



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

# 2017 Term **2** Course Guide

APRIL - JUNE

*“Learning and Growth  
for Mental Health”*

Principal Supporters

**SGSCC**  
St George & Sutherland  
Community College



**CITYEAST**  
COMMUNITY COLLEGE



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 2, 2017

Welcome to Term 2 of the Recovery College for 2017.

Recovery describes a personal journey people with mental health issues 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 mental health self-care and achieve their goals and aspirations.

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

### What's new?

In Term 2, we are excited to offer two original courses we have co-written with our new partners, Neami National and the SESLHD Keeping the Body in Mind (KBIM) program.

First up is *Perspectives on Healing*, which we are co-producing with Neami National. This unique Stream 1 course will explore with students a range of ways that can support wellbeing and healing from mental distress.

Next up is *Tackling Tobacco*, which we have co-developed with KBIM. This Stream 2 course extends our physical health and wellbeing range by examining the relationship between smoking, mental distress, and recovery.

Finally, we have translated what we have learned over the past few years into a new Stream 3 course *Transformation through Coproduction*. Coproduction is fundamental to the way we do things at the Recovery College, and the approach can be used in all mental health and human services settings in face to face work, service development and policy.



## Who can attend the Recovery College?

Whether you experience mental distress, you support someone who does or you work with South Eastern Sydney Local Health District 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 concern 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 21 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, 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 21 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 22.

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...

*Being with people who have lived experience and their openness to share was inspiring.*  
(Understanding Depression)

*Woke up my enthusiasm for study. Gave me insight into pathways for getting into study.*  
(Getting Into Study)

*Gave me confidence and knowledge in understanding the key fundamentals of sharing my story.*  
(Telling Your Story in a Public Forum)

*Confidence in opening up a space in therapy to discuss gender and Sexuality.*  
(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 experiences 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 families and carers can get involved in the mental health system as employees, volunteers or committee members. 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.**

## 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.*



## 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 27 <sup>th</sup> April 2017	1:00pm-4:00pm
Recovery College Training Room, Kogarah		

## Exploring Alcohol & Other Drugs and Mental Health

3 Hour Course

This course will explore the complex relationships between mental health, mental distress and the use of alcohol and other drugs. We will identify some reasons why people might use alcohol and other drugs and some of the services available to support recovery.

#S010015-ENG	Friday 28 <sup>th</sup> April 2017	10:00am-1:00pm
City East Community College, Bondi Road 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	Monday 1 <sup>st</sup> May 2017	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.

#S010007-ENG	Tuesday 2 <sup>nd</sup> May 2017	10:00am-1:00pm
Recovery College Training Room, Kogarah		



## 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.

#S010005-ENG	Thursday 4 <sup>th</sup> May 2017	1:00pm-4:00pm
City East Community College, Bondi Road Campus		

## Supporting Recovery & Looking after yourself as a Carer

2 Hour Course x 2 Weeks

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 8 <sup>th</sup> May 2017 Monday 15 <sup>th</sup> May 2017	6:00pm-8:00pm
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	Thursday 1 <sup>st</sup> June 2017	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		



## 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 16 <sup>th</sup> June 2017	9:00am-1:30pm
Recovery College Training Room, Kogarah		





## 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	Wednesday 3 <sup>rd</sup> May 2017	2:45pm-4:45pm
	Wednesday 10 <sup>th</sup> May 2017	
	Wednesday 17 <sup>th</sup> May 2017	
	Wednesday 24 <sup>th</sup> May 2017	
	Wednesday 31 <sup>st</sup> May 2017	
<b>City East Community College, Bondi Road Campus</b>		

## Tackling Tobacco



3 Hour Course

Nicotine is one of the most addictive substances and stopping smoking is really hard to do. This course will provide tools for quitting and how to support someone who wants to reduce their tobacco intake. It will also explore the complex relationship between smoking, mental distress and recovery.

#S0200026-ENG	Thursday 11 <sup>th</sup> May 2017	10:00am-1:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## 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 19 <sup>th</sup> May 2017	2:00pm-4:00pm
	Friday 26 <sup>th</sup> May 2017	
	Friday 2 <sup>nd</sup> June 2017	
<b>Recovery College Training Room, Kogarah</b>		



## 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	Thursday 1 <sup>st</sup> June 2017	2:45pm-4:45pm
	Thursday 8 <sup>th</sup> June 2017	
	Thursday 15 <sup>th</sup> June 2017	
	Thursday 22 <sup>nd</sup> June 2017	
	<b>City East Community College, Bondi Road Campus</b>	

## Perspectives on Healing



3 Hour Course

There is a wide array of approaches that can assist with personal recovery. This course will help students explore the differences in approaches that support healing, change and growth. Students will leave the course with useful information to enable them to make the right choice about approaches that suit their recovery journey.

#S020007-ENG	Thursday 8 <sup>th</sup> June 2017	10:00am-1:00pm
<b>St George &amp; Sutherland Community College, Jannali Campus</b>		

## 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	Friday 9 <sup>th</sup> June 2017	10:00am-1:00pm
<b>City East Community College, Bondi Road Campus</b>		

## 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	Tuesday 20 <sup>th</sup> June 2017	12:30pm-4:30pm
<b>Recovery College Training Room, Kogarah</b>		



## Law for Everyday Life

3 Hour Course x 2 Weeks

This 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.

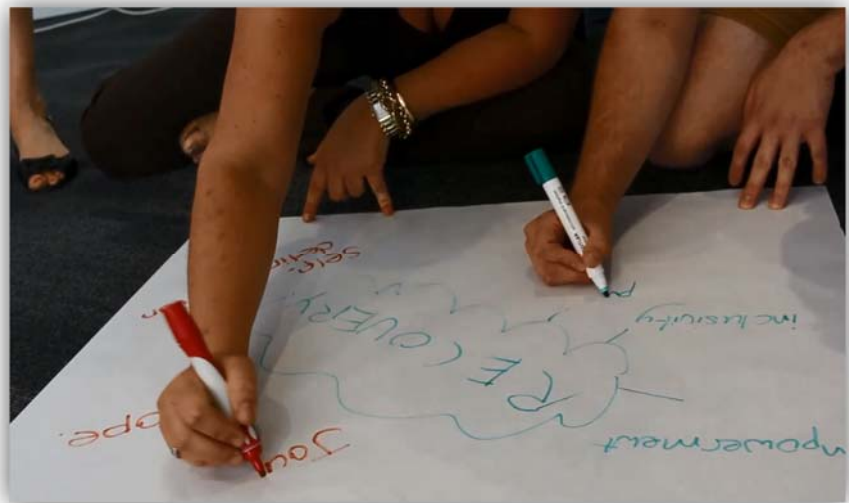
#S020021-ENG	Thursday 22 <sup>nd</sup> June 2017	10:00am-1:00pm
	Thursday 29 <sup>th</sup> June 2017	
St George & Sutherland Community College, Jannali Campus		

## Looking into Your Future

3 Hour Course

In this course students are engaged in looking into their future and exploring their passions and interests to identify work, study and life opportunities. The students will be supported to identify goals in their life and what they want to work on moving into their future. There is information about local employment, education and volunteer service providers and what support is available. They will also complete or review a learning plan to guide their future goals.

#S020018-ENG	Monday 26 <sup>th</sup> June 2017	12:30pm-4:30pm
Recovery College Training Room, Kogarah		



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

## Stream 2 Courses in Community Languages

### Introduction to Mindfulness in Arabic

2 Hours x 5 Weeks

إن كنت ترغب بالإتصال بنا هاتفياً, 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	Wednesday 26 <sup>th</sup> April 2017	10:00am-12:00pm
	Wednesday 3 <sup>rd</sup> May 2017	
	Wednesday 10 <sup>th</sup> May 2017	
	Wednesday 17 <sup>th</sup> May 2017	
	Wednesday 24 <sup>th</sup> May 2017	
<b>Recovery College Training Room, Kogarah</b>		

### Introduction to Mindfulness in Greek

2 Hour Course x 5 Weeks

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερχμένων 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 31 <sup>st</sup> May 2017	10:00am-12:00pm
	Wednesday 7 <sup>th</sup> June 2017	
	Wednesday 14 <sup>th</sup> June 2017	
	Wednesday 21 <sup>st</sup> June 2017	
	Wednesday 28 <sup>th</sup> June 2017	
<b>Recovery College Training Room, Kogarah</b>		



## 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 16 <sup>th</sup> May 2017	9:00am-4:30pm
Recovery College Training Room, Kogarah		

## Transformation through Co-Production



Half Day Course

Co-production is increasingly being adopted in mental health services at all levels, including direct work, service planning and policy. Students will have the opportunity to explore the six principles of co-production and what these mean in practice: asset based approach, building on peoples existing capabilities, reciprocity and mutuality, peer support networks, blurring distinctions, facilitating rather than delivering. The course also addresses the different types of co-production and how transformation can take place at both an individual and systemic level.

#S030004-ENG	Tuesday 30 <sup>th</sup> May 2017	10:00am-2:00pm
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	Thursday 15 <sup>th</sup> June 2017	10:00am-1:00pm
City East Community College, Bondi Road Campus		



## 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-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 12 <sup>th</sup> May 2017	9:00am-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	Friday 5 <sup>th</sup> May 2017	9:00am-5:00pm
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	Monday 22 <sup>nd</sup> May 2017	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 5 <sup>th</sup> June 2017	9:00am-5:00pm
	Tuesday 6 <sup>th</sup> June 2017	
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	<p>Thursday 27<sup>th</sup> April 2017</p> <p>Thursday 4<sup>th</sup> May 2017</p> <p>Thursday 11<sup>th</sup> May 2017</p> <p>Thursday 18<sup>th</sup> May 2017</p> <p>Thursday 25<sup>th</sup> May 2017</p> <p>Thursday 1<sup>st</sup> June 2017</p> <p>Thursday 8<sup>th</sup> June 2017</p> <p>Thursday 15<sup>th</sup> June 2017</p> <p>Thursday 22<sup>nd</sup> June 2017</p> <p>Thursday 29<sup>th</sup> June 2017</p>	<p>9:30am-2:30pm</p>
<p><b>St George &amp; Sutherland Community College, Jannali Campus</b></p>		





## 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.**

<b>Tuesday 9<sup>th</sup> May 2017</b>	<b>9:00am-10:00am</b>
<b>Recovery College Training Room, Kogarah</b>	

## Return to Work

**5 Hours per Week x 10 weeks**

If you've been out of the workforce for a while, this could be the right first step for you. Regain your confidence, brush up on your professional skills and learn digital literacy skills. The course is facilitated by City East Community College and supported by a Peer Learning Advisor/Educator. This is a part time course designed around National Recognised Units of Competency for people who are looking to re-enter the paid workforce after an extended absence. Topics covered may include: writing for work; problem-solving; job-seeking strategies; preparing a resume; addressing selection criteria; interview techniques; and computing skills.

**To find out more and express your interest in attending the course please call Fiona at City East Community College 9387 7400.**

***Please note the course will only proceed if there are adequate numbers of students.***



# Course Calendar

## April/May 2017

Green = Sutherland Area

Purple = St George Area

Blue = Eastern Suburbs Area

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>24</b> Week 1	<b>25</b>	<b>26</b> Introduction to Mindfulness in ARABIC (p.11), 1 of 5 (10am-12pm)	<b>27</b> Certificate II in Business (p.15), 1 of 10 (9:30am-2:30pm) Understanding Bipolar (p.5), (1pm-4pm)	<b>28</b> Exploring Alcohol & Other Drugs & Mental Health (p.5), (10am-1pm)	<b>29</b>	<b>30</b>
<b>1</b> Week 2 Introduction to Recovery & the Strengths Approach (p.5), (9am-4:30pm)	<b>2</b> Understanding Psychosis (p.5), (10am-1pm)	<b>3</b> Introduction to Mindfulness in ARABIC (p.11), 2 of 5 (10am-12pm) Introduction to Mindfulness (p.8), 1 of 5 (2:45pm-4:45pm)	<b>4</b> Certificate II in Business (p.15), 2 of 10 (9:30am-2:30pm) Understanding Depression (p.6), (1pm-4pm)	<b>5</b> Introduction to Trauma-Informed Care (p.14), (9am-5pm)	<b>6</b>	<b>7</b>
<b>8</b> Week 3 Supporting Recovery & Looking after Yourself as a Carer (p.6) 1 of 2, (6pm-8pm)	<b>9</b> Pathways to Peer Work – MHCC Information Session (p.16), (9am-10am)	<b>10</b> Introduction to Mindfulness in ARABIC (p.11), 3 of 5 (10am-12pm) Introduction to Mindfulness (p.8), 2 of 5 (2:45pm-4:45pm)	<b>11</b> Certificate II in Business (p.15), 3 of 10 (9:30am-2:30pm) Tackling Tobacco (p.8), (10am-1pm)	<b>12</b> Educating for Recovery: In Practice (p.13), (9am-4:30pm)	<b>13</b>	<b>14</b>
<b>15</b> Week 4 Supporting Recovery & Looking after Yourself as a Carer (p.6) 2 of 2, (6pm-8pm)	<b>16</b> Introduction to Consumer & Peer Worker Roles (p.12), (9am-4:30pm)	<b>17</b> Introduction to Mindfulness in ARABIC (p.11), 4 of 5 (10am-12pm) Introduction to Mindfulness (p.8), 3 of 5 (2:45pm-4:45pm)	<b>18</b> Certificate II in Business (p.15), 4 of 10 (9:30am-2:30pm)	<b>19</b> Spirituality & Wellbeing (p. 9), 1 of 3 (2pm-4pm)	<b>20</b>	<b>21</b>
<b>22</b> Week 5 Journeys in Gender, Sex & Sexuality: From Surviving to Thriving (p.14), (9am-4:30pm)	<b>23</b>	<b>24</b> Introduction to Mindfulness in ARABIC (p.11), 5 of 5 (10am-12pm) Introduction to Mindfulness (p.8), 4 of 5 (2:45pm-4:45pm)	<b>25</b> Certificate II in Business (p.15), 5 of 10 (9:30am-2:30pm)	<b>26</b> Spirituality & Wellbeing (p. 9), 2 of 3 (2pm-4pm)	<b>27</b>	<b>28</b>
<b>29</b> Week 6	<b>30</b> Transformation through Co-Production (p.12), (10am-2pm)	<b>31</b> Introduction to Mindfulness in GREEK (p.11), 1 of 5 (10am-12pm) Introduction to Mindfulness (p.8), 5 of 5 (2:45pm-4:45pm)				



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.15), 6 of 10 (9:30am-2:30pm) Navigating the Mental Health System (p.6), (10am-2pm) Communication – Finding Your Voice (p.9), 1 of 4 (2:45pm-4:45pm)	<b>2</b> Spirituality & Wellbeing (p.9), 3 of 3 (2pm-4pm)	<b>3</b>	<b>4</b>
<b>5</b> Week 7 The Strengths Model in Practice (p.14), 1 of 2 (9am-5pm)	<b>6</b> The Strengths Model in Practice (p.14), 2 of 2 (9am-5pm)	<b>7</b> Introduction to Mindfulness in GREEK (p.11), 2 of 5 (10am-12pm)	<b>8</b> Certificate II in Business (p.15), 7 of 10 (9:30am-2:30pm) Perspectives on Healing (p.9), (10am-1pm) Communication – Finding Your Voice (p.9), 2 of 4 (2:45pm-4:45pm)	<b>9</b> Getting into Study (p.9), (10am-1pm)	<b>10</b>	<b>11</b>
<b>12</b> Week 8	<b>13</b>	<b>14</b> Introduction to Mindfulness in GREEK (p.11), 3 of 5 (10am-12pm)	<b>15</b> Certificate II in Business (p.15), 8 of 10 (9:30am-2:30pm) Telling Your Story in a Public Forum (p.12), (10am-1pm) Communication – Finding Your Voice (p.9), 3 of 4 (2:45pm-4:45pm)	<b>16</b> Explanatory Frameworks for Mental Distress (p.7), (9am-1:30pm)	<b>17</b>	<b>18</b>
<b>19</b> Week 9	<b>20</b> Your Recovery Journey (p.9), (12:30pm-4:30pm)	<b>21</b> Introduction to Mindfulness in GREEK (p.11), 4 of 5 (10am-12pm)	<b>22</b> Certificate II in Business (p.15), 9 of 10 (9:30am-2:30pm) Law for Everyday Life (p.10), 1 of 2 (10am-1pm) Communication – Finding Your Voice (p.9), 4 of 4 (2:45pm-4:45pm)	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b> Week 10 Looking into Your Future (p.10), (12:30pm-4:30pm)	<b>27</b>	<b>28</b> Introduction to Mindfulness in GREEK (p.11), 5 of 5 (10am-12pm)	<b>29</b> Certificate II in Business (p.15), 10 of 10 (9:30am-2:30pm) Law for Everyday Life (p.10), 2 of 2 (10am-1pm)	<b>30</b>		



## Course Venue Details

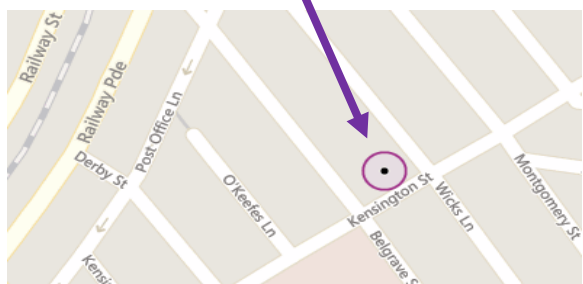
Venue maps and public transport information will be sent with your confirmation of enrolment letter.

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.<br/><b>By Email:</b> <a href="mailto:seslhd-recoverycollege@health.nsw.gov.au">seslhd-recoverycollege@health.nsw.gov.au</a><br/><b>By Mail:</b> South Eastern Sydney Recovery College, Shop 2, 20/24 Belgrave 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 <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)

<input type="checkbox"/> Community	<input type="checkbox"/> Acute Team Community	<input type="checkbox"/> Inpatient – Acute	<input type="checkbox"/> Inpatient - Rehabilitation	<input type="checkbox"/> Older Adult Mental Health
<input type="checkbox"/> Child & Adolescent Mental Health	<input type="checkbox"/> 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 Commission**  
of New South Wales



Mental Health & Wellbeing  
Consumer Advisory Group



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



**aftercare**



**neami national**  
Improving Mental Health and Wellbeing

**SSHC** | SYDNEY SEXUAL HEALTH CENTRE



**KEEPING THE BODY in MIND**  
program

**Legal Aid**  
New South Wales