



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

# 2017 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, 2017

Welcome to Term 4 of the Recovery College for 2017.

Recovery describes a personal journey people with mental health concerns undertake to rebuild and live a meaningful life. The Recovery College provides education that promotes healing, wellbeing and recovery. We aim for people to become experts in their recovery, emotional wellbeing and achieve their goals and aspirations.

All Recovery College courses are co-written and co-facilitated by two Recovery and Wellbeing Educators. One is a person with a lived experience of mental health concerns and or drug and alcohol service usage and the other a health care professional.

### What's new?

We are very excited to be piloting the *Drug and Alcohol Wellbeing Education Project* in collaboration with the South Eastern Sydney Local Health District (SESLHD) Drug and Alcohol Service. The project is funded until June 2018 and will provide a range of courses for people who use drug and alcohol services. Keep an eye out for new courses in the coming terms. In term 4 we will be facilitating "Understanding Drug and Alcohol Use and Pathways to Health and Wellbeing" at the Langton Centre (page 6)

We have a number of other new courses in Term 4; Men's Health, Understanding Intellectual Disability and Mental Health: Discovery and Recovery, Understanding the Experience of Personality Disorders and Getting into Exercise. All these courses are designed for students whether consumers, staff or carers to increase skills and knowledge about the particular topics.

### A reminder to carers, families and other support people!

All Recovery College courses are suitable for carers, families and other support people. We have a number of carer educators who co-write and co-facilitate courses. Each term we develop a flyer about courses recommended for carers. If you would like to receive a copy please email us at

[SESLHD-RecoveryCollege@health.nsw.gov.au](mailto:SESLHD-RecoveryCollege@health.nsw.gov.au)

## Who can attend the Recovery College?

Whether you experience mental distress, use drug and alcohol services, you support someone who does or you work with South Eastern Sydney Local Health District we offer you the opportunity to learn about recovery, wellbeing 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 concern and live in the South Eastern Sydney Local Health District catchment (aqua blue section of map <http://www.health.nsw.gov.au/lhd/Pages/lhd-maps.aspx> or contact the Recovery College for further clarification).
- Due to the new project for the period of June 2017 to June 2018 we will be extending our eligibility to include people 18 years of age and over who use drug and alcohol services and live in the South Eastern Sydney Local Health District catchment
- 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 enrol online

Mental health consumers, people who use drug and alcohol services, 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 20 of the course guide.

### Staff, students and volunteers

#### 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.

- **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  
<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

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...

"People can just listen in the course – the lack of pressure to talk is really important. People feel safe."

"I am encouraged because now I am getting to know people who feel the way I do even though they suffer from something different."

## Recovery College Course Streams

### Stream 1: Understanding Mental Health, Drug & Alcohol Experiences, & Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health, drug and alcohol experiences and common treatment options. The courses incorporate 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: Recovery Supporting Practice & Getting involved in Mental Health Services

These courses provide information about the different ways that people with lived experience, their families and carers can get involved in the mental health system as employees, volunteers or committee members. Courses also aim to educate mental health workers in approaches that support personal recovery and how to effectively work alongside and support people in consumer, carer or peer worker roles.

**Staff of SESLHD Mental Health must gain approval from your manager prior to enrolling in any of courses.**

## 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.*



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## Understanding Depression

3 Hour Course

This course will explore the experience of depression. A peer educator will provide a personal perspective on living with depression. A mental health professional will provide information about the clinical understanding of depression. The educators will work with students to develop strategies for identifying positive coping strategies.

#S010005-ENG	Tuesday 17 <sup>th</sup> October 2017	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

## Introduction to Recovery & the Strengths Approach

1 Day Course

There is a lot of talk about recovery and strengths, but what does it really mean? This session provides an introduction to the meaning of strengths and recovery for individuals, families and mental health services. This course explores both the concept of recovery as it relates to mental distress and the strengths approach as a recovery supporting practice and philosophy. This course will also introduce you to the Strengths model and how it is used in the South Eastern Sydney Mental Health Services to support people to take control of their lives in meaningful and sustainable ways. This course is a great introduction to the Recovery College and a foundation for other courses.

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

#S010010-ENG	Thursday 19 <sup>th</sup> October 2017	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## Understanding Psychosis

3 Hour Course

What is psychosis? How people experience and understand unusual experiences varies for each person. However, there are often commonalities in ways of dealing with these experiences, especially if they are distressing. Students will develop knowledge about approaches and supports available and learn from one another about ways to dealing with the experiences.

#S010007-ENG	Thursday 26 <sup>th</sup> October 2017	10:00am-1:00pm
Recovery College Training Room, Kogarah		

## Men's Health

NEW  
COURSE

4 Hour Course

“Men don't talk face-to-face, they talk shoulder-to-shoulder” (Australian Men's Shed Association). This new course delivered by male clinical and peer educators acknowledges the specific strengths and hurdles that masculinity brings to recovery from mental distress. It invites men to consider how their relationships and roles can support wellbeing as well as providing useful information about services and how to use them.

#S010022-ENG	Tuesday 7 <sup>th</sup> November 2017	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		



## Understanding the Mental Health Act

4 Hour Course

This useful introductory course will give students a basic understanding of the NSW Mental Health Act 2007 as it applies to involuntary treatment such as scheduling and community treatment orders. The course looks at how the Act can be used to help and protect people who may be experiencing mental health concerns and provides important information for family members and carers.

#S010001-ENG	Thursday 9 <sup>th</sup> November 2017	9:00am-1:00pm
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	Friday 17 <sup>th</sup> November 2017	10:00am-1:00pm
City East Community College, Bondi Road Campus		

## Exploring Intellectual Disability & Mental Health: Discovery & Recovery

NEW COURSE

3 Hour Course

This course will provide students with information about the intersection between intellectual disability and mental health concerns. Students will gain an understanding of strategies and services that can help them and the person they care for through their recovery and discovery experience.

#S010021-ENG	Tuesday 28 <sup>th</sup> November 2017	10:00am-1:00pm
Recovery College Training Room, Kogarah		

## Understanding Drug & Alcohol Use and Pathways to Health & Wellbeing

NEW COURSE

3 Hour Course

This course will explore the experiences and impacts which alcohol & other drug use can have on a person's health and wellbeing. It is co-facilitated by a Peer Educator with a lived experience and a drug & alcohol professional in a safe and non-judgemental environment. The course will provide students with resources and information about services that are available to support & improve health circumstances.

#S010024p-ENG	Thursday 30 <sup>th</sup> November 2017	10:00am-1:00pm
The Langton Centre, Surry Hills		



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## Understanding the Experience of Personality Disorders

NEW  
COURSE

3 Hour Course

People who have received a diagnosis of "personality disorder" often have lived experience of emotional distress that can impact their relationships with other people, their capacity to manage their own emotions and their sense of "self" within the world. Some people have had adverse childhood experiences, including trauma, which can impact these individuals into adulthood. This course will draw on both lived experience and professional expertise to examine the impacts, challenges and benefits of a personality disorder diagnosis. It will also explore ways of looking after yourself and your emotions, plus a range of approaches to support recovery.

#S010023-ENG	Monday 4 <sup>th</sup> December 2017	9:00am-12:00pm
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 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.

#S010013-ENG	Friday 3 <sup>rd</sup> November 2017	9:00am-1:30pm
Recovery College Training Room, Kogarah		



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## 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 18 <sup>th</sup> October 2017	2:45pm-4:45pm
	Wednesday 25 <sup>th</sup> October 2017	
	Wednesday 1 <sup>st</sup> November 2017	
	Wednesday 8 <sup>th</sup> November 2017	
	City East Community College, Bondi Road 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 30 <sup>th</sup> October 2017	10:00am-12:00pm
	Monday 6 <sup>th</sup> November 2017	
	Monday 13 <sup>th</sup> November 2017	
	Monday 20 <sup>th</sup> November 2017	
	Monday 27 <sup>th</sup> November 2017	
	Recovery College Training Room, Kogarah	

## 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-ENG	Tuesday 31 <sup>st</sup> October 2017	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		



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## 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	Thursday 2 <sup>nd</sup> November 2017	2:45pm-4:45pm
	Thursday 9 <sup>th</sup> November 2017	
	Thursday 16 <sup>th</sup> November 2017	
	Thursday 23 <sup>rd</sup> November 2017	
	City East Community College, Bondi Road Campus	

## 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 from both a health care professional and a person who has lived experience of mental distress.

#S020020-ENG	Tuesday 21 <sup>st</sup> November 2017	1:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		

## Your Recovery Journey

4 Hour Course

In this course students will apply the ideas of recovery to their own life and personal situation. They will identify their hopes and ambitions for their life and will leave the course with clear goals and a plan for their time with the college.

#S020025-ENG	Thursday 7 <sup>th</sup> December 2017	10:00am-2:00pm
Recovery College Training Room, Kogarah		



# Getting Into Exercise



2 Hour Course

We’ve all thought about being more active. We’ve all thought about exercising. We’ve all wondered what to do and how to do it. This new course will address your questions about getting into exercise, build your familiarity and confidence with exercise equipment and provide the evidence base for exercise.

#S020028-ENG	Friday 8 <sup>th</sup> December 2017	10:00am-12:00pm
Keeping the Body in Mind Gym, Kogarah		



## Stream 2 Courses in Community Languages

### Making Mindfulness Your Own in Arabic

2 Hour Course x 5 Weeks

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

This 5 week course conducted in Arabic 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-ARA	Monday 30 <sup>th</sup> October 2017	1:00pm-3:00pm
	Monday 6 <sup>th</sup> November 2017	
	Monday 20 <sup>th</sup> November 2017	
	Monday 27 <sup>th</sup> November 2017	
	Monday 4 <sup>th</sup> December 2017	
	Recovery College Training Room, Kogarah	

### Introduction to Mindfulness in Greek

2 Hour Course x 5 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.

#S020003-GRK	Wednesday 18 <sup>th</sup> October 2017	10:00am-12:00pm
	Wednesday 25 <sup>th</sup> October 2017	
	Wednesday 1 <sup>st</sup> November 2017	
	Wednesday 8 <sup>th</sup> November 2017	
	Wednesday 15 <sup>th</sup> November 2017	
	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 the field and for health care staff who work collaboratively with Consumer and Peer Workers.

#S030001-ENG	Friday 1 <sup>st</sup> December 2017	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## 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	Tuesday 5 <sup>th</sup> December 2017	10:00am-1:00pm
Recovery College Training Room, Kogarah		





## Courses for Educators

*These courses form part of the Recovery College Educators' Training Program.*

*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

This course forms part of the Recovery College Educators' Training Program. It provides knowledge and skills in co-facilitating 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 27 <sup>th</sup> October 2017	9:00am-5:00pm
Recovery College Training Room, Kogarah		

### Purposeful Storytelling

1 Day Course

This course is part of our Recovery College Educators' Program for current Peer Educators or for people who are seeking to become Peer Educators with the Recovery College. The session is facilitated by *inside out and associates* and 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	Thursday 14 <sup>th</sup> December 2017	9:00am-4:30pm
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.

*This course is facilitated by St George and Sutherland Community College. Students in the course are supported by a Recovery College Peer Learning Advisor/Educator.*

**Enrolment for this course will occur monthly. To join the course, please make an appointment with Irene Henderson, Training Co-ordinator at St George & 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 12 <sup>th</sup> October 2017	9:30am-2:30pm
	Thursday 19 <sup>th</sup> October 2017	
	Thursday 26 <sup>th</sup> October 2017	
	Thursday 2 <sup>nd</sup> November 2017	
	Thursday 9 <sup>th</sup> November 2017	
	Thursday 16 <sup>th</sup> November 2017	
	Thursday 23 <sup>rd</sup> November 2017	
	Thursday 30 <sup>th</sup> November 2017	
	Thursday 7 <sup>th</sup> December 2017	
	Thursday 14 <sup>th</sup> December 2017	
St George & Sutherland Community College, Jannali Campus		





Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							1
	2 PUBLIC HOLIDAY	3	4	5	6	7	8
WEEK 1	9	10	11	12 Certificate II in Business, (p.14), 1 of 10, (9:30am-2:30pm)	13	14	15
WEEK 2	16	17 Understanding Depression, (p.5) (10am-1pm)	18 Introduction to Mindfulness in Greek, (p.11), 1 of 5, (10am-12pm) Communication: Finding Your Voice, (p.8) 1 of 4, (2:45pm-4:45pm)	19 Introduction to Recovery & the Strengths Approach, (p.5) (9am-4:30pm) Certificate II in Business, (p.14), 2 of 10, (9:30am-2:30pm)	20	21	22
WEEK 3	23	24	25 Introduction to Mindfulness in Greek, (p.11), 2 of 5, (10am-12pm) Communication: Finding Your Voice, (p.8) 2 of 4, (2:45pm-4:45pm)	26 Certificate II in Business, (p.14), 3 of 10, (9:30am-2:30pm) Understanding Psychosis, (p.5) (10am-1pm)	27 Educating for Recovery: In Practice, (p.13) (9am-5pm)	28	29
WEEK 4	30 Introduction to Mindfulness in English, (p.8), 1 of 5, (10am-12pm) Making Mindfulness Your Own in Arabic, (p.11), 1 of 5, (1pm-3pm)	31 Life Beyond Depression, (p.8) (10am-1pm)					



# COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

# Course Calendar: November 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 4			<b>1</b> Introduction to Mindfulness in <u>Greek</u> , (p.11), 3 of 5, (10am-12pm)  Communication: Finding Your Voice, (p.8) 3 of 4, (2:45pm-4:45pm)	<b>2</b> Certificate II in Business, (p.14), 4 of 10, (9:30am-2:30pm)  Life Beyond Psychosis, (p.9), 1 of 4, (2:45pm-4:45pm)	<b>3</b> Explanatory Frameworks for Mental Distress, (p.7) (9am-1:30pm)	<b>4</b>	<b>5</b>
WEEK 5	<b>6</b> Introduction to Mindfulness in <u>English</u> , (p.8), 2 of 5, (10am-12pm)  Making Mindfulness Your Own in <u>Arabic</u> , (p.11), 2 of 5, (1pm-3pm)	<b>7</b> Men's Health, (p.5) (10am-2pm)	<b>8</b> Introduction to Mindfulness in <u>Greek</u> , (p.11), 4 of 5, (10am-12pm)  Communication: Finding Your Voice, (p.8) 4 of 4, (2:45pm-4:45pm)	<b>9</b> Understanding the Mental Health Act, (p.6) (9am-1pm)  Certificate II in Business, (p.14), 5 of 10, (9:30am-2:30pm)  Life Beyond Psychosis, (p.9), 2 of 4, (2:45pm-4:45pm)	<b>10</b>	<b>11</b>	<b>12</b>
WEEK 6	<b>13</b> Introduction to Mindfulness in <u>English</u> , (p.8), 3 of 5, (10am-12pm)	<b>14</b>	<b>15</b> Introduction to Mindfulness in <u>Greek</u> , (p.11), 5 of 5, (10am-12pm)	<b>16</b> Certificate II in Business, (p.14), 6 of 10, (9:30am-2:30pm)  Life Beyond Psychosis, (p.9), 3 of 4, (2:45pm-4:45pm)	<b>17</b> Understanding Bipolar, (p.6) (10am-1pm)	<b>18</b>	<b>19</b>
WEEK 7	<b>20</b> Introduction to Mindfulness in <u>English</u> , (p.8), 4 of 5, (10am-12pm)  Making Mindfulness Your Own in <u>Arabic</u> , (p.11), 3 of 5, (1pm-3pm)	<b>21</b> Getting a Good Night's Sleep, (p.9), (1pm-4pm)	<b>22</b>	<b>23</b> Certificate II in Business, (p.14), 7 of 10, (9:30am-2:30pm)  Life Beyond Psychosis, (p.9), 4 of 4, (2:45pm-4:45pm)	<b>24</b>	<b>25</b>	<b>26</b>
WEEK 8	<b>27</b> Introduction to Mindfulness in <u>English</u> , (p.8), 5 of 5, (10am-12pm)  Making Mindfulness Your Own in <u>Arabic</u> , (p.11), 4 of 5, (1pm-3pm)	<b>28</b> Exploring Intellectual Disability & Mental Health: Discovery & Recovery, (p.6) (10am-1pm)	<b>29</b>	<b>30</b> Certificate II in Business, (p.14), 8 of 10, (9:30am-2:30pm)  Understanding Drug & Alcohol Use and Pathways to Health & Wellbeing, (p.6) (10am-1pm)			



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

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 8					<b>1</b> Introduction to Consumer & Peer Worker Roles, (p.12) (9am-4:30pm)	<b>2</b>	<b>3</b>
WEEK 9	<b>4</b> Understanding the Experience of Personality Disorders, (p.7) (9am-12pm)  Making Mindfulness Your Own in Arabic, (p.11), 5 of 5, (1pm-3pm)	<b>5</b> Committee Work, (p.12) (10am-1pm)	<b>6</b>	<b>7</b> Certificate II in Business, (p.14), 9 of 10, (9:30am-2:30pm)  Your Recovery Journey, (p.9) (10am-2pm)	<b>8</b> Getting Into Exercise (p.10) (10am-12pm)	<b>9</b>	<b>10</b>
WEEK 10	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Purposeful Storytelling (p.13) (9am-4:30pm)  Certificate II in Business, (p.14), 10 of 10, (9:30am-2:30pm)	<b>15</b> End of Year Celebration, 10am-11:30am	<b>16</b>	<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>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



## Course Venue Details

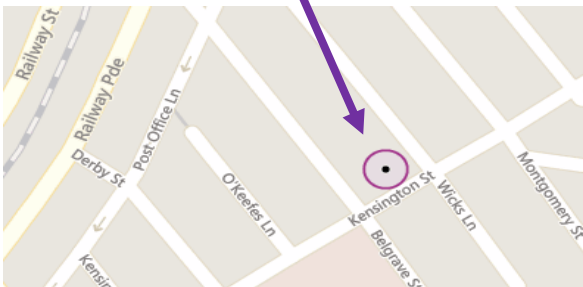
Venue maps and public transport information will be sent with your confirmation of enrolment letter.

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

### Recovery College & Keeping the Body in Mind Gym

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

### The Langton Centre

Wheelchair accessible 

591-623 South Dowling Street, Surry Hills 2010

## 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) and/or drug and alcohol services, 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.



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

## Do you need an interpreter?

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

### ARABIC

#### هل انت بحاجة الى مترجم؟

إن كنت ترغب بالإتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم **131 450**. 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 इन्टरप्रेटिंग सर्भिस (टि आइ एस) को १३१ ४५० मा फोन गर्नुहोस् . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस्, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस् .

## ¿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)

Student Number  
(Office Use Only)



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

**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?		<i>We are now sending attendance reminders via SMS. Please advise the College if you do not wish to receive these.</i>	
<input type="checkbox"/> Phone <input type="checkbox"/> Email			

## 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 ☐ Drug & Alcohol Service ☐ 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
- ☐ **Current consumer of South Eastern Sydney Local Health District Drug & Alcohol Service** – please indicate:
- ☐ Eastern Suburbs ☐ St George ☐ Sutherland ☐ Langton Centre, Surry Hills
- ☐ Supporter (Carer or Support Person)
- ☐ Person with mental health concern 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		<input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander		Do you have a disability?		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Country of Birth:		Language Spoken at Home:		Ethnicity:			
Which of the following would best describe your <b>current</b> employment status? (please tick)							
<input type="checkbox"/> Full Time Employee <input type="checkbox"/> Part Time Employee <input type="checkbox"/> Casual Employee <input type="checkbox"/> Volunteer Work <input type="checkbox"/> 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 <b>successfully</b> completed any of the following Qualifications? (please tick)							
<input type="checkbox"/> Bachelor or Higher Degree <input type="checkbox"/> Advanced Diploma or Associated Degree <input type="checkbox"/> Diploma or Associate Diploma <input type="checkbox"/> Certificate IV <input type="checkbox"/> Certificate III <input type="checkbox"/> Certificate II <input type="checkbox"/> Certificate I <input type="checkbox"/> Misc. Education (please specify) ..... <input type="checkbox"/> None of the above <input type="checkbox"/> Prefer not to say							
What is your highest completed school level? (tick one) <input type="checkbox"/> Year 12 <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 9/lower <input type="checkbox"/> Prefer not to say							
Are you currently Studying?		<input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, are you studying (please tick)		<input type="checkbox"/> Full Time <input type="checkbox"/> Part Time	
Gender identity		<input type="checkbox"/> Man <input type="checkbox"/> Woman <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			
Sexuality		<input type="checkbox"/> Heterosexual <input type="checkbox"/> Lesbian, Gay or Bisexual		<input type="checkbox"/> Other (please specify): .....		<input type="checkbox"/> Prefer not to say	



# Enrolment Form

(SOUTH EASTERN SYDNEY LOCAL HEALTH DISTRICT  
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

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

Seek approval of your Manager to attend Recovery College Course/s

4

Complete enrolment form and submit in any 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 Street, Kogarah NSW 2217

## STAFF/VOLUNTEER 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.*

## QUESTIONNAIRE

This next section provides us with information about people taking part in the Recovery College so that we can better understand who is accessing the service and how to tailor our courses to suit people's needs. It will also help us with our service evaluation and in applying for future funding.

Which of the following would best describe your **current** employment status and role? (please tick)

☐ Full Time Employee

☐ Part Time Employee

☐ Volunteer Worker

Which of the following would best describe your **current** role? (please tick)

☐ SESLHD Consumer/Peer Support Worker

☐ SESLHD Clinician/Manager

☐ SESLHD Administration

☐ SESLHD Other (please specify) .....

☐ Staff from Partner Service

(Specify service) .....

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

☐ Community

☐ Acute Team Community

☐ Inpatient – Acute

☐ Inpatient - Rehabilitation

☐ Older Adult Mental Health

☐ Child & Adolescent Mental Health

☐ Drug & Alcohol

☐ Other (please specify) .....

## COURSE INFORMATION

*As previously stated, please ensure you have your Manager's 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/)

Visit our Facebook Page: [www.facebook.com/SESLHDS RecoveryCollege/](https://www.facebook.com/SESLHDS RecoveryCollege/)

Also supported by



**Mental Health Commission**  
of New South Wales



Mental Health & Wellbeing  
Consumer Advisory Group



**Advance Diversity Services**  
Formerly St George Migrant Resource Centre



UNIVERSITY OF  
TECHNOLOGY SYDNEY

**aftercare**



**neami national**  
Improving Mental Health  
and Wellbeing



SYDNEY  
SEXUAL  
HEALTH  
CENTRE



**KEEPING THE  
BODY in MIND**  
program

**Legal Aid**  
New South Wales