



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

# 2016 Term **4** Course Guide

October - December

*“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 4, 2016

Where has the year gone?

Welcome to Term 4 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?

We are always developing new courses to meet the needs of our students. This term we are pleased to offer a new course in **Spirituality and Wellbeing**. See page 9 for details.

We have a new partnership with the Mental Health Coordinating Council (MHCC). This means we can now offer pathways for our students to transition to the nationally accredited **Certificate IV in Mental Health** and **Certificate IV in Mental Health Peer Work** delivered by the MHCC – how exciting! See information session details on page 14.

Don't forget there is a monthly enrolment into the nationally accredited **Certificate II in Business** which we are offering in partnership with St George & Sutherland Community College. You don't have to miss out if you haven't already enrolled.

### We've moved!



We are proud to announce that we have moved into our new premises in Kogarah! We are now located at Shop 2, 20/24 Belgrave Street (entrance via Kensington Street). Our new space is shared with the Keeping Body in Mind Program. It includes a student study space and recovery library, training room and office space for our ever expanding workforce. We look forward to seeing you here soon.

## 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](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 the Recovery College partner organisations.

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](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](mailto:seslhd-recoverycollege@health.nsw.gov.au)

## What our students say...

*To live for the present and not think of the future all the time.*

(Introduction to Mindfulness)

*Gave me confidence and knowledge in understanding the key fundamental of sharing my story.*

(Telling Your Story in a Public Forum)

*I have gained more knowledge and tips with how to cope with living with bipolar and hopefully support others with the condition.*

(Understanding Bipolar)

## 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.

Students who attend 75% or more of a course will receive a certificate of attendance.

## 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 to attending you might have 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	Friday 14 <sup>th</sup> October 2016	10:00am-2:00pm
City East Community College, Bondi Road Campus		

## Understanding Bipolar

3 Hour Course

This course will explore the experience of bipolar, from clinical and personal recovery perspectives. Students will explore different ways of understanding bipolar, treatment options and supports available. The course will also outline strategies for carers to support a person who is experiencing distress associated with bipolar.

#S010014-ENG	Thursday 20 <sup>th</sup> October 2016	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

## Understanding Depression

3 Hour Course

This course will explore the nature of depression, from clinical and personal recovery perspectives. We will work with students to develop strategies for identifying positive coping techniques. Students may like to continue their learning by attending the *Life beyond Depression* course on the 31<sup>st</sup> October 2016.

#S010005-ENG	Monday 24 <sup>th</sup> October 2016	10:00am-1:00pm
Recovery College Training Room, Kogarah		

## Understanding Mental Health Conditions

6 Hour Course

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

#S010007-ENG	Tuesday 1 <sup>st</sup> November 2016	10:00am-4:00pm
St George & Sutherland Community College, Jannali Campus		



## 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. 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.

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

#S010010-ENG	Tuesday 15 <sup>th</sup> November 2016	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## Understanding Psychosis

3 Hour Course

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 starting on Tuesday 22<sup>nd</sup> November 2016.

#S010007-ENG	Tuesday 15 <sup>th</sup> November 2016	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

## Making Meaning of Medications

2 Hour Course

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

#S010006	Wednesday 23 <sup>rd</sup> November 2016	2:00pm-4:00pm
Recovery College Training Room, Kogarah		

## Navigating the Mental Health System

4 Hour Course

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.

#S010003-ENG	Wednesday 30 <sup>th</sup> November 2016	10:00am-2:00pm
Recovery College Training Room, Kogarah		



## Courses for Educators

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

### **Explanatory Frameworks for Mental Distress**

4.5 Hour Workshop

This session facilitated by *inside out and associates* will explore what are explanatory frameworks for understanding mental distress and the evidence base for each framework, including recovery as a framework. There will be discussion about the implications of these frameworks for education and interpersonal practice. This training is suitable for anyone interested in the topic of explanatory frameworks and forms part of the Recovery College Educators' Training Program.

#S020007	Friday 18 <sup>th</sup> November 2016	9:00am-1:30pm
Recovery College Training Room, Kogarah		



## Communication – Finding Your Voice

2 Hour Course x 4 Weeks

Students will have fun learning about communication and how it supports a person’s mental health recovery. Topics include: what is communication and how do we communicate, assertiveness, how to get my message across, saying “no” is OK and what to say after you say “hi”.

#S020009-ENG	Wednesday 26 <sup>th</sup> October 2016	2:00pm-4:00pm
	Wednesday 2 <sup>nd</sup> November 2016	
	Wednesday 9 <sup>th</sup> November 2016	
	Wednesday 16 <sup>th</sup> November 2016	
<b>Recovery College Training Room, Kogarah</b>		

## Resume Writing

2 Hour Course

In this course, students will develop the knowledge and skills to write a resume that reflects who they are as a person and identify their personal career objectives. The course will consist of identifying strengths and goals for work, how to fill in gaps in work history and how to write your resume to reflect the selection criteria for a job. We will also look at formatting and design of the resume to give you the best chance at getting that job.

#S020022-ENG	Wednesday 26 <sup>th</sup> October 2016	2:45pm-4:45pm
<b>City East Community College, Bondi Road Campus</b>		

## Law for Everyday Life

3 Hour Course x 2 Weeks

This new course co-facilitated by a lawyer from Legal Aid NSW will provide students with information on a range of civil law issues that impact on people’s everyday life like debts, unpaid fines, discrimination, tenancy issues, Centrelink disputes and more. Legal issues relevant to mental health will also be explored.

#S020021-ENG	Friday 28 <sup>th</sup> October 2016	10:00am-1:00pm
	Friday 4 <sup>th</sup> November 2016	
<b>City East Community College, Bondi Road Campus</b>		

## Life Beyond Depression

3 Hour 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 depression. This course complements and builds upon the *Understanding Depression* course (see page 5).

#S020010	Monday 31 <sup>st</sup> October 2016	10:00am-1:00pm
<b>Recovery College Training Room, Kogarah</b>		



## Getting a Good Night's Sleep

3 Hour Course

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.

#S020020-ENG	Thursday 3 <sup>rd</sup> November 2016	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

## Introduction to Mindfulness

2 Hour Course x 5 Weeks

Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness is an effective approach to support mental health recovery and improving overall wellbeing. During this five week course, students will be introduced to the principles of mindfulness and a range of exercises that will assist in reducing stress levels, improving concentration and accepting emotions.

#S020003-ENG	Monday 7 <sup>th</sup> November 2016	10:00am-12:00pm
	Monday 14 <sup>th</sup> November 2016	
	Monday 21 <sup>st</sup> November 2016	
	Monday 28 <sup>th</sup> November 2016	
	Monday 5 <sup>th</sup> December 2016	
St George & Sutherland Community College, Jannali Campus		



## Spirituality & Wellbeing

2 Hour Course x 3 Weeks

This course is for anyone, whether you believe in a specific religion, have some understanding of the role of spirituality in your own life, or have not thought about spirituality before and would simply like to learn more. Hear and understand what spirituality means for others and explore new ways of being spiritual and how this impacts on your wellbeing.

#S020018-ENG	Friday 11 <sup>th</sup> November 2016	10:00am-12:00pm
	Friday 18 <sup>th</sup> November 2016	
	Friday 25 <sup>th</sup> November 2016	
City East Community College, Bondi Road Campus		



## Physical Health & Wellbeing

2 Hour Course x 4 Weeks

This popular course examines the relationship between mental health and physical health. It will be beneficial for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing.

#S020005-ENG	Thursday 17 <sup>th</sup> November 2016	2:45pm-4:45pm
	Thursday 24 <sup>th</sup> November 2016	
	Thursday 1 <sup>st</sup> December 2016	
	Thursday 8 <sup>th</sup> December 2016	
<b>City East Community College, Bondi Road Campus</b>		

## Life Beyond Psychosis

2 Hours x 4 Weeks

In this 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 Stream 1 “Understanding Psychosis” course.

#S020012-ENG	Tuesday 22 <sup>nd</sup> November 2016	10:00am-12:00pm
	Tuesday 29 <sup>th</sup> November 2016	
	Tuesday 6 <sup>th</sup> December 2016	
	Tuesday 13 <sup>th</sup> December 2016	
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## 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	Friday 9 <sup>th</sup> December 2016	10:00am-1:00pm
<b>City East Community College, Bondi Road Campus</b>		

#S020018-ENG	Thursday 15 <sup>th</sup> December 2016	10:00am-1:00pm
<b>Recovery College Training Room, Kogarah</b>		



## Stream 2 Courses in Community Languages

### Introduction to Mindfulness in Greek

2 Hour Course x 4 Weeks

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

This course will be conducted in Greek 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 Greek 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.

#SO20003-GRK	Wednesday 2 <sup>nd</sup> November 2016	10:00am-12:00pm
	Wednesday 9 <sup>th</sup> November 2016	
	Wednesday 16 <sup>th</sup> November 2016	
	Wednesday 23 <sup>rd</sup> November 2016	
Recovery College Training Room, Kogarah		

### Introduction to Mindfulness in Arabic

2 Hours x 5 Weeks

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

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.

#S020003-ARA	Thursday 27 <sup>th</sup> October 2016	10:00am-12:00pm
	Thursday 3 <sup>rd</sup> November 2016	
	Thursday 10 <sup>th</sup> November 2016	
	Thursday 17 <sup>th</sup> November 2016	
	Thursday 24 <sup>th</sup> November 2016	
Recovery College Training Room, Kogarah		



## Introduction to Consumer & Peer Worker Roles

1 Day Course

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.

#S030001-ENG	Tuesday 18 <sup>th</sup> October 2016	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## Telling Your Story in a Public Forum

3 Hour Course

In this course, students will learn how to make meaning of their experience and tell their story using recovery principles. They will also learn about boundaries and keeping safe, confidentiality of others in their story, how to deal with curly questions and how to manage nerves. The course will also explore how students can tailor their story to the needs of different audiences.

#S030010-ENG	Tuesday 25 <sup>th</sup> October 2016	10:00am-2:00pm
St George & Sutherland Community College, Jannali		

## Committee Work

3 Hour Course

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

#S030005-ENG	Friday 2 <sup>nd</sup> December 2016	10:00am-1:00pm
City East Community College, Bondi Road 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: In Practice

1 Day Course

(Previously Recovery Train the Trainer)

This course forms part of the Recovery College Educators' Training Program. It provides knowledge and skills in co-delivering recovery-focused education programs. Students will have the opportunity to practice this through developing and delivering educational activities. This training is delivered by *inside out and associates*.

#S030008-ENG	Friday 4 <sup>th</sup> November 2016	9:00am-5:00pm
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.

## 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 7 <sup>th</sup> November 2016	9:00am-5:00pm
	Tuesday 8 <sup>th</sup> November 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. To join the course, please make an appointment with Irene Henderson, Training Co-ordinator at St & Sutherland Community College. Irene can be contacted by phone on 8543 7411 or by email to [ihenderson@sgscc.edu.au](mailto:ihenderson@sgscc.edu.au).**

#S050002-ENG	Thursday 13 <sup>th</sup> October 2016	9:30am-2:30pm
	Thursday 20 <sup>th</sup> October 2016	
	Thursday 27 <sup>th</sup> October 2016	
	Thursday 3 <sup>rd</sup> November 2016	
	Thursday 10 <sup>th</sup> November 2016	
	Thursday 17 <sup>th</sup> November 2016	
	Thursday 24 <sup>th</sup> November 2016	
	Thursday 1 <sup>st</sup> December 2016	
	Thursday 8 <sup>th</sup> December 2016	
St George & Sutherland Community College, Jannali Campus		

## Pathways to Peer Work – MHCC Information Session



Do you want to become a mental health peer worker? The Mental Health Coordinating Council (MHCC) are partnering with the Recovery College to provide pathways into their **Certificate IV in Mental Health Peer Work (CHC43515)** and **Certificate IV in Mental Health (CHC43315)** nationally accredited qualifications. If you're a Recovery College student and want to obtain a qualification to undertake a mental health peer worker role, this is the information session for you! MHCC will assist Recovery College students to access financial and mentoring resources to progress a career in the government or non-government mental health sector.

To reserve your place for this session, please call the Recovery College on 9113 2981.

Friday 11 <sup>th</sup> November	10:00am–11:00am
Recovery College Training Room, Kogarah	



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

# Course Calendar

## October 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Public Holiday	4	5	6	7	8	9
10 Term 4, 2016 Commences	11	12	13 Certificate II in Business (p.14), 1 of 9 (9:30am- 2:30pm)	14 Introduction to Recovery (p.5), (10am-2pm)	15	16
17	18 Introduction to Consumer & Peer Worker Roles (p.12), (9am-4:30pm)	19	20 Certificate II in Business (p.14), 2 of 9 (9:30am- 2:30pm)  Understanding Bipolar (p.5), (10am-1pm)	21	22	23
24 Understanding Depression (p.5), (10am-1pm)	25 Telling Your Story in a Public Forum (p.12), (10am-2pm)	26 Communication - Finding Your Voice (p.8), 1 of 4 (2-4pm)  Resume Writing (p.8), (2:45-4:45pm)	27 Certificate II in Business (p.14), 3 of 9 (9:30am- 2:30pm)  Introduction to Mindfulness in Arabic (p.11), 1 of 5, (10am-12pm)	28 Law for Everyday Life (p.8), 1 of 2 (10am-1pm)	29	30
31 Life Beyond Depression (p.8) (10am-1pm)						



Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> Understanding Mental Health Conditions (p.5), (10am-4pm)	<b>2</b> Introduction to Mindfulness in Greek (p.11), 1 of 4 (10am-12pm)  Communication - Finding Your Voice (p.8), 2 of 4 (2-4pm)	<b>3</b> Certificate II in Business (p.14), 4 of 9 (9:30am-2:30pm)  Introduction to Mindfulness in Arabic (p.11), 2 of 5 (10am-12pm)  Getting a Good Night's Sleep (p. 9), (10am-1pm)	<b>4</b> Law for Everyday Life (p.8), 2 of 2 (10am-1pm)  Educating for Recovery: In Practice (p.12) (9am-5pm)	<b>5</b>	<b>6</b>
<b>7</b> Strengths Model in Practice (p.13), 1 of 2 (9am-5pm)  Introduction to Mindfulness (p.9) 1 of 5 (10am-12pm)	<b>8</b> Strengths Model in Practice (p.13), 2 of 2 (9am-5pm)	<b>9</b> Introduction to Mindfulness in Greek (p.11), 2 of 4 (10am-12pm)  Communication - Finding Your Voice (p.8), 3 of 4 (2-4pm)	<b>10</b> Certificate II in Business (p.14), 5 of 9 (9:30am-2:30pm)  Introduction to Mindfulness in Arabic (p.11), 3 of 5 (10am-12pm)	<b>11</b> MHCC Info Session Pathways to Cert IV MH & Cert IV MH Peer Work (p.14) (10am-11am)  Spirituality and Wellbeing (p.9), 1 of 3 (10am-12pm)	<b>12</b>	<b>13</b>
<b>14</b> Introduction to Mindfulness (p.9), 2 of 5 (10am-12pm)	<b>15</b> Introduction to Recovery & the Strengths Approach (p.6) (9am-4.30pm)  Understanding Psychosis (p.6), (10am-1pm)	<b>16</b> Introduction to Mindfulness in Greek (p.11), 3 of 4 (10am-12pm)  Communication - Finding Your Voice (p.8), 4 of 4 (2-4pm)	<b>17</b> Certificate II in Business (p.14), 6 of 9 (9:30am-2:30pm)  Introduction to Mindfulness in Arabic (p.11), 4 of 5 (10am-12pm)  Physical Health and Wellbeing (p.10), 1 of 4 (2:45-4:45pm)	<b>18</b> Explanatory Frameworks for Mental Distress (p.7) (9am-1pm)  Spirituality and Wellbeing (p.9), 2 of 3 (10am-12pm)	<b>19</b>	<b>20</b>
<b>21</b> Introduction to Mindfulness (p.9), 3 of 5 (10am-12pm)	<b>22</b> Life Beyond Psychosis (p.10), 1 of 4 (10am-12pm)	<b>23</b> Introduction to Mindfulness in Greek (p.11), 4 of 4 (10am-12pm)  Making Meaning of Medications (p.6) (2pm-4pm)	<b>24</b> Certificate II in Business (p.14), 7 of 9 (9:30am-2:30pm)  Introduction to Mindfulness in Arabic (p.11), 5 of 5 (10am-12pm)  Physical Health and Wellbeing (p.10), 2 of 4 (2:45-4:45pm)	<b>25</b> Spirituality and Wellbeing (p.9), 3 of 3 (10am-12pm)	<b>26</b>	<b>27</b>
<b>28</b> Introduction to Mindfulness (p.9), 4 of 5 (10am-12pm)	<b>29</b> Life Beyond Psychosis (p.10), 2 of 4 (10am-12pm)	<b>30</b> Navigating the Mental Health System (p.6) (10am-2pm)				



# Course Calendar

## December 2016

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Certificate II in Business (p.14), 8 of 9 (9:30am-2:30pm)  Physical Health and Wellbeing (p.10), 3 of 4 (2:45-4:45pm)	<b>2</b> Committee Work (p.12) (10am-1pm)	<b>3</b>	<b>4</b>
<b>5</b> Introduction to Mindfulness (p.9), 5 of 5 (10am-12pm)	<b>6</b> Life Beyond Psychosis (p.10), 3 of 4 (10am-12pm)	<b>7</b>	<b>8</b> Certificate II in Business (p.14), 9 of 9 (9:30am-2:30pm)  Physical Health and Wellbeing (p.10), 4 of 4 (2:45-4:45pm)	<b>9</b> Next Steps (p.10) (10am-1pm)	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Life Beyond Psychosis (p.10), 4 of 4 (10am-12pm)	<b>14</b>	<b>15</b> Next Steps (p.10) (10am-1pm)	<b>16</b> Term 4, 2016 Concludes	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> Public Holiday
<b>26</b> Public Holiday	<b>27</b> Public Holiday	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

## Course Venue Details

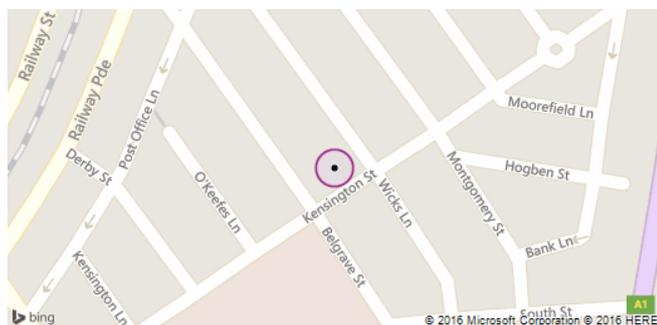
Venue maps and public transport information will be sent with your confirmation of enrolment letter.

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 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 .

### ¿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 either of the following ways.  
**By Email:** [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au)  
**By Mail:** South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave St 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><b>1</b> Carefully read the South Eastern Sydney Recovery College Course Guide</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> <a href="mailto:seslhd-recoverycollege@health.nsw.gov.au">seslhd-recoverycollege@health.nsw.gov.au</a>  <b>By Mail:</b> South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave Street, Kogarah NSW 2217</p>
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## 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 <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 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](mailto:seslhd-recoverycollege@health.nsw.gov.au)

Address: 20/24 Belgrave Street, Kogarah NSW 2217

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

Also supported by



Mental Health  
& Wellbeing  
Consumer  
Advisory Group



aftercare

