



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

# Autumn Term Prospectus February - April 2015

*“Learning and Growth  
for Mental Health”*

Principal Supporters



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



**Health**  
South Eastern Sydney  
Local Health District

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## Welcome

**The Recovery College is now open to all people who have a mental health condition and reside in the South Eastern Sydney Local Health District catchment.**

### South Eastern Sydney Recovery College – Autumn Term 2015

We are very pleased to welcome you to the Autumn Term 2015 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 people's 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. Courses are offered as two hour, four hour, six hour or full day workshops, or two hour sessions over four to five consecutive weeks.

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## What's new in 2015?

There are a number of new courses in 2015. We're particularly excited to be running a number of workshops in languages other than English. These include Navigating the Mental Health System in Arabic, Mandarin, Spanish and Cantonese and a Mindfulness course in Arabic.

New in 2015 is Stream 4, Recovery Supporting Practices. This stream is open to staff of South Eastern Sydney Local Health District Mental Health Services. Stream 4 provides training for staff in contemporary approaches that support people in their recovery experience. The courses this term include: Two Day Strengths Model, Introduction to Recovery, Introduction to the Strengths Model and Safety for All (Foundations).

## Recovery College Course Streams

We are currently running courses in four streams:

- |                  |                                                                                                |
|------------------|------------------------------------------------------------------------------------------------|
| <b>Stream 1:</b> | <b>Understanding Mental Health Conditions &amp; Treatment Options</b>                          |
| <b>Stream 2:</b> | <b>Rebuilding Your Life – Developing Knowledge &amp; Skills</b>                                |
| <b>Stream 3:</b> | <b>Getting Involved in Mental Health Services &amp; Making a Difference</b>                    |
| <b>Stream 4:</b> | <b>Recovery Supporting Practices (only open to staff of the SESLHD Mental Health Services)</b> |

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## Who can attend the Recovery College?

Whether you experience mental distress, you support someone who does or you work in the SESLHD Mental Health 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 have a mental condition and live in the South Eastern Sydney Local Health District catchment (see map on page 24)
  - 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.
-

## Enrolling is easy!

If you are **new to the Recovery College** and you have a lived experience of mental health concerns, a family member or carer, complete the enrolment form on page 22 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 complete the enrolment form on page 23 of the prospectus.

For any queries, please phone: 9113 2981  
Email: [recoverycollege@sesiahs.health.nsw.gov.au](mailto:recoverycollege@sesiahs.health.nsw.gov.au)  
Level 2, 11 South Street Kogarah NSW 2217

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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 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 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.

***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.***

## Where will Courses be held?

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:

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

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

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

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

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

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

**Prince of Wales Hospital**  
Edmund Blackett Building, Clinical skills room  
Barker Street, Randwick 2031

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## UNDERSTANDING MENTAL HEALTH CONDITIONS & TREATMENTS

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 mental health staff are all welcome to attend.**

### Understanding Depression

3 HOURS x 1 WEEK

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. Students may like to continue their learning and attend the Life Beyond Depression course (see page 10) the following week.

DATES, TIMES & VENUE INFORMATION		
#S010005	Friday 13 <sup>th</sup> February 2015	10:00am-1:00pm
<b>St George Community Mental Health Group Room, Kogarah</b>		

### Making Meaning of Medications

2 HOURS x 1 WEEK



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.

DATES, TIMES & VENUE INFORMATION		
#S010006	Thursday 19 <sup>th</sup> February 2015	2:00pm-4:00pm
<b>City East Community College, Bondi Road</b>		
	Thursday 19 <sup>th</sup> March 2015	2:00pm-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## Understanding the Mental Health Act

4 HOURS x 1 WEEK

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.

DATES, TIMES & VENUE INFORMATION		
#S010001	Wednesday 25 <sup>th</sup> February 2015	12:00pm-4:00pm
<b>St George Mental Health Conference Room, Kogarah</b>		



## Understanding Psychosis

2 HOURS x 1 WEEK

This course will explore the experience of psychosis from a range of perspectives. Students will develop knowledge on the range of treatments, approaches and supports available.

DATES, TIMES & VENUE INFORMATION		
#S010007	Tuesday 3 <sup>rd</sup> March 2015	2:00pm-4:00pm
<b>City East Community College, Bondi Road</b>		



## Understanding Mental Health Conditions

6 HOURS x 1 WEEK

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 discuss treatment options and alternatives.

DATES, TIMES & VENUE INFORMATION		
#S010008	Thursday 5 <sup>th</sup> March 2015	10:00am-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## Introduction to the Voice Hearing Approach

4 HOURS x 1 WEEK

This four 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.

DATES, TIMES & VENUE INFORMATION		
#S010002	Thursday 12 <sup>th</sup> March 2015	9:00am-1:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## Introduction to the Strengths Approach

3 HOURS x 1 WEEK

The Strengths Approach is both a philosophy of practice and a set of tools and methods designed to enhance recovery. This course will provide information about this approach and how it is used in the South Eastern Sydney Mental Health Services. Research studies show that the Strengths Approach 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.*

DATES, TIMES & VENUE INFORMATION		
#S010004	Wednesday 25 <sup>th</sup> March 2015	1:30pm-4:30pm
<b>St George Mental Health Conference Room, Kogarah</b>		



## Stream 1 Courses in Languages Other Than English

### Navigating the Mental Health System – Arabic, Mandarin, Cantonese and Spanish

4 HOURS x 1 WEEK

(Language specific promotional material will be available prior to the course commencing)

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 those who have migrated to Australia. These courses have been especially designed for students who speak Arabic, Mandarin, Cantonese and Spanish. The course will help students to know 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.

#### Arabic - Navigating the Mental Health System



NEW COURSE

DATES, TIMES & VENUE INFORMATION		
#S010003-ARA	Wednesday 4 <sup>th</sup> March 2015	10:00am-2:00pm
St George Migrant Resource Centre, Kogarah		

#### Mandarin – Navigating the Mental Health System



NEW COURSE

DATES, TIMES & VENUE INFORMATION		
#S010003-MAN	Thursday 12 <sup>th</sup> March 2015	10:00am-2:00pm
St George Migrant Resource Centre, Kogarah		

#### Cantonese – Navigating the Mental Health System



NEW COURSE

DATES, TIMES & VENUE INFORMATION		
#S010003-CAN	Wednesday 1 <sup>st</sup> April 2015	10:00am-2:00pm
St George Migrant Resource Centre, Kogarah		

#### Spanish – Navigating the Mental Health System



NEW COURSE

DATES, TIMES & VENUE INFORMATION		
#S010003-SPN	Wednesday 18 <sup>th</sup> March 2015	10:00am-2:00pm
St George Migrant Resource Centre, Kogarah		

## 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 mental health staff are all welcome to attend.**

### Introduction to Mindfulness

2 HOURS x 5 WEEKS

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. During this five week courses, 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

#### DATES, TIMES & VENUE INFORMATION

#S020003	Thursday 5 <sup>th</sup> February 2015	10:00am-12:00pm
	Thursday 12 <sup>th</sup> February 2015	10:00am-12:00pm
	Thursday 19 <sup>th</sup> February 2015	10:00am-12:00pm
	Thursday 26 <sup>th</sup> February 2015	10:00am-12:00pm
	Thursday 5 <sup>th</sup> March 2015	10:00am-12:00pm
<b>St George &amp; Sutherland Community College, Hurstville Campus</b>		

### Road to Recovery

2 HOURS x 4 WEEKS

This four week course takes people on a journey to explore the themes of recovery and its meaning to their lives. During the sessions you will develop tools and strategies to support your own and others recovery and reflect on your own values and attitudes about recovery.

#### DATES, TIMES & VENUE INFORMATION

#S020002	Thursday 5 <sup>th</sup> February 2015	2:00pm-4:00pm
	Thursday 12 <sup>th</sup> February 2015	2:00pm-4:00pm
	Thursday 19 <sup>th</sup> February 2015	2:00pm-4:00pm
	Thursday 26 <sup>th</sup> February 2015	2:00pm-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		



## Getting Back to Work

2 HOURS 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.

DATES, TIMES & VENUE INFORMATION		
#S020008	Monday 9 <sup>th</sup> February 2015	2:00pm-4:00pm
	Monday 16 <sup>th</sup> February 2015	2:00pm-4:00pm
	Monday 23 <sup>rd</sup> February 2015	2:00pm-4:00pm
	Monday 2 <sup>nd</sup> March 2015	2:00pm-4:00pm
<b>City East Community College, Bondi Road</b>		



## Communication – Finding Your Voice

2 HOURS x 2 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".

DATES, TIMES & VENUE INFORMATION		
#S020009	Wednesday 18 <sup>th</sup> February 2015	2:00pm-4:00pm
	Wednesday 25 <sup>th</sup> February 2015	2:00pm-4:00pm
<b>City East Community College, Bondi Road</b>		



## Life Beyond Depression

3 HOURS x 1 WEEK

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 "Introduction to Depression" (see page 5).

DATES, TIMES & VENUE INFORMATION		
#S020010	Friday 20 <sup>th</sup> February 2015	10:00am-1:00pm
<b>St George Community Mental Health Group Room, Kogarah</b>		

## Physical Health & Wellbeing

2 HOURS x 4 WEEKS

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.

DATES, TIMES & VENUE INFORMATION		
#S020005	Tuesday 10 <sup>th</sup> March 2015	2:00pm-4:00pm
	Tuesday 17 <sup>th</sup> March 2015	2:00pm-4:00pm
	Tuesday 24 <sup>th</sup> March 2015	2:00pm-4:00pm
	Tuesday 31 <sup>st</sup> March 2015	2:00pm-4:00pm
<b>Maroubra Community Mental Health Centre</b>		

## Introduction to Recovery

4 HOURS x 1 WEEK

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.

DATES, TIMES & VENUE INFORMATION		
#S020001	Wednesday 25 <sup>th</sup> March 2015	9:00am-1:00pm
<b>St George Mental Health Conference Room, Kogarah</b>		

## Stream 2 Courses in Languages Other Than English

### Introduction to Mindfulness in Arabic

2 HOURS x 5 WEEKS

(Promotional material in Arabic will be available prior to the course commencing)



This course will be conducted in Arabic by a Bilingual Peer Educator and a Bilingual Counsellor. Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness meditation is proven to be an effective approach for people who speak Arabic 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.

DATES, TIMES & VENUE INFORMATION		
#S020003-ARA	Friday 6 <sup>th</sup> March 2015	9:30am-11:30am
	Friday 13 <sup>th</sup> March 2015	9:30am-11:30am
	Friday 20 <sup>th</sup> March 2015	9:30am-11:30am
	Friday 27 <sup>th</sup> March 2015	9:30am-11:30am
	Friday 10 <sup>th</sup> April 2015	9:30am-11:30am
<b>St George Migrant Resource Centre, Kogarah</b>		

## 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 mental health staff are all welcome to attend.**

### Systemic Advocacy in Mental Health

4 HOURS x 2 WEEKS

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.

#### DATES, TIMES & VENUE INFORMATION

#S030002	Friday 13 <sup>th</sup> March 2015	12:00pm-4:00pm
	Friday 20 <sup>th</sup> March 2015	12:00pm-4:00pm
<b>City East Community College, Bondi Road</b>		

### Introduction to Consumer & Peer Worker Roles

1 DAY x 1 WEEK

This introductory course will provide students with information about the history, nature and policy context of the roles of Consumer and Peer Workers. It will provide students with the resources and capacity to work effectively with these important positions in mental health services. Students will gain an understanding of how purposeful storytelling is used in recovery orientated practice. The information will provide a foundation for those interested in pursuing a career in Consumer and Peer Work.

#### DATES, TIMES & VENUE INFORMATION

#S030001	Tuesday 31 <sup>st</sup> March 2015	9:00am-4:30pm
<b>St George Mental Health Conference Room, Kogarah</b>		



## Challenging Stigma

4 HOURS x 1 WEEK

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.

### DATES, TIMES & VENUE INFORMATION

#S030004	Thursday 2 <sup>nd</sup> April 2015	12:00pm-4:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## RECOVERY SUPPORTING PRACTICES FOR MENTAL HEALTH STAFF

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. **Courses are only open to Mental Health Service Staff. Approval from your manager must be sought prior to enrolling in any of these courses.**



### Introduction to Recovery for Staff

4 HOURS x 1 WEEK

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.

#### DATES, TIMES & VENUE INFORMATION

#S040001	Monday 2 <sup>nd</sup> February 2015	9:00am-1:00pm
St George Mental Health Conference Room, Kogarah		



### Introduction to the Strengths Model for Staff

3 HOURS x 1 WEEK

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.

*Clinicians who require training in implementation of the Strengths Model should enrol in the SESLHD 2 Day Strengths Model Training Program.*

#### DATES, TIMES & VENUE INFORMATION

#S040002	Monday 2 <sup>nd</sup> February 2015	1:30pm-4:30pm
St George Mental Health Conference Room, Kogarah		





## Strengths Model for Mental Health Practitioners

1 DAY x 2 WEEKS

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 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.*

DATES, TIMES & VENUE INFORMATION		
#S040003	Tuesday 10 <sup>th</sup> February 2015	9:00am-5:00pm
	Wednesday 11 <sup>th</sup> February 2015	9:00am-5:00pm
<b>St George Mental Health Conference Room, Kogarah</b>		



## Safety for All (Foundations)

1 DAY x 1 WEEK

The half-day Safety for All (Foundations) workshop uses the principles of recovery-oriented, trauma-informed and person-centred care to inform practices aimed at enhancing safety in mental health service settings. The workshop is co-delivered by consumer and clinician educators.

*This workshop is part of mandatory training for all employees of SESLHD Mental Health Service, as a foundation for safe practice.*

DATES, TIMES & VENUE INFORMATION		
#S040004	Monday 30 <sup>th</sup> March 2015	8:30am-1:00pm
	<b>Prince of Wales Hospital, Edmund Blackett Function Room</b>	
	Monday 20 <sup>th</sup> April 2015	8:30am-1:00pm
<b>St George Mental Health Conference Room, Kogarah</b>		

# FEBRUARY 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY				
												1				
2	Introduction to Recovery FOR STAFF ONLY (9am-1pm) Introduction to the Strengths Model FOR STAFF ONLY (1:30pm-4:30pm)	3		4		5	Introduction to Mindfulness (10am-12pm) Road to Recovery (2pm-4pm)	6		7		8				
9	Getting Back to Work (2pm-4pm)	10	Strengths Model for Mental Health Practitioners (9am-5pm)	11	Strengths Model for Mental Health Practitioners (9am-5pm)	12	Introduction to Mindfulness (10am-12pm) Road to Recovery (2pm-4pm)	13	Understanding Depression (10am-1pm)	14		15				
16	Getting Back to Work (2pm-4pm)	17		18	Communication – Finding Your Voice (2pm-4pm)	19	Introduction to Mindfulness (10am-12pm) Making Meaning of Medications (2pm-4pm) Road to Recovery (2pm-4pm)	20	Life Beyond Depression (10am-1pm)	21		22				
23	Getting Back to Work (2pm-4pm)	24		25	Understanding the Mental Health Act (12pm-4pm) Communication – Finding Your Voice (2pm-4pm)	26	Introduction to Mindfulness (10am-12pm) Road to Recovery (2pm-4pm)	27		28		<table border="1"> <tr> <td>Green = Sutherland Area</td> </tr> <tr> <td>Purple = St George Area</td> </tr> <tr> <td>Blue = Eastern Suburbs Area</td> </tr> </table>		Green = Sutherland Area	Purple = St George Area	Blue = Eastern Suburbs Area
Green = Sutherland Area																
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Blue = Eastern Suburbs Area																

# MARCH 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
												1		
2	Getting Back to Work (2pm-4pm)	3	Understanding Psychosis (2pm-4pm)	4	Navigating the Mental Health System in Arabic (10am-2pm)	5	Introduction to Mindfulness (10am-12pm) Understanding Mental Health Conditions (10am-4:00pm)	6	Introduction to Mindfulness in Arabic (9:30am-11:30am)	7		8		
9		10	Physical Health & Wellbeing (2pm-4pm)	11		12	Introduction to the Voice Hearing Approach (9am-1pm) Navigating the Mental Health System in Mandarin (10am-2pm)	13	Introduction to Mindfulness in Arabic (9:30am-11:30am) Systemic Advocacy in Mental Health (12pm-4pm)	14		15		
16		17	Physical Health & Wellbeing (2pm-4pm)	18	Navigating the Mental Health System in Spanish (10am-2pm)	19	Making Meaning of Medications (2pm-4pm)	20	Introduction to Mindfulness in Arabic (9:30am-11:30am) Systemic Advocacy in Mental Health (12pm-4pm)	21		22		
23		24	Physical Health & Wellbeing (2pm-4pm)	25	Introduction to Recovery (9am-1pm) Introduction to the Strengths Model (1:30pm-4:30pm)	26		27	Introduction to Mindfulness in Arabic (9:30am-11:30am)	28		29		
30	Safety for all (Foundations) FOR STAFF ONLY (8:30am-1pm)	31	Physical Health & Wellbeing (2pm-4pm) Introduction to Consumer & Peer Worker Roles (9am-4:30pm)										<p>Green = Sutherland Area</p> <p>Purple = St George Area</p> <p>Blue = Eastern Suburbs Area</p>	

# APRIL 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY				
				1	Navigating the Mental Health System in Cantonese (10am-2pm)	2	Challenging Stigma (12pm-4pm)	3	Good Friday Public Holiday	4	Easter Saturday Public Holiday	5	Easter Sunday Public Holiday			
6	Easter Monday Public Holiday	7		8		9		10	Introduction to Mindfulness in Arabic (9:30am-11:30am)	11		12				
13		14		15		16		17		18		19				
20	Safety for all (Foundations) FOR STAFF ONLY (8:30am-1pm)	21		22		23		24		25	ANZAC Day	26				
27	ANZAC Day Public Holiday	28		29		30		<table border="1"> <tr> <td>Green = Sutherland Area</td> </tr> <tr> <td>Purple = St George Area</td> </tr> <tr> <td>Blue = Eastern Suburbs Area</td> </tr> </table>						Green = Sutherland Area	Purple = St George Area	Blue = Eastern Suburbs Area
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Purple = St George Area																
Blue = Eastern Suburbs Area																

## 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.

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

## 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**. يبلغ 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 Преvedувачката служба (**Translating and Interpreting Service (TIS)**) на **131 450**. Кажете и/му на телефонистот на кој јазик зборувате, а потоа побарајте од преvedувачот да се воспостави телефонски разговор меѓу вас, преvedувачот 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 .



# Enrolment Form

(TO BE COMPLETED BY CONSUMER, FAMILY & CARERS)



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 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 2981  
**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? <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Other (please specify) .....			

## 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 .....

**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 illness/disorder 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,  Partner's in Recovery,  Private Psychiatrist,  Private Psychologist,  Other, please specify .....

## 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 yourself as an <input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander		Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Country of Birth:	Language Spoken at Home:	Ethnicity:	
Which of the following would best describe your <b>current</b> employment status? (please tick)			
<input type="checkbox"/> Full Time Employee <input type="checkbox"/> Part Time Employee <input type="checkbox"/> Casual Employee <input type="checkbox"/> Volunteer Work <input type="checkbox"/> Support Employment <input type="checkbox"/> Student			
<input type="checkbox"/> Unemployed, Job Seeking Independently <input type="checkbox"/> Unemployed, Job Seeking with Employment Agency <input type="checkbox"/> Unwaged, Not Seeking Work			
Have you <b>successfully</b> completed any of the following Qualifications? (please tick)			
<input type="checkbox"/> Bachelor or Higher Degree <input type="checkbox"/> Advanced Diploma or Associated Degree <input type="checkbox"/> Diploma or Associate Diploma <input type="checkbox"/> Certificate IV <input type="checkbox"/> Certificate III			
<input type="checkbox"/> Certificate II <input type="checkbox"/> Certificate I <input type="checkbox"/> Misc. Education (please specify) ..... <input type="checkbox"/> None of the above <input type="checkbox"/> Prefer not to say			
What is your highest completed school level? (tick one) <input type="checkbox"/> Year 12 <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 9/lower <input type="checkbox"/> Prefer not to say			
Are you currently Studying? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, are you studying (please tick) <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time	
I identify my gender as <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Trans <input type="checkbox"/> Prefer not to say		Are you intersex? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say	
Do you consider yourself to be <input type="checkbox"/> Lesbian, Gay or Homosexual <input type="checkbox"/> Straight or Heterosexual <input type="checkbox"/> Bisexual <input type="checkbox"/> Other (please specify) ..... <input type="checkbox"/> 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

<p><b>1</b> Carefully read the South Eastern Sydney Recovery Prospectus</p>	<p><b>2</b> Select the Course/s you wish to attend and place them in order of preference</p>	<p><b>3</b> Seek approval of your Manager to attend Recovery College Course/s</p>	<p><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> – Level 2, 11 South Street, Kogarah NSW 2217  <b>By Phone</b> – 9113 2981</p>
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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.

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

Preference # 1 .....

Preference # 2 .....

Preference # 3 .....

SIGNATURE: .....	DATE: .....
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### South Eastern Sydney Local Health District Catchment Area Map



## Contact details

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

Also supported by



Mental Health  
& Wellbeing  
Consumer  
Advisory Group

