



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

2016 Term **3** Course Guide

July - September

*“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, 2016

Welcome to Term 3 of the Recovery College!

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

All our courses are co-written and co-facilitated by people with a lived experience of mental health issues and health care professionals or other specialist services.

What's New – calling all families and carers

We are always developing new courses to meet the needs of our students and this term we are pleased to offer new courses in Getting into Study, Understanding Grief and Loss, and Supporting Recovery and Looking After Yourself as a Carer. We welcome carers to all of our courses but hope to see some new faces in this specially targeted course.

Don't forget there is a monthly enrolment into the St George and Sutherland Community College accredited course *Business Services II*. You don't have to miss out if you haven't already enrolled!

All students can now enrol in the Recovery College online: <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

Exciting Announcement!

After two years in operation we are thrilled to announce that we will soon be moving to new premises in Kogarah! Our new space will be shared with the Keeping Body in Mind Program and will include a student study space and recovery library, training room and office space for our ever expanding workforce. Stay tuned for details about our grand opening!



Who can attend the Recovery College?

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

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

- People 18 years of age and over who have a mental health condition and live in the South Eastern Sydney Local Health District catchment (aqua blue section of map https://www.google.com/maps/d/viewer?mid=ztNNWkXt8UgA_koldVDNq-2ll&msa=0 or contact the Recovery College for further clarification).
- Their families, carers and support people.
- Staff, students and volunteers of the South Eastern Sydney Local Health District.
- Staff of our partner Community Colleges and Advance Diversity Services.

If you **do not meet the eligibility criteria** and would like to attend courses for a fee complete the enrolment form on page 20 and tick box as indicated in the 'connection with the Recovery College' section.

Enrolling is easy with the option to also now enrol online!

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

- **Option 1:** complete online enrolment form <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>
- **Option 2:** complete and return the enrolment form on page 19 of the course guide.
- **Option 3:** 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
- **Option 2:** complete the enrolment form on page 20.

For any queries, please phone: 9113 2981

Email: seslhd-recoverycollege@health.nsw.gov.au

Course Evaluation Comments

What our students say...

Very interesting and informative. I enjoyed the group activities and the tool box (Challenging Stigma)

Gained knowledge, awareness, insight and valuable information I was not aware of previously (Introduction to the Voice Hearing Approach)

Great facilitators, open transparent and brilliant (Journeys in Gender, Sex and Sexuality: From Surviving to Thriving)

Recovery College Course Streams

Stream 1: Understanding Mental Health Conditions & Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health conditions and common treatment options, incorporating different ways of understanding mental distress. Courses about rights, current mental health legislation and the mental health system are also offered.

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.

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

Stream 4: Recovery Supporting Practices

These courses provide education and training for **people currently working in or considering a career in mental health services** in approaches and practices that support personal recovery. These courses are supported by the SESLHD Mental Health Service and form part of a service development strategy aimed at ensuring recovery principles underpin all mental health service provision.

Approval from your manager must be sought prior to enrolling in any of these courses

Attendance & Certificate Information

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

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

What happens if I can't attend the course?

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

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.



Introduction to Recovery

4 Hour Course

There is a lot of talk about recovery but 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-ENG | Wednesday 20 th July 2016 | 12:30pm-4:30pm |
| Recovery College Training Room, Kogarah | | |

Understanding Grief & Loss



4 Hour Course

This course explores the various expressions of grief and loss in life and how they relate to our mental health. It includes practical strategies to help those dealing with grief and loss on their road to recovery.

| | | |
|---|------------------------------------|----------------|
| #S010016-ENG | Tuesday 26 th July 2016 | 10:00am-2:00pm |
| Recovery College Training Room, Kogarah | | |

Introduction to Recovery & the Strengths Approach

1 Day Course

This course combines the Introduction to Recovery course 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-ENG | Tuesday 9 th August 2016 | 9:00am-5:00pm |
| St George & Sutherland Community College, Jannali Campus | | |

Understanding Anxiety

3 Hour Course

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-ENG | Friday 12 th August 2016 | 10:00am-1:00pm |
| City East Community College, Bondi Road Campus | | |



Understanding the Mental Health Act

4 Hour Course

This introductory course will give students a basic understanding of the recently amended 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-ENG | Friday 19 th August 2016 | 10:00am-2:00pm |
| City East Community College, Bondi Road Campus | | |

Understanding Trauma for Women

3 Hour Course

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-ENG | Thursday 1 st September 2016 | 1:30pm-4:30pm |
| Recovery College Training Room, Kogarah | | |

Supporting Recovery & Looking after yourself as a Carer



3 Hour Course

This course will explore how to support the person you care for in their Recovery as well as looking after your own emotional health and wellbeing. You will come away with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery. Topics include: benefits of mindfulness, where to get help, maintaining healthy relationships, coping during difficult times, communication tips and supporting recovery.

| | | |
|---|--|----------------|
| #S010017-ENG | Monday 19 th September 2016 | 10:00am-1:00pm |
| Recovery College Training Room, Kogarah | | |



Making Mindfulness Your Own

2 Hour Course 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-ENG | Wednesday 3 rd August 2016 | 1:00pm-3:00pm |
| | Wednesday 10 th August 2016 | |
| | Wednesday 17 th August 2016 | |
| | Wednesday 24 th August 2016 | |
| | Wednesday 31 st August 2016 | |
| Recovery College Training Room, Kogarah | | |

Resilience

2 Hour Course x 4 Weeks

This 4 week course will help students understand resilience and factors that make us resilient. Students will identify how they currently cope. The course will explore practical skills students can use to survive and thrive in times of change and difficulty.

| | | |
|---|---------------------------------------|---------------|
| #S020014-ENG | Thursday 4 th August 2016 | 2:45pm-4:45pm |
| | Thursday 11 th August 2016 | |
| | Thursday 18 th August 2016 | |
| | Thursday 25 th August 2016 | |
| City East Community College, Bondi Road Campus | | |

Getting Into Study



3 Hour Course

Thinking about studying? This can be both exciting and a little overwhelming. This course will help students explore the range of studying options, what support is available and how to get started. Students will have the opportunity to reflect on previous experiences, barriers and their beliefs about studying. By the end of the course students will have knowledge about how to take the next step towards the study of their choice.

| | | |
|---|-------------------------------------|----------------|
| #S020023-ENG | Tuesday 2 nd August 2016 | 10:00am-1:00pm |
| St George & Sutherland Community College, Jannali Campus | | |



Getting Into Volunteer Work

3 Hour Course

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-ENG | Friday 5 th August 2016 | 10:00am-1:00pm |
| Recovery College Training Room, Kogarah | | |

Taking Control of Your Life

2 Hour Course x 4 Weeks

This 4 week course will take you on a journey to explore the principles of recovery and its meaning to your life. During the sessions you will develop tools and strategies to support your own and others' recovery and reflect on your own values and attitudes towards recovery.

| | | |
|---|--|-----------------|
| #S020002-ENG | Monday 15 th August 2016 Monday 22 nd August 2016 Monday 29 th August 2016 Monday 5 th September 2016 | 10:00am-12:00pm |
| Recovery College Training Room, Kogarah | | |

Creativity for Recovery

2 Hour Course 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-ENG | Tuesday 16 th August 2016 Tuesday 23 rd August 2016 Tuesday 30 th August 2016 Tuesday 6 th September 2016 | 10:00am-12:00pm |
| St George & Sutherland Community College, Jannali Campus | | |

Making & Keeping Connections

2 Hour Course x 4 weeks

Over 4 weeks students will learn how to establish and maintain personal friendships and intimate relationships. The course will explore confidence, moving through fear of judgment, boundaries and the importance of knowing yourself and what you want in a relationship.

| | | |
|--|---|---------------|
| #S020019-ENG | Wednesday 24 th August 2016 Wednesday 31 st August 2016 Wednesday 7 th September 2016 Wednesday 14 th September 2016 | 2:45pm-4:45pm |
| City East Community College, Bondi Road Campus | | |



Body, Mind & Breath

1.5 Hour Course x 4 Weeks

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

| | | |
|--|--|-----------------|
| #S020017-ENG | Thursday 1 st September 2016 | 10:00am-11:30am |
| | Thursday 8 th September 2016 | |
| | Thursday 15 th September 2016 | |
| | Thursday 22 nd September 2016 | |
| Recovery College Training Room, Kogarah | | |

Next Steps

3 Hour Course

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

| | | |
|---|--|---------------|
| #S020018-ENG | Thursday 22 nd September 2016 | 1:30pm-4:30pm |
| | Recovery College Training Room, Kogarah | |
| | Friday 23 rd September 2016 | 1:00pm-4:00pm |
| City East Community College, Bondi Road Campus | | |



Stream 2 Courses in Community Languages

Making Mindfulness Your Own

2 Hour Course x 5 Weeks

This 5 week course conducted in Arabic or Greek 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.

Arabic – Making Mindfulness Your Own

2 Hour Course x 5 Weeks

إن كنت ترغب بالإتصال بنا هاتفيا, إتصل بخدمة الترجمة الهاتفية على الرقم
131 450 . إبلغ الموظف باللغة

| | | |
|--|---------------------------------------|-----------------|
| #S020013-ARA | Thursday 28 th July 2016 | 10:00am-12:00pm |
| | Thursday 4 th August 2016 | |
| | Thursday 11 th August 2016 | |
| | Thursday 18 th August 2016 | |
| | Thursday 25 th August 2016 | |
| Recovery College Training Room, Kogarah | | |

Greek – Making Mindfulness Your Own in Greek

2 Hour Course x 5 Weeks

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

| | | |
|--|--|-----------------|
| #S020013-GRK | Wednesday 3 rd August 2016 | 10:00am-12:00pm |
| | Wednesday 10 th August 2016 | |
| | Wednesday 17 th August 2016 | |
| | Wednesday 24 th August 2016 | |
| | Wednesday 31 st August 2016 | |
| Recovery College Training Room, Kogarah | | |



Systemic Advocacy in Mental Health

4 Hour Course x 2 Weeks

This 2 half day interactive course 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-ENG | Thursday 18 th August 2016 | 12:30pm-4:30pm |
| | Thursday 25 th August 2016 | |
| St George & Sutherland Community College, Jannali Campus | | |

Courses for Educators

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

Educating for Recovery: Purposeful Storytelling

1 Day Course

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-ENG | Friday 29 th July 2016 | 9:00am-4:30pm |
| Recovery College Training Room, Kogarah | | |

Skills for Educators

1 Day Course

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

| | | |
|---|-------------------------------------|---------------|
| #S030007-ENG | Friday 19 th August 2016 | 9:00am-4:30pm |
| Recovery College Training Room, Kogarah | | |

Educating for Recovery: Foundations

4 Hour Course

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

| | | |
|---|--|----------------|
| #S030006-ENG | Wednesday 7 th September 2016 | 12:30pm-4:30pm |
| Recovery College Training Room, Kogarah | | |



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

Introduction to Trauma-Informed Care

1 Day Course

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

| | | |
|---|--------------------------------------|---------------|
| #S040005-ENG | Tuesday 23 rd August 2016 | 9:00am-4:30pm |
| Recovery College Training Room, Kogarah | | |

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

1 Day Course

This one-day course will build mental health workers' capacity to respond to people who are lesbian, gay, bisexual, asexual, transgender and/or intersex, their families of choice and communities. It will explore how homophobia and transphobia impact on mental health and wellbeing. Mental health workers will learn strategies for making mental health services more inclusive of people who are gender, sex and sexuality diverse.

| | | |
|---|--|---------------|
| #S040006-ENG | Tuesday 6 th September 2016 | 9:00am-4:30pm |
| Recovery College Training Room, Kogarah | | |

The Strengths Model in Practice

2 Day Course + 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. This 2 day course is followed by a supervised competency process for SESLHD mental health workers designed to provide practical knowledge of the Strengths Model and support with developing skills in using the tools with consumers.

Mental health workers undertaking this training must complete both the 2 day course + 6 months competencies, including 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-ENG | Monday 12 th September 2016 | 9:00am-5:00pm |
| | Tuesday 13 th September 2016 | |
| Recovery College Training Room, Kogarah | | |



Certificate II in Business (BSB20115)

5 Hours per Week x 40 weeks

N.B: Students can enrol at the beginning of each month

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. This course will give you the skills and knowledge to communicate effectively with others in the workplace, to provide essential customer service, to plan and organise your own work schedule, to produce simple word documents and spreadsheets and to understand work place health & safety procedures. Each month a different unit of competency is studied. Students are able to enrol in the course at the beginning of the month. There are no exams as this is a competency-based course. Some of the employment opportunities with this qualification are Administration Assistant, Clerical Worker and Receptionist. From this course you could progress to a Certificate IV in Business Administration or a Certificate IV in Leadership and Management. Enrolment for this course will occur monthly.

Please phone the Recovery College for more information.

| | | |
|--|--|----------------------|
| #S050002-ENG | <p>Thursday 21st July 2016 Thursday 28th July 2016 Thursday 4th August 2016 Thursday 11th August 2016 Thursday 18th August 2016 Thursday 25th August 2016 Thursday 1st September 2016 Thursday 8th September 2016 Thursday 15th September 2016 Thursday 22nd September 2016</p> | <p>9:30am-2:30pm</p> |
| <p>St George & Sutherland Community College, Jannali Campus</p> | | |

This course will recommence in Term 3 on Thursday 21st July 2016



Course Calendar July 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|--|---|--|---|----------|--------|
| | | | | 1 Term 2, 2016 Concludes | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Term 3, 2016 Commences | 19 | 20 Introduction to Recovery (12:30pm-4:30pm) | 21 Certificate II in Business (BSB20115), 1 of 10 (9:30am- 2:30pm) | 22 | 23 | 24 |
| 25 | 26 Understanding Grief & Loss (10am-2pm) | 27 | 28 Certificate II in Business (BSB20115), 2 of 10 (9:30am- 2:30pm) Making Mindfulness Your Own – Arabic, 1 of 5 (10am-12pm) | 29 Purposeful Storytelling (9am- 4:30pm) | 30 | 31 |



Course Calendar

August 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|-----------|-----------|
| 1 | 2 Getting into Study (10am-1pm) | 3 Making Mindfulness Your Own – Greek, 1 of 5 (10am-12pm) Making Mindfulness Your Own – English, 1 of 5 (1pm-3pm) | 4 Certificate II in Business (BSB20115), 3 of 10 (9:30am- 2:30pm) Making Mindfulness Your Own – Arabic, 2 of 5 (10am-12pm) Resilience 1 of 4 (2:45pm-4:45pm) | 5 Getting Into Volunteer Work (10am-1pm) | 6 | 7 |
| 8 | 9 Introduction to Recovery & Strengths (9am-5pm) | 10 Making Mindfulness Your Own – Greek, 2 of 5 (10am-12pm) Making Mindfulness Your Own – English, 2 of 5 (1pm-3pm) | 11 Certificate II in Business (BSB20115), 4 of 10 (9:30am- 2:30pm) Making Mindfulness Your Own – Arabic, 3 of 5 (10am-12pm) Resilience, 2 of 4 (2:45pm-4:45pm) | 12 Understanding Anxiety (10am-1pm) | 13 | 14 |
| 15 Taking Control of Your Life, 1 of 4 (10am- 12pm) | 16 Creativity for Recovery, 1 of 4 (10am-12pm) | 17 Making Mindfulness Your Own – Greek, 3 of 5 (10am-12pm) Making Mindfulness Your Own – English, 3 of 5 (1pm-3pm) | 18 Certificate II in Business (BSB20115), 5 of 10 (9:30am- 2:30pm) Making Mindfulness Your Own – Arabic, 4 of 5 (10am-12pm) Resilience, 3 of 4 (2:45pm-4:45pm) Systemic Advocacy, 1 of 2 (12:30pm- 4:30pm) | 19 Skills for Educators (9am-4:30pm) Understanding the Mental Health Act (10am-2pm) | 20 | 21 |
| 22 Taking Control of Your Life, 2 of 4 (10am- 12pm) | 23 Introduction to Trauma-Informed Care (9am-4:30pm) Creativity for Recovery, 2 of 4 (10am-12pm) | 24 Making Mindfulness Your Own – Greek, 4 of 5 (10am-12pm) Making Mindfulness Your Own – English, 4 of 5, (1pm-3pm) Making & Keeping Connections, 1 of 4 (2:45pm-4:45pm) | 25 Certificate II in Business (BSB20115), 6 of 10 (9:30am- 2:30pm) Making Mindfulness Your Own – Arabic, 5 of 5 (10am-12pm) Resilience, 4 of 4 (2:45pm-4:45pm) Systemic Advocacy, 2 of 2 (12:30pm- 4:30pm) | 26 | 27 | 28 |
| 29 Taking Control of Your Life, 3 of 4 (10am- 12pm) | 30 Creativity for Recovery, 3 of 4 (10am-12pm) | 31 Making Mindfulness Your Own – Greek, 5 of 5 (10am-12pm) Making Mindfulness Your Own – English, 5 of 5 (1pm-3pm) Making & Keeping Connections, 2 of 4 (2:45pm-4:45pm) | | | | |



Course Calendar

September 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|---|-----------|-----------|
| | | | 1 Certificate II in Business (BSB20115), 7 of 10 (9:30am-2:30pm) Body, Mind & Breath, 1 of 4 (10am-11:30am) Understanding Trauma for Women (1:30pm-4:30pm) | 2 | 3 | 4 |
| 5 Taking Control of Your Life, 4 of 4 (10am-12pm) | 6 Journeys in Gender, Sex & Sexuality: From Surviving to Thriving (9am-4:30pm) Creativity for Recovery, 4 of 4 (10am-12pm) | 7 Educating for Recovery: Foundations (12:30pm-4:30pm) Making & Keeping Connections, 3 of 4 (2:45pm-4:45pm) | 8 Certificate II in Business (BSB20115), 8 of 10 (9:30am-2:30pm) Body, Mind & Breath, 2 of 4 (10am-11:30am) | 9 | 10 | 11 |
| 12 The Strengths Model in Practice, 1 of 2 (9am-5pm) | 13 The Strengths Model in Practice, 2 of 2 (9am-5pm) | 14 Making & Keeping Connections, 4 of 4 (2:45pm-4:45pm) | 15 Certificate II in Business (BSB20115), 9 of 10 (9:30am-2:30pm) Body, Mind & Breath, 3 of 4 (10am-11:30am) | 16 | 17 | 18 |
| 19 Supporting Recovery & Looking After Yourself as a Carer (10am-1pm) | 20 | 21 | 22 Certificate II in Business (BSB20115), 10 of 10 (9:30am-2:30pm) Body, Mind & Breath, 4 of 4 (10am-11:30am) Next Steps (1:30pm-4:30pm) | 23 Term 3, 2016 Concludes Next Steps (1pm-4pm) | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |



Course Venue Details

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

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

Recovery College

Wheelchair accessible 

20/24 Belgrave Street, Kogarah 2217
(Entrance via Kensington Street)

City East Community College, Bondi Road Campus

Wheelchair accessible 

98 Bondi Road, Bondi Junction 2022

St George & Sutherland Community College, Jannali Campus

Wheelchair accessible 

127-129 Sutherland Road, Jannali 2226

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 a Student Learning Plan with you which will build on your strengths to identify a set of learning goals for recovery. We will also discuss if you have any particular learning support needs.

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

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

How many other students will be at the courses?

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

Who will teach the courses?

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

What do courses cost?

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

Do you supply food and refreshments?

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

Can I bring a support person?

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



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**. إبلغ الموظف باللغاة

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 .

¿Necesita un intérprete? SPANISH

Si usted necesita usar un intérprete para comunicarse con su servicio de salud, por favor, utilice el Servicio de Traducción e Intérprete (TIS). Por favor llame al 131 450 y decirle al operador el idioma que usted habla y el nombre y número de teléfono del servicio que desea contactar. Este es un país libre, 24 horas al día, 7 días a la semana el servicio.

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



Enrolment Form

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



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Student Number
(Office Use Only)

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

1 Carefully read the South Eastern Sydney Recovery College Course Guide

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

3 Complete enrolment form and submit in any of the following ways.
By Email: seslhd-recoverycollege@health.nsw.gov.au
By Mail: St George Hospital, James Laws House Level 1, Gray Street, Kogarah NSW 2217

STUDENT INFORMATION

First Name:

Surname:

Address:

Suburb:

Post Code:

Phone:

Mobile:

Email:

Date of Birth:

How would you prefer to be contacted? Phone Email

We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.

INFORMATION TO HELP US SUPPORT YOU

What courses are you interested in attending? (please including course name and code) **Enrolment with the Recovery College does not guarantee you a place as all courses are subject to availability. For popular courses a waiting list will apply.**

.....
.....

Do you have any specific learning or support requirements of which you would like the College to be aware?

Yes *please specify below* No

.....

Emergency Contact Details e.g. family, friend etc.) – **compulsory**

Name: Relationship: Phone:

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

Family/Friend Mental Health Worker Brochure/Website Community College
 NGO Support Worker Other (please specify)

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

Current consumer of South Eastern Sydney Local Health District Mental Health Service – please indicate:
 Eastern Suburbs
 St George
 Sutherland
 Supporter (Carer or Support Person) of *Current Service User*

Supporter (Carer or Support Person) of Person living in South Eastern Sydney (not current service user)
 Person with mental health condition residing in South Eastern Sydney Local Health District catchment area (but not a current user of the South Eastern Sydney Mental Health Service)

Please tick: Mental Health Service Provider
 Neami, Aftercare, Partners in Recovery,
 Private Psychiatrist, Private Psychologist,
 Other, please specify

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

QUESTIONNAIRE – OPTIONAL & CONFIDENTIAL

The following questionnaire will assist us to ensure the Recovery College is accessible to the diverse population groups in our community. The information related to employment and education will assist us with our service evaluation and in applying for future funding.
The questionnaire is entirely optional and confidential and you DO NOT need to answer the questions if you do not wish to.

Do you identify as Aboriginal Torres Strait Islander Do you have a disability? Yes No

Country of Birth: Language Spoken at Home: Ethnicity:

Which of the following would best describe your **current** employment status? (please tick)
 Full Time Employee Part Time Employee Casual Employee Volunteer Work Supported Employment Student
 Unemployed, Job Seeking Independently Unemployed, Job Seeking with Employment Agency Unwaged, Not Seeking Work

Have you **successfully** completed any of the following Qualifications? (please tick)
 Bachelor or Higher Degree Advanced Diploma or Associated Degree Diploma or Associate Diploma Certificate IV Certificate III
 Certificate II Certificate I Misc. Education (please specify) None of the above Prefer not to say

What is your highest completed school level? (tick one) Year 12 Year 11 Year 10 Year 9/lower Prefer not to say

Are you currently Studying? Yes No If yes, are you studying (please tick) Full Time Part Time

Gender identity Man Woman Trans Prefer not to say Are you intersex? Yes No Prefer not to say

Sexuality Heterosexual Lesbian, Gay or Bisexual Other (please specify): Prefer not to say

STUDENT SIGNATURE:

DATE:

Enrolment Form (STAFF & VOLUNTEERS ONLY)



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Student Number
(Office Use Only)

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

| | | | |
|---|--|---|--|
| <p>1 Carefully read the South Eastern Sydney Recovery College Course Guide</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: seslhd-recoverycollege@health.nsw.gov.au By Mail: St George Hospital, James Laws House Level 1, Gray Street, Kogarah NSW 2217</p> |
|---|--|---|--|

STAFF/VOLUNTEER 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 | | <i>We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.</i> | |

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> |
|--|---|

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) **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.**

.....

.....

| | |
|------------|-------|
| SIGNATURE: | DATE: |
|------------|-------|

Contact details

Ph: 9113 2981 | Email: seslhd-recoverycollege@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/

Also supported by



Mental Health & Wellbeing
Consumer
Advisory Group



aftercare