



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

2018 Term **1** Course Guide

JANUARY - APRIL

*“Learning and Growth
for Mental Health”*

Principal Supporters



Health
South Eastern Sydney
Local Health District

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South Eastern Sydney Recovery College – Term 1, 2018

Welcome to Term 1 of the Recovery College for 2018.

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 and or drug and alcohol concerns and the other a health care clinician.

What's new?

Great News! We are increasing the number of courses delivered in community languages by Bilingual Educators. The latest addition is "Introduction to Mindfulness in Macedonian". We hope members of the Macedonian community benefit from learning valuable skills that help with calming busy minds.

"Developing Your Story" is designed to assist students to practice writing and delivering aspects of their story. The course is facilitated by Peers who have extensive experience in using aspect of their lived experience story in education, the media and committees.

During Term 1 and 2 we will be offering a range of courses to people who use Drug and Alcohol Services (page 7). If you would like further information please contact Ben Steele (photo below) our new Peer Recovery and Wellbeing Project Officer, Drug and Alcohol project.



Who can attend the Recovery College?

Whether you experience mental distress, use drug and alcohol services or both, 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 21 and tick box as indicated in the 'connection with the Recovery College' section.

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



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

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 21 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
- **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

What our students say...

"I understand what is anxiety and treatment options, how to help myself and support others who are experiencing anxiety."

Understanding Anxiety

"An understanding of how creative pursuits such as writing, art and music can contribute to more positive mental health and lifting mood."

Creativity for Recovery

"The facilitators were extremely knowledgeable and were able to ignite interest"

Systemic Advocacy

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.



South Eastern Sydney
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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 will introduce you to the concepts of recovery and strengths for individuals, families and mental health services. Together we will explore:

- The meaning of recovery in mental health and the changing understanding over time
- Factors that can help or hinder recovery including the role of language
- The Strengths Approach as a philosophy that can support recovery
- The Strengths Model and how it is used in the South Eastern Sydney Mental Health Services to help people take control and build meaningful lives

This course is a great introduction to the Recovery College and a foundation for other courses.

For a more in-depth exploration of recovery, look out for our 2 day course: Recovery Supporting Services and Systems.

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

#S010010-ENG	Thursday 1 st February 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		

Exploring Anxiety (Previously Understanding Anxiety)

3 Hour Course

This course will explore the experience of anxiety from a range of perspectives. Topics include:

- Definitions of anxiety
- Different ways of understanding anxiety
- Treatment options, managing anxiety and supports available
- Information about how to support a person you care for with anxiety

#S010011-ENG	Monday 19 th February 2018	10:00am-1:00pm
Headspace, Bondi Junction		

Understanding Trauma for Women

3 Hour Course

This course for women introduces students to the experience of trauma. Topics will include:

- Definitions of trauma
- Types and prevalence of trauma experienced by women
- The impacts of trauma on women, their families and the community
- The recovery process after experiencing trauma

#S010012-ENG	Tuesday 20 th February 2018	9:00am-12:00pm
Recovery College Training Room, Kogarah		



Exploring Psychosis (Previously Understanding Psychosis)

3 Hour Course

How people understand the experience called psychosis varies for each person. However, there are often commonalities in the ways people deal with these experiences. Students will learn about:

- What is psychosis
- Approaches and supports available
- Ways of managing the experience of psychosis.

Students may like to continue their learning after this by attending the *Life beyond Psychosis* course starting on Tuesday 6th March 2018.

#S010007-ENG	Tuesday 20 th February 2018	1:00pm-4:00pm
Recovery College Training Room, Kogarah		

Exploring Mental Health Conditions (Previously Understanding MH Conditions) 6 Hour Course

The aim of this course is to introduce students to different mental health conditions and the treatments available. It will also explore:

- How diagnosis are made in the Australian mental health system
- How to navigate the mental health system when or the person you care for is experiencing mental distress
- Tips for communicating with mental health workers

#S010007-ENG	Friday 9 th March 2018	10:00am-4:00pm
City East Community College, Bondi Road Campus		

Discrimination, Marginalisation & LGBTIQ Mental Health

3 Hour Course

Many people who are lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) experience stigma and bias. This course looks how these impact on mental health. It offers strategies for staying well and ideas for creating change. This course leads on to our Stream 3 course for mental health workers, **Journeys in Gender, Sex & Sexuality: From Surviving to Thriving**.

#S010020-ENG	Monday 12 th March 2018	10:00am-1:00pm
Headspace, Bondi Junction		

Making Meaning of Medications

2 Hour Course

What is the role of medication in recovery? This course explores:

- The different kinds of medications used in mental health care
- How and when is medication used
- Who prescribes medication
- How to get information and make decisions about medication

#S010006-ENG	Tuesday 13 th March 2018	2:00pm-4:00pm
St George & Sutherland Community College, Jannali Campus		



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Drug & Alcohol Courses



There will be a range of short courses covering alcohol and drug related topics e.g. Self Esteem/Self Worth, Stigma and Discrimination, Finding Self Help Groups & Dealing with Relapse and Set Backs. Dates and venue details to be advised. Please contact the college for further information or to register your interest.

Exploring Alcohol, Drug Use & Wellbeing

3 Hour Course

This course will explore the impacts 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 outcomes.

#S010024-ENG	Wednesday 14 th February 2018	10:00am-1:00pm
The Langton Centre, Surry Hills		



Physical Health & Wellbeing

2 Hour Course x 4 Weeks

This popular course looks at the relationship between mental health and physical health. This course is for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing.

Topics covered:

- Impact of physical health on mental health
- Healthy eating and how it affects mood
- Getting into physical activity to improve your health
- Substance use and the impact on physical health and wellbeing

#S020005-ENG	Wednesday 7 th February 2018	2:00pm-4:00pm
	Wednesday 14 th February 2018	
	Wednesday 21 st February 2018	
	Wednesday 28 th February 2018	
Recovery College Training Room, Kogarah		

Tackling Tobacco

3 Hour Course

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

#S0200026-ENG	Friday 16 th February 2018	10:00am-1:00pm
City East Community College, Bondi Road Campus		

Creativity for Recovery

2 Hour Course x 4 Weeks

Over four weeks, students will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their everyday lives. A range of group discussions, partnered tasks, take home exercises and creative activities form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.

#S020004-ENG	Thursday 22 nd February 2018	10:00am-12:00pm
	Thursday 1 st March 2018	
	Thursday 8 th March 2018	
	Thursday 15 th March 2018	
	St George & Sutherland Community College, Jannali Campus	

Making Mindfulness Your Own

2 Hour Course x 5 Weeks

This 5 week course builds on *Introduction to Mindfulness*. To enrol in this course, students will need prior experience with mindfulness. Topics include:

- Loving kindness practices
- Mindfulness practice with and without an anchor
- The Dialectical Behaviour Therapy approach to mindfulness
- Using mindfulness to manage strong emotions
- Integrating mindfulness into daily life

#S020013-ENG	Tuesday 27 th February 2018	10:00am-12:00pm
	Tuesday 6 th March 2018	
	Tuesday 13 th March 2018	
	Tuesday 20 th March 2018	
	Tuesday 27 th March 2018	
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	Tuesday 27 th February 2018	10:00am-2:00pm
Recovery College Training Room, Kogarah		

Resilience

2 Hour Course x 4 Weeks

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

#S020014-ENG	Friday 2 nd March 2018	10:00am-12:00pm
	Friday 9 th March 2018	
	Friday 16 th March 2018	
	Friday 23 rd March 2018	
Recovery College Training Room, Kogarah		

Life Beyond Psychosis

2 Hours x 4 Weeks

Over four weeks students will 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.

The course will also explore:

- Personal understandings of psychosis
- The impact of psychosis and self-stigma
- Ways of challenging stigma
- Relaxation as a useful skill in recovery

This course builds on the Stream 1 “Understanding Psychosis” course.

#S020012-ENG	Tuesday 6 th March 2018	2:00pm-4:00pm
	Tuesday 13 th March 2018	
	Tuesday 20 th March 2018	
	Tuesday 27 th March 2018	
	Recovery College Training Room, Kogarah	

Making & Keeping Connections

2 Hour Course x 4 Weeks

Do you want to learn now to make friends and maintain relationships? This four week course explores with students how to form and keep personal friendships and intimate relationships.

The course will look at:

- Building self-confidence
- How to move through fear of judgment
- The importance of boundaries in relationships
- Knowing yourself and what you want in a relationship

#S020019-ENG	Thursday 8 th March 2018	2:45pm-4:45pm
	Thursday 15 th March 2018	
	Thursday 22 nd March 2018	
	Thursday 29 th March 2018	
	City East Community College, Bondi Road Campus	



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Getting Into Volunteer Work

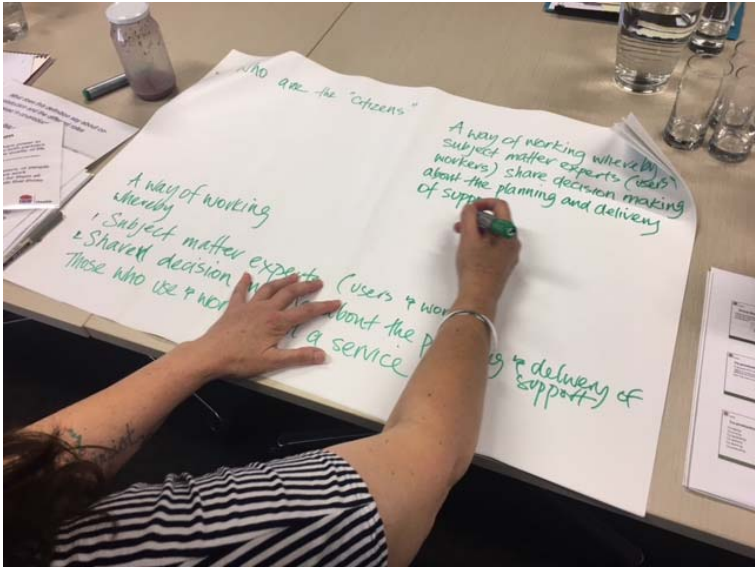
3 Hour Course

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. In this course you will learn:

- Information about different volunteering roles and opportunities
- Skills in how to find and apply for volunteer work that is fun and fulfilling
- How volunteering can impact on your social connections and wellbeing

This course will provide you with all you need to know to get started as a volunteer!

#S020016-ENG	Monday 19 th March 2018	10:00am-1:00pm
Recovery College Training Room, Kogarah		



Stream 2 Courses in Community Languages

These courses will be conducted in Arabic, Greek or Macedonian 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 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.

Introduction to Mindfulness in Arabic

2 Hours x 5 Weeks

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

#S020003-ARA	Wednesday 7 th February 2018	10:00am-12:00pm
	Wednesday 14 th February 2018	
	Wednesday 21 st February 2018	
	Wednesday 28 th February 2018	
	Wednesday 7 th March 2018	
	Recovery College Training Room, Kogarah	

Introduction to Mindfulness in Macedonian

2 Hour Course x 5 Weeks

Ако сакате да ни се обратите преку телефон јавете се во Преведувачката служба на 131 450

#S020003-MAC	Tuesday 13 th March 2018	10:00am-12:00pm
	Tuesday 20 th March 2018	
	Tuesday 27 th March 2018	
	Tuesday 3 rd April 2018	
	Tuesday 10 th April 2018	
	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

#S020003-GRK	Wednesday 14 th March 2018	10:00am-12:00pm
	Wednesday 21 st March 2018	
	Wednesday 28 th March 2018	
	Wednesday 4 th April 2018	
	Wednesday 11 th April 2018	
	Recovery College Training Room, Kogarah	



South Eastern Sydney
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Systemic Advocacy in Mental Health

4 Hour Course x 2 Weeks

This course gives you the resources, skills and confidence to engage in systemic advocacy. Systemic advocacy is about making change in services, systems and policy.

Topics include:

- Social justice and human rights frameworks
- The mental health consumer movement
- Challenging stigma and discrimination in the media
- How to advocate in the mental health system

#S030002-ENG	Tuesday 3 rd April 2018	10:00am-2:00pm
	Tuesday 10 th April 2018	
St George & Sutherland Community College, Jannali Campus		

Challenging Stigma

4 Hour Course

Many people who have experienced mental health concerns are faced with recovering not only from this experience, but also from stigma and discrimination. This interactive course will explore the impact of stigma and discrimination. Students will develop practical strategies for challenging stigma and discrimination in their communities.

#S030004-ENG	Thursday 5 th April 2018	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		

Developing Your Story

NEW
COURSE

3 Hour Course

This course follows on from Purposeful Storytelling. Students will have an opportunity to practice developing purposeful stories about their own personal lived experience. Recovery principles such as hope, empowerment, identity, meaning and purpose will be drawn upon. Students will be assisted to develop their own stories relevant to the situation in which they will be sharing their experiences. There will be opportunities to practice delivering the stories in a safe environment.

#S030013-ENG	Thursday 5 th April 2018	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.

Skills for Educators

1 Day Course

This course will provide students with important skills and knowledge when providing adult education, including Recovery College co-facilitation. It will address:

- The qualities and skills of an effective adult educator
- Planning and structuring a course
- Adult learning principles
- Co-facilitation skills
- Addressing different needs of students

This course forms part of the Recovery College Educators' Training Program.

#S030007-ENG	Tuesday 13 th February 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		

Educating for Recovery: Foundations

4 Hour Course

This course is designed for current and future Recovery College Educators. It explores the principles of recovery and co-production and how they can be applied to education. The course will expose students to the resources, tools and templates used when co-writing and co-facilitating Recovery College courses. This course forms part of the Recovery College Educators' Training Program.

#S030006-ENG	Monday 26 th February 2018	9:00am-1:00pm
Recovery College Training Room, Kogarah		

Transformation through Co-Production

Half Day Course

Co-production is an approach that involves consumers and staff working in collaboration. It is increasingly being adopted in the mental health services and can be used in direct work, service planning and policy.

In this practical course students will explore:

- The six principles of co-production and what these mean in practice
- How co-production can transform individuals and systems
- Using co-production in your context and workplace

#S030004-ENG	Thursday 1 st March 2018	9:00am-1:00pm
Recovery College Training Room, Kogarah		



South Eastern Sydney
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Certificate II in Business (BSB20115)

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

5 Hours per Week x 40 weeks

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

#S050002-ENG	Thursday 15 th February 2018	9:30am-2:30pm
	Thursday 22 nd February 2018	
	Thursday 1 st March 2018	
	Thursday 8 th March 2018	
	Thursday 15 th March 2018	
	Thursday 22 nd March 2018	
	Thursday 29 th March 2018	
	Thursday 5 th April 2018	
	Thursday 12 th April 2018	
St George & Sutherland Community College, Jannali Campus		



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	29 (JANUARY)	30 (JANUARY)	31 (JANUARY)	1 Introduction to Recovery & The Strengths Approach, (p.5) (9am-4:30pm)	2	3	4
WEEK 2	5	6	7 Introduction to Mindfulness in Arabic, (p.12), 1 of 5, (10am-12pm) Physical Health & Wellbeing, (p.8), 1 of 4, (2pm-4pm)	8	9	10	11
WEEK 3	12	13 Skills for Educators, (p.14) (9am-4:30pm)	14 Introduction to Mindfulness in Arabic, (p.12), 2 of 5, (10am-12pm) Exploring Alcohol, Drug Use & Wellbeing, (p.7), (10am-1pm) Physical Health & Wellbeing, (p.8), 2 of 4, (2pm-4pm)	15 Certificate II in Business, (p.15), 1 of 9, (9:30am-2:30pm)	16 Tackling Tobacco, (p.8) (10am-1pm)	17	18
WEEK 4	19 Exploring Anxiety, (p.5) (10am-1pm)	20 Understanding Trauma for Women, (p.5) (9am-12pm) Exploring Psychosis, (p.6) (1pm-4pm)	21 Introduction to Mindfulness in Arabic, (p.12), 3 of 5, (10am-12pm) Physical Health & Wellbeing, (p.8), 3 of 4, (2pm-4pm)	22 Certificate II in Business, (p.15), 2 of 9, (9:30am-2:30pm) Creativity for Recovery, (p.8), 1 of 4, (10am-12pm)	23	24	25
WEEK 5	26 Educating for Recovery: Foundations, (p.14) (9am-1pm)	27 Making Mindfulness Your Own, (p.9), 1 of 5, (10am-12pm) Your Recovery Journey, (p.9) (10am-2pm)	28 Introduction to Mindfulness in Arabic, (p.12), 4 of 5, (10am-12pm) Physical Health & Wellbeing, (p.8), 4 of 4, (2pm-4pm)				



Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 (cont)				1 Transformation through Co-Production, (p.14) (9am-1pm) Certificate II in Business, (p.15), 3 of 9, (9:30am-2:30pm) Creativity for Recovery, (p.8), 2 of 4, (10am-12pm)	2 Resilience, (p.9), 1 of 4, (10am-12pm)	3	4
WEEK 6	5	6 Making Mindfulness Your Own, (p.9), 2 of 5, (10am-12pm) Life Beyond Psychosis, (p.10), 1 of 4, (2pm-4pm)	7 Introduction to Mindfulness in Arabic, (p.12), 5 of 5, (10am-12pm)	8 Certificate II in Business, (p.15), 4 of 9, (9:30am-2:30pm) Creativity for Recovery, (p.8), 3 of 4, (10am-12pm) Making & Keeping Connections, (p.10), 1 of 4, (2:45pm-4:45pm)	9 Resilience, (p.9), 2 of 4, (10am-12pm) Exploring Mental Health Conditions, (p.6) (10am-4pm)	10	11
WEEK 7	12 Discrimination, Marginalisation & LGBTIQ Mental Health, (p.6) (10am-1pm)	13 Making Mindfulness Your Own, (p.9), 3 of 5, (10am-12pm) Introduction to Mindfulness in Macedonian, (p.12), 1 of 5, (10am-12pm) Life Beyond Psychosis, (p.10), 2 of 4, (2pm-4pm) Making Meaning of Medications, (p.6) (2pm-4pm)	14 Introduction to Mindfulness in Greek, (p.12) 1 of 5, (10am-12pm)	15 Certificate II in Business, (p.15), 5 of 9, (9:30am-2:30pm) Creativity for Recovery, (p.8), 4 of 4, (10am-12pm) Making & Keeping Connections, (p.10), 2 of 4, (2:45pm-4:45pm)	16 Resilience, (p.9), 3 of 4, (10am-12pm)	17	18
WEEK 8	19 Getting Into Volunteer Work, (p.11) (10am-1pm)	20 Making Mindfulness Your Own, (p.9), 4 of 5, (10am-12pm) Introduction to Mindfulness in Macedonian, (p.12), 2 of 5, (10am-12pm) Life Beyond Psychosis, (p.10), 3 of 4, (2pm-4pm)	21 Introduction to Mindfulness in Greek, (p.12) 2 of 5, (10am-12pm)	22 Certificate II in Business, (p.15), 6 of 9, (9:30am-2:30pm) Making & Keeping Connections, (p.10), 3 of 4, (2:45pm-4:45pm)	23 Resilience, (p.9), 4 of 4, (10am-12pm)	24	25
WEEK 9	26	27 Making Mindfulness Your Own, (p.9), 5 of 5, (10am-12pm) Introduction to Mindfulness in Macedonian, (p.12), 1 of 3, (10am-12pm) Life Beyond Psychosis, (p.10), 4 of 4, (2pm-4pm)	28 Introduction to Mindfulness in Greek, (p.12) 3 of 5, (10am-12pm)	29 Certificate II in Business, (p.15), 7 of 9, (9:30am-2:30pm) Making & Keeping Connections, (p.10), 4 of 4, (2:45pm-4:45pm)	30 PUBLIC HOLIDAY	31 PUBLIC HOLIDAY	



COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

Course Calendar: April 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 (cont)							1 PUBLIC HOLIDAY
WEEK 10	2 PUBLIC HOLIDAY	3 Introduction to Mindfulness in Macedonian, (p.12), 4 of 5, (10am-12pm) Systemic Advocacy, (p.13), 1 of 2 (10am-2pm)	4 Introduction to Mindfulness in Greek, (p.12) 4 of 5, (10am-12pm)	5 Certificate II in Business, (p.15), 8 of 9, (9:30am-2:30pm) Challenging Stigma, (p.13) (10am-2pm) Developing Your Story, (p.13) (10am-1pm)	6	7	8
WEEK 11	9	10 Introduction to Mindfulness in Macedonian, (p.12), 5 of 5, (10am-12pm) Systemic Advocacy, (p.13), 2 of 2 (10am-2pm)	11 Introduction to Mindfulness in Greek, (p.12) 5 of 5, (10am-12pm)	12 Certificate II in Business, (p.15), 9 of 9, (9:30am-2:30pm)	13	14	15
	16	17	18	19	20	21	22
	23	24	25 PUBLIC HOLIDAY	26	27	28	29
	30						



South Eastern Sydney
RECOVERY COLLEGE
 Learning and Growth for Mental Health

Course Venue Details & Frequently Asked Questions

Course Venue Details

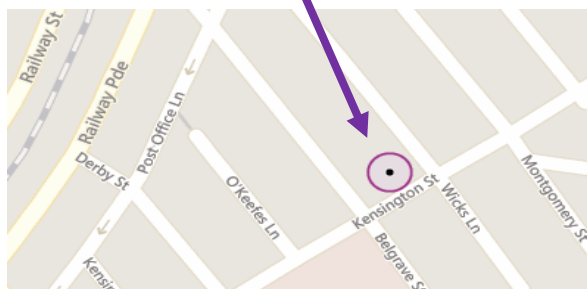
Venue maps and public transport information will be sent with your confirmation of enrolment letter.

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

Headspace, Bondi Junction

Wheelchair accessible 

20 Bronte Road, Bondi Junction 2022

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



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Enrolment Form

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



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
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? <input type="checkbox"/> Phone <input type="checkbox"/> 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)

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Family/Friend | <input type="checkbox"/> Mental Health Worker | <input type="checkbox"/> Brochure/Website | <input type="checkbox"/> Community College |
| <input type="checkbox"/> NGO Support Worker | <input type="checkbox"/> Drug & Alcohol Service | <input type="checkbox"/> 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)

- | | | |
|--|---|---|
| <input type="checkbox"/> Current consumer of South Eastern Sydney Local Health District <u>Mental Health Service</u> – please indicate:
<input type="checkbox"/> Eastern Suburbs
<input type="checkbox"/> St George
<input type="checkbox"/> Sutherland | <input type="checkbox"/> Supporter (Carer or Support Person)

<input type="checkbox"/> 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
<input type="checkbox"/> Neami, <input type="checkbox"/> Aftercare, <input type="checkbox"/> Partners in Recovery,
<input type="checkbox"/> Private Psychiatrist, <input type="checkbox"/> Private Psychologist,
<input type="checkbox"/> Other, please specify | <input type="checkbox"/> 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). |
| <input type="checkbox"/> Current consumer of South Eastern Sydney Local Health District <u>Drug & Alcohol Service</u> – please indicate:
<input type="checkbox"/> Eastern Suburbs
<input type="checkbox"/> St George
<input type="checkbox"/> Sutherland
<input type="checkbox"/> Langton Centre, Surry Hills | | |

QUESTIONNAIRE – OPTIONAL & CONFIDENTIAL

The following questionnaire will assist us to ensure the Recovery College is accessible to the diverse population groups in our community. The information related to employment and education will assist us with our service evaluation and in applying for future funding.

The questionnaire is entirely optional and confidential and you DO NOT need to answer the questions if you do not wish to.

Do you identify as <input type="checkbox"/> Aboriginal <input type="checkbox"/> Torres Strait Islander		Do you have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Country of Birth:	Language Spoken at Home:	Ethnicity:	
Which of the following would best describe your current employment status? (please tick) <input type="checkbox"/> Full Time Employee <input type="checkbox"/> Part Time Employee <input type="checkbox"/> Casual Employee <input type="checkbox"/> Volunteer Work <input type="checkbox"/> Supported Employment <input type="checkbox"/> Student <input type="checkbox"/> Unemployed, Job Seeking Independently <input type="checkbox"/> Unemployed, Job Seeking with Employment Agency <input type="checkbox"/> Unwaged, Not Seeking Work			
Have you successfully completed any of the following Qualifications? (please tick) <input type="checkbox"/> Bachelor or Higher Degree <input type="checkbox"/> Advanced Diploma or Associated Degree <input type="checkbox"/> Diploma or Associate Diploma <input type="checkbox"/> Certificate IV <input type="checkbox"/> Certificate III <input type="checkbox"/> Certificate II <input type="checkbox"/> Certificate I <input type="checkbox"/> Misc. Education (please specify) <input type="checkbox"/> None of the above <input type="checkbox"/> Prefer not to say			
What is your highest completed school level? (tick one) <input type="checkbox"/> Year 12 <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 10 <input type="checkbox"/> Year 9/lower <input type="checkbox"/> Prefer not to say			
Are you currently Studying? <input type="checkbox"/> Yes <input type="checkbox"/> No		If yes, are you studying (please tick) <input type="checkbox"/> Full Time <input type="checkbox"/> Part Time	
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

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

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

Address: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: www.seslhd.health.nsw.gov.au/Recovery_College/

Visit our Facebook Page: 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

THE **ALBION** CENTRE
PARTNERSHIPS IN HEALTH



KEEPING THE
BODY in **MIND**
program

Legal Aid
New South Wales