



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Winter Term Course Guide April - June 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

South Eastern Sydney Recovery College – Winter Term 2015

We are very pleased to offer you our new course guide for the Winter Term 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.

What our students are saying

“The lived experience with the clinical experience is a brilliant philosophy, seeing people come from all different areas is great.”

“It made me pinch myself. It put the responsibility back on to me at all times....I know I need to do this. To be recovered does not mean I have nowhere to go. Recovery College helped me to grow, and it gave me the push that I had been resisting for a long time.”

“The Recovery College enabled me to self-reflect, and look inward to my own potential.”

“I learned so many things by participating in the Recovery College. Now I know how to do it. It opened my future; the future feels good to me. I set goals to volunteer or find a job. I feel more educated about it and I have more confidence with the opening of pathways.”

What's new in Winter 2015?

“We need more advanced levels, it's a great introduction, but then we need the next level to keep going.”

Recovery College student

In response to the feedback we received at our focus groups held earlier in the year, we have adapted some of the established courses and started writing new, advanced courses. The new course, Life Beyond Psychosis (page 6) is delivered over 4 weeks and builds upon the foundation of Understanding Psychosis (page 11). Managing Stress, another new course (page 10), is delivered over a 6 week period. Taking Control of Your Life, previously the 4 week Road to Recovery course, has been extended to 6 weeks.

“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. St George and Sutherland Community College are offering Certificate II in Business and City East Community College will deliver Foundations Skills. There will be more information about these courses available shortly.

We are continuing to offer a number of workshops in languages other than English. This term they include Navigating the Mental Health System in Arabic, Mandarin, Greek and Russian and a Mindfulness course in Arabic.

We hope you will take advantage of the great range to 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**
- Stream 2: Rebuilding Your Life – Developing Knowledge & Skills**
- Stream 3: Getting Involved in Mental Health Services & Making a Difference**
- Stream 4: Recovery Supporting Practices
Open to staff of the South Eastern Sydney Local Health District (SESLHD)
Mental Health Services only**

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 18 years of age and over who have a mental 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 the Community Colleges.

Enrolling is easy!

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

- Complete and return the enrolment form on page 21 OR
- Email us to request a form

Staff, students and volunteers

- Option 1 – enrol online via the mental health intranet site (non-mandatory training):
http://seslhnweb/Mental_Health/Training/Clinical.asp
- Option 2 – complete the enrolment form on page 22 of this course guide.

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.

For any queries, please phone: 9113 2981

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

Postal address: James Laws House, Ground 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 PLANS (ILP)

Individual Learning Plan 1 Session (ILP 1)

2 HOURS x 1 WEEK

When you enrol at the College a Peer Learning Advisor will arrange to meet with you to complete an Individual Learning Plan. This plan is designed to help you identify your specific learning goals for the term in relation to your hopes, goals and ambitions for your recovery journey, self-management and skill development. During the session you will have the opportunity to book into courses and discuss any learning and support needs you may have. The Individual Learning Plan 1 can be conducted one on one or students can attend a group session as below.

DATES, TIMES & VENUE INFORMATION		
# SUM15ILP1	Thursday 2 nd July 2015	10:00am-12:00pm
St George & Sutherland Community College, Hurstville Campus		
	Friday 3 rd July 2015	2:00pm-4:00pm
City East Community College, Bondi Road		

Individual Learning Plan 2 Session (ILP 2)

2 HOURS x 1 WEEK

This course will provide you with time to review your first Learning Plan and also work on your 2nd plan, deciding on your specific learning 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

DATES, TIMES & VENUE INFORMATION		
# SUM15ILP2	Monday 29 th June 2015	2:00pm-4:00pm
City East Community College, Bondi Road		
	Tuesday 30 th June 2015	2:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		
	Wednesday 1 st July 2015	10:00am-12:00pm
St George Mental Health Conference Room, Kogarah		

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.**

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		
#S010009	Monday 4 th May 2015	10:00am-2:00pm
Prince of Wales Hospital, Edmund Blackett Building		

Introduction to Recovery and the Strengths Approach

7.5 HOURS x 1 WEEK

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.

DATES, TIMES & VENUE INFORMATION		
#S010010	Monday 27 th April 2015	9:00am-4:30pm
St George Mental Health Conference Room, Kogarah		

Understanding Psychosis

3 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. Students may like to continue their learning after this by attending the Life Beyond Psychosis course (see page 11).

DATES, TIMES & VENUE INFORMATION		
#S010007	Tuesday 5 th May 2015	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

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 11 th June 2015	2:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		



Understanding Anxiety

3 HOURS x 1 WEEK

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

DATES, TIMES & VENUE INFORMATION		
#S010011	Friday 12 th June 2015	10:00am-1:00pm
City East Community College, Bondi Road		

Introduction to the Voice Hearing Approach

7 HOURS x 1 WEEK

This full 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.

DATES, TIMES & VENUE INFORMATION		
#S010002	Thursday 18 th June 2015	9.00am-4.00pm
St George & Sutherland Community College, Jannali Campus		

Navigating the Mental Health System

4 HOURS x 1 WEEK

Students attending this course will develop skills and knowledge to make informed choices about using and working with public, private and community managed mental health and General Practitioner services. They will learn about how we work in the South Eastern Sydney Local Health District, roles of the different professions, consumer rights and responsibilities.

DATES, TIMES & VENUE INFORMATION		
#S010003	Wednesday 25 th June 2015	12:30pm-4:30pm
City East Community College, Bondi Road		

Stream 1 Courses in Languages Other Than English

Navigating the Mental Health System – Arabic, Russian, Mandarin & Greek

4 HOURS x 1 WEEK



(To obtain language specific promotional material email: 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. These courses have been specifically designed for people who speak Arabic, Russian, Mandarin and Greek. 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.

Arabic - Navigating the Mental Health System

DATES, TIMES & VENUE INFORMATION		
#S010003-ARA	Wednesday 13 th May 2015	11.00am-3.00pm
Arncliffe Community Centre, Arncliffe		

Russian – Navigating the Mental Health System

DATES, TIMES & VENUE INFORMATION		
#S010003-RUS	Wednesday 27 th May 2015	10.00am-2.00pm
St George Migrant Resource Centre, Rockdale		

Mandarin – Navigating the Mental Health System

DATES, TIMES & VENUE INFORMATION		
#S010003-MAN	Tuesday 2 nd June 2015	10.00am-2.00pm
St George Migrant Resource Centre, Rockdale		

Greek – Navigating the Mental Health System

DATES, TIMES & VENUE INFORMATION		
#S010003-GRK	Wednesday 17 th June 2015	10.00am-2.00pm
St George Migrant Resource Centre, Rockdale		

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.**

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	Tuesday 28 th April 2015	2:00pm-4:00pm
	Tuesday 5 th May 2015	2:00pm-4:00pm
	Tuesday 12 th May 2015	2:00pm-4:00pm
	Tuesday 19 th May 2015	2:00pm-4:00pm
	St George & Sutherland Community College, Jannali Campus	

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 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.

DATES, TIMES & VENUE INFORMATION		
#S020003	Thursday 30 th April 2015	10:00am-12:00pm
	Thursday 7 th May 2015	10:00am-12:00pm
	Thursday 14 th May 2015	10:00am-12:00pm
	Thursday 21 st May 2015	10:00am-12:00pm
	Thursday 28 th May 2015	10:00am-12:00pm
	St George & Sutherland Community College, Jannali Campus	

Getting a Good Night's Sleep

3 HOURS x 1 WEEK



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.

DATES, TIMES & VENUE INFORMATION		
#S020001-2	Thursday 14 th May 2015	10:00am-1:00pm
St George & Sutherland Community College, Hurstville Campus		

Managing Stress

2 HOURS 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.

DATES, TIMES & VENUE INFORMATION		
#S020011	Monday 18 th May 2015	2:30pm-4:30pm
	Monday 25 th May 2015	2:30pm-4:30pm
	Monday 1 st June 2015	2:30pm-4:30pm
	Monday 15 th June 2015	2:30pm-4:30pm
	Monday 22 nd June 2015	2.30pm-4.30pm
	Monday 29 th June 2015	2:30pm-4.30pm
	City East Community College, Bondi Road	

Taking Control of Your Life (previously Road to Recovery)

2 HOURS x 6 WEEKS

This six 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 towards recovery.

DATES, TIMES & VENUE INFORMATION		
#S020002	Thursday 21 st May 2015	10.00am-12.00pm
	Thursday 28 th May 2015	10.00am-12.00pm
	Thursday 4 th June 2015	10.00am-12.00pm
	Thursday 11 th June 2015	10.00am-12.00pm
	Thursday 18 th June 2015	10.00am-12.00pm
	Thursday 25 th June 2015	10.00am-12.00pm
	St George & Sutherland Community College, Hurstville Campus	

Physical Health & Wellbeing

2 HOURS 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.

DATES, TIMES & VENUE INFORMATION		
#S020005	Tuesday 26 th May 2015	2:00pm-4:00pm
	Tuesday 2 nd June 2015	2:00pm-4:00pm
	Tuesday 9 th June 2015	2:00pm-4:00pm
	Tuesday 16 th June 2015	2:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		

Life Beyond Psychosis

2 HOURS x 4 WEEK



In this new course, 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 the experience of psychosis. This course builds on the “Understanding Psychosis” course offered in Stream 1 (see page 6).

DATES, TIMES & VENUE INFORMATION		
#S020012	Thursday 21 st May 2015	2.30pm -4.30pm
	Thursday 28 th May 2015	2.30pm-4.30pm
	Thursday 4 th June 2015	2.30pm-4.30pm
	Thursday 11 th June 2015	2.30pm-4.30pm
City East Community College, Bondi Road		

Stream 2 Courses in Languages Other Than English



Introduction to Mindfulness in Arabic

2 HOURS x 5 WEEKS

(To obtain promotional material in Arabic email: recoverycollege@sesiahs.health.nsw.gov.au or phone: 9113 2981)

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 improve 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	Thursday 7 th May 2015	10:00am-12:00pm
	Thursday 14 th May 2015	10:00am-12:00pm
	Thursday 21 st May 2015	10:00am-12:00pm
	Thursday 28 th May 2015	10:00am-12:00pm
	Thursday 4 th June 2015	10:00am-12:00pm
St George Migrant Resource Centre, Rockdale		

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.**

Public Speaking

2 HOURS 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.

DATES, TIMES & VENUE INFORMATION		
#S030003	Thursday 30 th April 2015	10:00am-12:00pm
	Thursday 7 th May 2015	10:00am-12:00pm
St George & Sutherland Community College, Hurstville Campus		

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	Thursday 4 th June 2015	9:00am-4:00pm
St George & Sutherland Community College, Jannali Campus		

Committee Work

3 HOURS x 1 WEEK



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

DATES, TIMES & VENUE INFORMATION		
#S030005	Friday 26 th June 2015	1:00pm-4:00pm
City East Community College, Bondi Road		

TRAINING PROGRAM FOR RECOVERY COLLEGE EDUCATORS

These courses are designed for our current Educators or for people who would like to become Recovery College Educators (peer consumer, peer carer or clinician).

Recovery Orientation Training for Educators

4 HOURS x 1 WEEK



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.

DATES, TIMES & VENUE INFORMATION		
#S030006	Monday 11 th May 2015	8.30am-12.30pm
St George Mental Health Conference Room, Kogarah		

General Train the Trainer for Educators

8 HOURS x 1 WEEK



This course 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.

DATES, TIMES & VENUE INFORMATION		
#S030007	Monday 25 th May 2015	8.30am – 4.30pm
St George Mental Health Conference Room, Kogarah		

Recovery Train the Trainer for Educators

8 HOURS x 1 WEEK



This training workshop 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. The training is delivered by inside out and associates.

DATES, TIMES & VENUE INFORMATION		
#S030008	Friday 19 th June 2015	9:00am-4:30pm
St George Mental Health Conference Room, Kogarah		

Frameworks Training for Educators

4 HOURS x 1 WEEK



This training will focus on explanatory models theory, examples of explanatory frameworks of mental distress and exploring their application in Recovery College courses.

DATES, TIMES & VENUE INFORMATION		
#S030009	Thursday 18 th June 2015	1:00pm-5:00pm
St George Mental Health Conference Room, Kogarah		

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

Safety for All (Foundations)*

4.5 HOURS 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 20 th April 2015	8:30am-1:00pm
St George Mental Health Conference Room, Kogarah		
	Monday 4 th May 2015	8:30am-1:00pm
St George Mental Health Conference Room, Kogarah		
	Tuesday 9 th June 2015	8:30am-1:00pm
Prince of Wales Hospital, Clinical Skills Room, Edmund Blackett Building		

Strengths Model for Mental Health Practitioners*

2 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 19 th May 2015	9:00am-5:00pm
	Wednesday 20 th May 2015	9:00am-5:00pm
St George Mental Health Conference Room, Kogarah		

APRIL 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY				
				1		2		3	Public Holiday Good Friday	4	Public Holiday Easter Saturday	5	Public Holiday Easter Sunday			
6	Public Holiday Easter Monday	7		8		9		10		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	Public Holiday ANZAC Day	26				
27	Introduction to Recovery & the Strengths Approach (9am-4:30pm)	28	Getting Back to Work, 1 of 4 (2pm-4pm)	29		30	Introduction to Mindfulness, 1 of 5 (10am-12pm) Public Speaking, 1 of 2 (10am-12pm)	<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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MAY 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY								
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Green = Sutherland Area</p> </div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>Purple = St George Area</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Blue = Eastern Suburbs Area</p> </div>								1		2		3								
4	Introduction to Recovery (10am-2pm) Safety for all (Foundations) FOR STAFF ONLY (8:30am-1pm)	5	Understanding Psychosis (10am-1pm) Getting Back to Work, 2 of 4 (2pm-4pm)	6		7	Introduction to Mindfulness, 2 of 5 (10am-12pm) ARABIC – Introduction to Mindfulness, 1 of 5 (10am-12pm) Public Speaking, 2 of 2 (10am-12pm)	8		9		10								
11	Recovery Orientation Training for Educators (8:30am-12:30pm)	12	Getting Back to Work, 3 of 4 (2pm-4pm)	13	ARABIC – Navigating the Mental Health System (11am-3pm)	14	Introduction to Mindfulness, 3 of 5 (10am-12pm) Getting a Good Night's Sleep (10am-1pm) ARABIC – Introduction to Mindfulness, 2 of 5 (10am-12pm)	15		16		17								
18	Managing Stress, 1 of 6 (2:30pm-4:30pm)	19	Getting Back to Work, 4 of 4 (2pm-4pm) Strengths Model for Mental Health Practitioners (9am-5pm)	20	Strengths Model for Mental Health Practitioners (9am-5pm)	21	Introduction to Mindfulness, 4 of 5 (10am-12pm) Taking Control of Your Life, 1 of 6 (10am-12pm) Life Beyond Psychosis, 1 of 4 (2:30pm-4:30pm) ARABIC – Introduction to Mindfulness, 3 of 5 (10am-12pm)	22		23		24								
25	Managing Stress, 2 of 6 (2:30pm-4:30pm) General Train the Trainer for Educators (8:30am-4:30pm)	26	Physical Health & Wellbeing, 1 of 4 (2pm-4pm)	27	RUSSIAN – Navigating the Mental Health System (10am-2pm)	28	Introduction to Mindfulness, 5 of 5 (10am-12pm) Taking Control of Your Life, 2 of 6 (10am-12pm) Life Beyond Psychosis, 2 of 4 (2:30pm-4:30pm) ARABIC – Introduction to Mindfulness, 4 of 5 (10am-12pm)	29		30		31								

JUNE 2015

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
1	Managing Stress, 3 of 6 (2:30pm-4:30pm)	2	Physical Health & Wellbeing, 2 of 4 (2pm-4pm) MANDARIN – Navigating the Mental Health System (10am-2pm)	3		4	Taking Control of Your Life, 3 of 6 (10am-12pm) Life Beyond Psychosis, 3 of 4 (2:30pm-4:30pm) ARABIC – Introduction to Mindfulness, 5 of 5 (10am-12pm) Intro to Consumer & Peer Worker Roles (9am-4pm)	5		6		7	
8	Public Holiday Queen’s Birthday	9	Physical Health & Wellbeing, 3 of 4 (2pm-4pm) Safety for all (Foundations) FOR STAFF ONLY (8:30am-1pm)	10		11	Making Meaning of Medications (2pm-4pm) Taking Control of Your Life, 4 of 6 (10am-12pm) Life Beyond Psychosis, 4 of 4 (2:30pm-4:30pm)	12	Understanding Anxiety (10am-1pm)	13		14	
15	Managing Stress, 4 of 6 (2:30pm-4:30pm)	16	Physical Health & Wellbeing, 4 of 4 (2pm-4pm)	17	GREEK – Navigating the Mental Health System (10am-2pm)	18	Introduction to the Voice Hearing Approach (9am-4pm) Taking Control of Your Life, 5 of 6 (10am-12pm) Frameworks for Understanding Mental Distress Training for Educators (1pm-5pm)	19	Recovery Train the Trainer for Educators (9am-4:30pm)	20		21	
22	Managing Stress, 5 of 6 (2:30pm-4:30pm)	23		24		25	Taking Control of Your Life, 6 of 6 (10am-12pm) Navigating the Mental Health System (12:30pm-4:30pm)	26	Committee Work (1pm-4pm)	27		28	
29	Individual Learning Plan (ILP 2), (2pm-4pm) Managing Stress, 6 of 6 (2:30pm-4:30pm)	30	Individual Learning Plan (ILP 2), (2pm-4pm)	<p>July Individual Learning Plan Dates</p> <p>1st – Individual Learning Plan (ILP 2), 10am-12pm</p> <p>2nd – Individual Learning Plan (ILP 1), 10am-12pm</p> <p>3rd – Individual Learning Plan (ILP 1), 2pm-4pm</p>								<p>Green = Sutherland Area</p> <p>Purple = St George Area</p> <p>Blue = Eastern Suburbs Area</p>	

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:

Arncliffe Community Centre

1-2/35 Forest Road, Arncliffe 2205

City East Community College, Bondi Road Campus

98 Bondi Road, Bondi Junction 2022

Maroubra Community Mental Health Centre

130 Garden Street, Maroubra 2035

Prince of Wales Hospital, Edmund Blackett Building

Barker Street, Randwick 2031

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,
11 South Street, Kogarah 2217

St George Migrant Resource Centre

552 Princes Hwy, Rockdale 2216

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 19.

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.

Information in Languages other than English

Do you need an interpreter?

If you wish to contact us by telephone call the **Translating and Interpreting Service (TIS)** on **131 450**. Tell the operator what language you speak, and then ask the interpreter to set up a telephone conversation between you, an interpreter and the health service contact listed below.

ARABIC

هل انت بحاجة الى مترجم؟

إن كنت ترغب بالاتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم **131 450**. إبلاغ الموظف باللغة

التي تتكلمها، ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية الصحية المدرج أدناه

您需要一位口译员吗？ SIMPLIFIED CHINESE

如果您想打电话联系我们，可以致电131450 笔译和口译服务处 (Translating and Interpreting Service, TIS)。告知接线员您所说的语言，然后请口译员建立一个在您、口译员和下列医疗服务处之间的对话。

您需要一位傳譯員嗎？ TRADITIONAL CHINESE

如果您想打電話聯絡我們，可以致電131450筆譯和傳譯服務處 (Translating and Interpreting Service, TIS)。告知接線員您所說的語言，然後請傳譯員建立一個在您、傳譯員和下列醫療服務處之間的對話。

Χρειάζεστε διερμηνέα; GREEK

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών (TIS) στο 131 450. Να πείτε στον τηλεφωνητή ποια γλώσσα μιλάτε και στη συνέχεια ζητήστε από τον διερμηνέα να δημιουργήσει μια τηλεφωνική συνομιλία ανάμεσα σε εσάς, τον διερμηνέα και τις υγειονομικές υπηρεσίες που αναφέρονται παρακάτω.

Ви треба преведувач?

MACEDONIAN

Ако сакате да ни се обратите преку телефон јавете се во Преведувачката служба (**Translating and Interpreting Service (TIS)**) на **131 450**. Кажете и/му на телефонистот на кој јазик зборувате, а потоа побарајте од преведувачот да се воспостави телефонски разговор меѓу вас, преведувачот и лицето од здравствената служба наведена подолу.

Вам нужен переводчик?

RUSSIAN

Если вы хотите связаться с нами по телефону, позвоните в Службу Письменных и Устных Переводов (TIS) по телефону **131 450**. Скажите оператору на каком языке вы говорите, а затем попросите переводчика организовать телефонный разговор между вами, переводчиком и представителем службы здравоохранения из перечисленного ниже списка.

के तपाईंलाई दोभासे अनुवादक चाहिन्छ ?

NEPALI

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिंग एंड इन्टरपरेटिंग सर्भिस (टि आइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

This prospectus is adapted from: CNWL Recovery College Prospectus September 2013 – March 2014; Solent Recovery College Prospectus; Recovery College East Prospectus Spring and Summer 2013; Nottingham Recovery College Prospectus Spring and Summer 2013; Mercy Care Prospectus Autumn 2013

Enrolment Form

(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 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 – James Laws House, Ground Floor, Gray 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, Partners 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 as <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 current 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"/> Supported 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 successfully 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>1 Carefully read the South Eastern Sydney Recovery College Prospectus</p>	<p>2 Select the Course/s you wish to attend and place them in order of preference</p>	<p>3 Seek approval of your Manager to attend Recovery College Course/s</p>	<p>4 Complete enrolment form and submit in any of the following ways. By Email – recoverycollege@sesiahs.health.nsw.gov.au By Mail – James Laws House, Ground Floor, Gray Street, Kogarah NSW 2217 By Phone – 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 current 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 current 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 (SESLHD) Catchment Area Map



Contact details

Ph: 9113 2981 | Email: 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/

Also supported by



Mental Health
& Wellbeing
Consumer
Advisory Group

