students with an understanding of the reasons for committee work and how to participate effectively. Students will explore: roles within committees, dealing with challenging situations, examples of local, state and national mental health committees and how to get involved.

|  |                                      |               |
|--|--------------------------------------|---------------|
| #S030005   | Thursday 6 <sup>th</sup> August 2015 | 1:00pm-4:00pm |
| St George & Sutherland Community College, Jannali Campus |                                      |               |

## Systemic Advocacy in Mental Health

2 x Half Day Workshops

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.

|  |  |                |
|--|--|----------------|
| #S030002   | Monday 24 <sup>th</sup> August 2015<br>Monday 31 <sup>st</sup> August 2015 | 12:00pm-4:00pm |
| St George Mental Health Conference Room, Kogarah |  |                |

## Train the Trainer Program: Purposeful Storytelling

NEW  
COURSE

1 Day Workshop

This course is part of our train the trainer program for current Peer Educators or for people who are seeking to become Peer Educators with the Recovery College. The session provides Peer Educators with the skills and knowledge to effectively and purposefully tell aspects of their own recovery story in an education program.

|  |                                       |               |
|--|---------------------------------------|---------------|
| #S030010   | Monday 7 <sup>th</sup> September 2015 | 9:00am-4:30pm |
| St George Mental Health Conference Room, Kogarah |                                       |               |



## Strengths Model for Mental Health Clinicians 2 Full Day Workshops + Competencies

The Strengths Model is both a philosophy of practice and a set of tools and methods designed to enhance recovery by supporting people to take control of their lives in meaningful and sustainable ways. The course consists of a two day face to face training session followed by a supervised competency process. This will provide clinicians with practical knowledge of the Strengths Model and support with developing skills in using the tools with consumers.

*This course **for Clinicians of the SESLHD Mental Health service only** consists of 2 Day Workshop + 6 Months Competencies. The competency process consists of attendance and presentations of Strengths Assessments and Collaborative Care Plans at monthly Strengths Group Supervision meetings. Details will be provided following enrolment.*

**\* Please confirm eligibility and gain approval from your manager prior to enrolling.**

|  |   |               |
|--|---|---------------|
| #S040003   | Tuesday 15 <sup>th</sup> September 2015   | 8:30am-5:00pm |
|  | Wednesday 16 <sup>th</sup> September 2015 |               |
| St George Mental Health Conference Room, Kogarah |   |               |





## Communication and Work Skills

1 Day a Week x 10 Weeks

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. Topics include writing and maths for work, job seeking strategies, resume, selection criteria and interview techniques and computing skills. On successful completion you will gain a **Nationally Recognised Statement of Attainment**.

Please phone the Recovery College for more information.

|  |   |               |
|--|---|---------------|
| #S050001                                       | Thursday 16 <sup>th</sup> July 2015<br>Thursday 23 <sup>rd</sup> July 2015<br>Thursday 30 <sup>th</sup> July 2015<br>Thursday 6 <sup>th</sup> August 2015<br>Thursday 13 <sup>th</sup> August 2015<br>Thursday 20 <sup>th</sup> August 2015<br>Thursday 27 <sup>th</sup> August 2015<br>Thursday 3 <sup>rd</sup> September 2015<br>Thursday 10 <sup>th</sup> September 2015<br>Thursday 17 <sup>th</sup> September 2015 | 9:30am-4:00pm |
| City East Community College, Bondi Road Campus |   |               |





# Course Calendar – July 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     |
| <b>13</b><br>Term 3, 2015 Commences<br>Introduction to Recovery & the Strengths Approach (9am-4:30pm) | <b>14</b><br>Introduction to Recovery (10am-2pm)       | 15        | <b>16</b><br>Understanding Anxiety (10am-1pm)<br>Communication & Work Skills, 1 of 10 (9:30am-4pm)                | <b>17</b><br>Understanding Mental Health Conditions (10am-4pm) | 18       | 19     |
| 20  | <b>21</b><br>Creativity for Recovery, 1 of 4 (2pm-4pm) | 22        | <b>23</b><br>Making Mindfulness Your Own, 1 of 5 (10am-12pm)<br>Communication & Work Skills, 2 of 10 (9:30am-4pm) | 24   | 25       | 26     |
| 27  | <b>28</b><br>Creativity for Recovery, 2 of 4 (2pm-4pm) | 29        | <b>30</b><br>Making Mindfulness Your Own, 2 of 5 (10am-12pm)<br>Communication & Work Skills, 3 of 10 (9:30am-4pm) | 31   |          |        |



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

# Course Calendar – August 2015

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  | Sunday |
|---|--|--|---|--|---|--------|
|   |  |  |   |  | 1   | 2      |
| 3   | 4<br>Creativity for Recovery,<br>3 of 4 (2pm-4pm)  | 5  | 6<br>Making Mindfulness<br>Your Own, 3 of 5<br>(10am-12pm)<br><br>Committee Work<br>(1pm-4pm)<br><br>Communication & Work<br>Skills, 4 of 10 (9:30am-<br>4pm)   | 7  | 8   | 9      |
| 10<br>Understanding Trauma<br>for Women (10am-<br>1pm)            | 11<br>Creativity for Recovery,<br>4 of 4 (2pm-4pm) | 12<br>Resilience, 1 of 4<br>(2:30pm-4:30pm)  | 13<br>Making Mindfulness<br>Your Own, 4 of 5<br>(10am-12pm)<br><br>Communication & Work<br>Skills, 5 of 10 (9:30am-<br>4pm)<br><br>Managing Stress, 1 of 6<br>(11am-1pm)  | 14   | 15<br>Navigating the Mental<br>System in Nepali<br>(11am-3pm) | 16     |
| 17  | 18   | 19<br>Resilience, 2 of 4<br>(2:30pm-4:30pm)  | 20<br>Making Mindfulness<br>Your Own, 5 of 5<br>(10am-12pm)<br><br>Communication & Work<br>Skills, 6 of 10 (9:30am-<br>4pm)<br><br>Introduction to<br>Mindfulness in Greek,<br>1 of 5 (10am-12pm)<br><br>Managing Stress, 2 of 6<br>(11am-1pm)<br><br>Introduction to the Voice<br>Hearing Approach<br>(10am-2pm) | 21<br>Navigating the Mental<br>Health System in<br>Macedonian (10am-<br>2pm) | 22  | 23     |
| 24<br>Systemic Advocacy in<br>Mental Health, 1 of 2<br>(12pm-4pm) | 25<br>Communication, 1 of 4<br>(2pm-4pm)           | 26<br>Resilience, 3 of 4<br>(2:30pm-4:30pm)<br><br>Introduction to the Voice<br>Hearing Approach<br>(10am-2pm) | 27<br>Managing Stress, 3 of 6<br>(11am-1pm)<br><br>Nutrition for Good<br>Health (1pm-4pm)<br><br>Introduction to<br>Mindfulness in Greek,<br>2 of 5 (10am-12pm)<br><br>Communication & Work<br>Skills, 7 of 10 (9:30am-<br>4pm)   | 28   | 29  | 30     |
| 31<br>Systemic Advocacy in<br>Mental Health, 2 of 2<br>(12pm-4pm) |  |  |   |  |   |        |



# Course Calendar – September 2015

**Green = Sutherland Area**

**Purple = St George Area**

**Blue = Eastern Suburbs Area**

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday                                 | Saturday  | Sunday    |
|---|--|---|---|--|-----------|-----------|
|   | <b>1</b><br>Communication, 2 of 4<br>(2pm-4pm)   | <b>2</b><br>Resilience, 4 of 4<br>(2:30pm-4:30pm)<br><br>Getting into Volunteer<br>Work (1pm-4pm) | <b>3</b><br>Managing Stress, 4 of 6<br>(11am-1pm)<br><br>Introduction to<br>Mindfulness in Greek,<br>3 of 5 (10am-12pm)<br><br>Communication & Work<br>Skills, 8 of 10 (9:30am-<br>4pm)<br><br>Understanding the<br>Mental Health Act<br>(12pm-4pm) | <b>4</b>                               | <b>5</b>  | <b>6</b>  |
| <b>7</b><br>Purposeful Storytelling<br>(9am-4:30pm) | <b>8</b><br>Communication, 3 of 4<br>(2pm-4pm)   | <b>9</b>  | <b>10</b><br>Managing Stress, 5 of 6<br>(11am-1pm)<br><br>Introduction to<br>Mindfulness in Greek,<br>4 of 5 (10am-12pm)<br><br>Communication & Work<br>Skills, 9 of 10 (9:30am-<br>4pm)  | <b>11</b>                              | <b>12</b> | <b>13</b> |
| <b>14</b>   | <b>15</b><br>Communication, 4 of 4<br>(2pm-4pm)<br><br>Strengths Model for<br>Mental Health<br>Clinicians Only, 1 of 2<br>(8:30am-5pm) | <b>16</b><br>Strengths Model for<br>Mental Health<br>Clinicians Only, 2 of 2<br>(8:30am-5pm)      | <b>17</b><br>Managing Stress, 6 of 6<br>(11am-1pm)<br><br>Introduction to<br>Mindfulness in Greek,<br>5 of 5 (10am-12pm)<br><br>Communication & Work<br>Skills, 10 of 10 (9:30am-<br>4pm)   | <b>18</b><br>Term 3, 2015<br>Concludes | <b>19</b> | <b>20</b> |
| <b>21</b>   | <b>22</b><br>ILP 2 Group<br>(2:30pm-4:30pm)  | <b>23</b>   | <b>24</b><br>ILP 2 Group<br>(2pm-4pm)   | <b>25</b>                              | <b>26</b> | <b>27</b> |
| <b>28</b>   | <b>29</b>  | <b>30</b>   |   |  |           |           |



# Course Venues & Frequently Asked Questions

## Course Venue Details

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

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

**City East Community College, Bondi Road Campus**  
98 Bondi Road, Bondi Junction 2022

**Maroubra Community Mental Health Centre**  
130 Garden Street, Maroubra 2035

**St George & Sutherland Community College, Hurstville Campus**  
12 Butler Road, Hurstville 2220

**St George & Sutherland Community College, Jannali Campus**  
127-129 Sutherland Road, Jannali 2226

**St George Mental Health Unit**  
Ground Floor Conference Room  
11 South Street, Kogarah 2217

**St George Migrant Resource Centre**  
552 Princes Highway, Rockdale 2216

**The Cottage**  
34 Woniara 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 4.

### 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.

## 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**. 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 .

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, FAMILY, CARER & FRIENDS)



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

Other (please specify) .....

## 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.**

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

Eastern Suburbs

St George

Sutherland

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

Supporter (Family/Carer/Friend) 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 OF THE SESLHD 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 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:recoverycollege@sesiahs.health.nsw.gov.au">recoverycollege@sesiahs.health.nsw.gov.au</a><br><b>By Mail</b> – James Laws House, First Floor, Gray Street, Kogarah NSW 2217 |
|--|---|--|--|

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

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

Community       Acute Team Community       Inpatient – Acute       Inpatient - Rehabilitation       Older Adult Mental Health

Child & Adolescent Mental Health       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 including course name and code)

.....

.....

.....

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



# South Eastern Sydney Local Health District Catchment Map



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











## Contact details

Ph: 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

Visit our website: [www.seslhd.health.nsw.gov.au/Recovery\\_College/](http://www.seslhd.health.nsw.gov.au/Recovery_College/)

Also supported by



Mental Health  
& Wellbeing  
Consumer  
Advisory Group

