



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

2018 Term **3** Course Guide

JULY - SEPTEMBER

*“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 3, 2018

Welcome to Term 3 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?

This term we're continuing to build on our curriculum of courses addressing drug and alcohol concerns. A number of new courses address both mental health and drug and alcohol concerns.

Our **new** courses in Term 3 are:

- Suicide: Recovery and Hope, page 7
- Opioid Medications & Recovery, page 7
- Exploring the Impact of Trauma, page 8
- Coping with Strong Emotions, page 11

We're considering publishing an annual course guide from 2019 onwards. We think this may help you plan your education in advance. The course guide will include the names and descriptions of courses. A separate timetable of dates and venues will be published each term. If you'd like to provide feedback about this new idea, please contact the college.

Did you know the Recovery College has a Facebook page?



SESLHD-RecoveryCollege



Who can attend the Recovery College?

Whether you experience mental distress, use drug and alcohol services or both, support someone who does or 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).
- *Until June 2019 we will be extending our eligibility to include people 18 years of age and over who reside in the SESLHD catchment or are SESLHD drug and alcohol service users. (Project funded by: Central & Eastern Primary Health Network)*
- 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 22 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

Work & Development Orders

Students who can't pay their fines and attend courses regularly. Recovery College students who are eligible for a WDO can clear their fines with attendance at Recovery College courses instead of money. To find out more, call us on (02) 9113 2981 or visit the WDO website

<http://www.revenue.nsw.gov.au/fines/eo/factsheet/wdo>



South Eastern Sydney
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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 22 of the course guide.

For **current** students of the Recovery College

There is no need to complete another enrolment form, simply phone or email us with your course preferences.

Staff, students and volunteers

- **Option 1:** enrol online via the mental health intranet site (non-mandatory training):
http://seslhnweb/Mental_Health/Training/Clinical.asp
- **Option 2:** complete the enrolment form
<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...

"Thank you for the support and opening my mind to creativity"

Creativity for Recovery

"Lots of brain-storming and interaction instead of just theory.... Sharing of personal stories felt like a really safe place to share"

Challenging Stigma

"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
RECOVERY COLLEGE
Learning and Growth for Mental Health

Exploring Mental Health 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 is 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

#S010008-ENG	Tuesday 31 st July 2018	10:00am-4:00pm
St George & Sutherland Community College, Jannali Campus		

Exploring 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 31 st July 2018	10.00am-1:00pm
City East College, Bondi Junction		

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	Monday 6 th August 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		



Exploring 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 Thursday 6th September 2018.

#S010007-ENG	Tuesday 7 th August 2018	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		

Making Meaning of Medications

3 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 medication is used
- Who prescribes medication
- How to get information and make decisions about medication

#S010006-ENG	Tuesday 28 th August 2018	1:00pm-4:00pm
City East College, Bondi Road Campus		

Exploring Intellectual Disability & Mental Health: Discovery & Recovery

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	Thursday 30 th August 2018	10:00am-1:00pm
St George & Sutherland Community College, Jannali Campus		



Linking to a GP



3 Hour Course

What is the role of general practice in supporting people with a lived experience of mental distress and addiction? This course will explore the range of services GPs and practice nurses can offer. In particular, students will learn how GPs can support those receiving opioid substitution treatment or who have physical health needs related to their mental distress.

S010026-ENG	Thursday 6 th September 2018	9:30am-12:30pm
	The Langton Centre	

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 10 th September 2018 Monday 17 th September 2018	6:00pm-8.00pm
	Recovery College Training Room, Kogarah	

Opioid Medications & Recovery



3.5 Hour Course

Do you have questions about opioid treatment, but haven't wanted to or had a chance to ask? In this course we will discuss the different types of opioid treatment available, potential side effects and treatment goals.

S010029-ENG	Thursday 13 th September 2018	9:30am-12:30pm
	The Langton Centre	

Suicide: Recovery & Hope



4.5 Hour Course

For many people who experience mental distress or have a dependence on alcohol or other drugs, suicidal thinking or behaviour can be a relentless aspect of their lived experience. This course will offer students skills to speak honestly about suicide, an understanding of the support available and the opportunity to challenge myths and stereotypes about suicide.

#S010008-ENG	Tuesday 18 th September 2018	10:00am-2:30pm
	Recovery College Training Room, Kogarah	



Exploring the Impact of Trauma

NEW
COURSE

4.5 Hour Course

In this introductory course, we will explore:

- What is trauma
- How common trauma is
- How trauma impacts on wellbeing, relationships and communities
- Drug and alcohol use as a response to trauma
- Finding hope after the experience of trauma

S010028-ENG	Monday 24 th September 2018	10:00am-2:30pm
Recovery College Training Room, Kogarah		

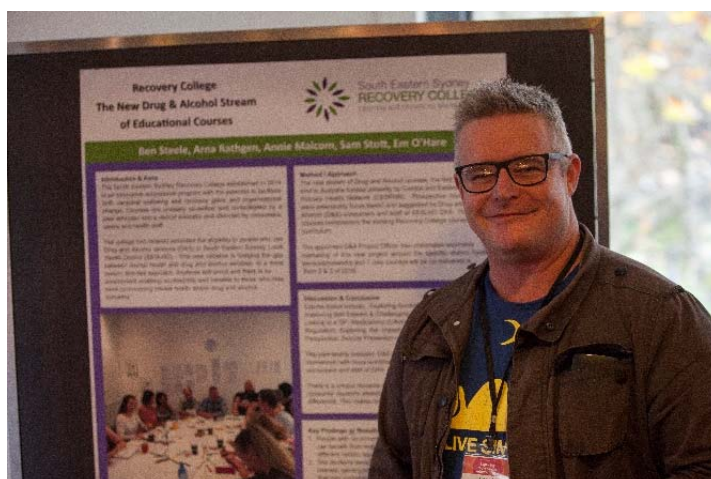
Exploring Anxiety

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	Tuesday 25 th September 2018	1:00pm-4:00pm
Recovery College Training Room, Kogarah		



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Making & Keeping Connections

2 Hour Course x 4 Weeks

Do you want to learn how 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	Tuesday 31 st July 2018	5:00pm-7:00pm
	Tuesday 7 th August 2018	
	Tuesday 14 th August 2018	
	Tuesday 21 st August 2018	
Recovery College Training Room, Kogarah		

Resilience

2 Hour Course x 4 Weeks

This four 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	Tuesday 14 th August 2018	10:00am-12:00pm
	Tuesday 21 st August 2018	
	Tuesday 28 th August 2018	
	Tuesday 4 th September 2018	
St George & Sutherland Community College, Jannali Campus		

Getting Into Volunteer Work

3 Hour Course

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. 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	Tuesday 21 st August 2018	10:00am-1:00pm
Headspace, Bondi Junction		

Creativity for Recovery

2 Hour Course x 5 Weeks

Over five 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 23 rd August 2018	2:45pm-4:45pm
	Thursday 30 th August 2018	
	Thursday 6 th September 2018	
	Thursday 13 th September 2018	
	Thursday 20 th September 2018	
City East College, Bondi Road Campus		



Student Artwork, Creativity for Recovery – Term 1, 2018

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	Wednesday 29 th August 2018	2:00pm-4:00pm
	Wednesday 5 th September 2018	
	Wednesday 12 th September 2018	
	Wednesday 19 th September 2018	
	Wednesday 26 th September 2018	
Recovery College Training Room, Kogarah		



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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	Thursday 6 th September 2018	10:00am-12:00pm
	Thursday 13 th September 2018	
	Thursday 20 th September 2018	
	Thursday 27 th September 2018	
St George & Sutherland Community College, Jannali Campus		

Taking Control of Your Life

2 Hour Course x 4 Weeks

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

#S020002-ENG	Friday 7 th September 2018	2:45pm-4:45pm
	Friday 14 th September 2018	
	Friday 21 st September 2018	
	Friday 28 th September 2018	
City East College, Bondi Road Campus		

Coping with Strong Emotions

NEW
COURSE

3 Hour Course x 2 Weeks

Many people who experience mental distress and those with drug and alcohol concerns, have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community. In this course, students will learn ways of coping with strong emotions. The course will explore the concept of “emotional regulation” and discuss clinical approaches, such as Dialectic Behaviour Therapy (DBT).

#S020030-ENG	Thursday 13 th September 2018	10:00am-1:00pm
	Thursday 20 th September 2018	
	Recovery College Training Room, Kogarah	



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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.

#S020027-ENG	Tuesday 25 th September 2018	9:30am-12:30pm
Recovery College Training Room, Kogarah		

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 25 th September 2018	10:00am-2:00pm
St George & Sutherland Community College, Jannali Campus		



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

Stream 2 Courses in Community Languages

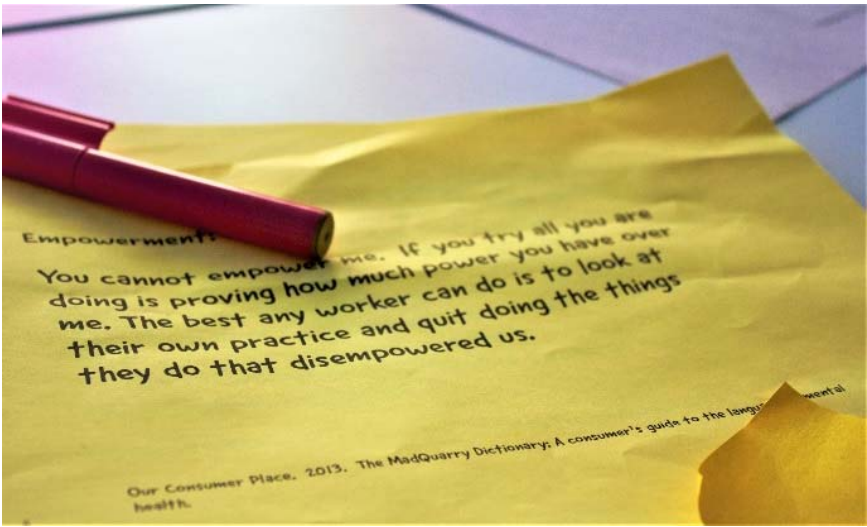
Introduction to Mindfulness in Macedonian

2 Hour Course x 5 Weeks

This course is facilitated by Macedonian speaking educators.
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.

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

#S020003-MAC	Friday 31 st August 2018	1:00pm-3:00pm
	Friday 7 th September 2018	
	Friday 14 th September 2018	
	Friday 21 st September 2018	
	Friday 28 th September 2018	
	Recovery College Training Room, Kogarah	



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	Wednesday 15 th August 2018	10:00am-2:00pm
Recovery College Training Room, Kogarah		

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 7 th August 2018 Tuesday 14 th August 2018	12:00pm-4:00pm
City East College, Bondi Road Campus		



South Eastern Sydney
RECOVERY COLLEGE
Learning and Growth for Mental Health

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: 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 20 th August 2018	10:00am-2:00pm
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	Tuesday 4 th September 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		

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	Monday 10 th September 2018	9:00am-4:30pm
Recovery College Training Room, Kogarah		



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.

The course runs every Thursday throughout the Term and is split into units of competency. Students are able to enrol for the following intakes:

- **Thursday 2nd August 2018 (9:30am-2:30pm x 2 weeks)**
BSBWOR202: Organise & complete daily work activities
- **Thursday 16th August 2018 (9:30am-2:30pm x 2 weeks)**
BSBWOR203: Work effectively with others
- **Thursday 30th August 2018 (9:30am-2:30pm x 2 weeks)**
BSBWHS201: Contribute to health & safety of self and others
- **Thursday 13th September 2018 (9:30am-2:30pm x 2 weeks)**
BSBIND201: Work effectively in a business environment
- **Thursday 27th September 2018 (9:30am-2:30pm x 2 weeks)**
BSBINM202: Handle mail



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.

Please note enrolment and a pre-course orientation with St George & Sutherland College must be organised no later than 5 days prior to the unit commencing. To join the course, please make an appointment with Mikaela Cheetham-Smith, Vocational Student Advisor at St George & Sutherland Community College Jannali Campus. Mikaela can be contacted by phone on 8543 7416 or by email to mlloyd@sgscc.edu.au



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
							1
	2	3	4	5	6 LAST DAY OF TERM 2	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
WEEK 1	23	24 TERM 3 COMMENCES	25	26 Certificate II in Business, (p.16), 1 of 10, (9:30am-2:30pm)	27	28	29
WEEK 2	30	31 Exploring Trauma for Women, (p.5) (10am- 1pm) Exploring Mental Health Conditions, (p.5) (10am-4pm) Making & Keeping Connections, (p.9), 1 of 4, (5pm-7pm)					



COURSE AREA LOCATION KEY

Sutherland

St George

Eastern Suburbs

Surry Hills (The Langton Centre)

Course Calendar: August 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2 (cont.)			1	2 Certificate II in Business, (p.16), 2 of 10, (9:30am-2:30pm)	3	4	5
WEEK 3	6 Introduction to Recovery & The Strengths Approach, (p.5) (9am-4:30pm)	7 Exploring Psychosis, (p.6), (10am-1pm) Systemic Advocacy, 1 of 2, (p.14) (12pm-4pm) Making & Keeping Connections, (p.9), 2 of 4, (5pm-7pm)	8	9 Certificate II in Business, (p.16), 3 of 10, (9:30am-2:30pm)	10	11	12
WEEK 4	13	14 Resilience, (p.9), 1 of 4, (10am-12pm) Systemic Advocacy, 2 of 2, (p.14) (12pm-4pm) Making & Keeping Connections, (p.9), 3 of 4, (5pm-7pm)	15 Challenging Stigma, (p.14) (10am-2pm)	16 Certificate II in Business, (p.16), 4 of 10, (9:30am-2:30pm)	17	18	19
WEEK 5	20 Educating for Recovery: Foundations, (p.15) (10am-2pm)	21 Resilience, (p.9), 2 of 4, (10am-12pm) Getting into Volunteer Work, (p.9) (10am-1pm) Making & Keeping Connections, (p.9), 4 of 4, (5pm-7pm)	22	23 Certificate II in Business, (p.16), 5 of 10, (9:30am-2:30pm) Creativity for Recovery, (p.10), 1 of 5, (2:45pm-4:45pm)	24	25	26
WEEK 6	27	28 Resilience, (p.9), 3 of 4, (10am-12pm) Making Meaning of Medications, (p.6) (1pm-4pm)	29 Making Mindfulness Your Own in English, (p.10), 1 of 5, (2pm-4pm)	30 Certificate II in Business, (p.16), 6 of 10, (9:30am-2:30pm) Exploring Intellectual Disability & Mental Health, (p.6), (10am-1pm) Creativity for Recovery, (p.10), 2 of 5, (2:45pm-4:45pm)	31 Introduction to Mindfulness in Macedonian, (p.13), 1 of 5, (1pm-3pm)		



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 6 (cont.)						1	2
WEEK 7	3	4 Purposeful Storytelling, (p.15) (9am-4:30pm) Resilience, (p.9), 4 of 4, (10am-12pm)	5 Making Mindfulness Your Own in English, (p.10), 2 of 5, (2pm-4pm)	6 Linking to a GP, (p.7) (9:30am-12:30pm) Certificate II in Business, (p.16), 7 of 10, (9:30am-2:30pm) Life Beyond Psychosis, (p.11), 1 of 4, (10am-12pm) Creativity for Recovery, (p.10), 3 of 5, (2:45pm-4:45pm)	7 Introduction to Mindfulness in Macedonian, (p.13), 2 of 5, (1pm-3pm) Taking Control of Your Life, (p.11), 1 of 4, (2:45pm-4:45pm)	8	9
WEEK 8	10 Skills for Educators, (p.15) (9am-4:30pm) Supporting Recovery & Looking After Yourself as a Carer, (p.7), 1 of 2, (6pm-8pm)	11	12 Making Mindfulness Your Own in English, (p.10), 3 of 5, (2pm-4pm)	13 Opioid Medications & Recovery, (p.7) (9:30am-12:30pm) Certificate II in Business, (p.16), 8 of 10, (9:30am-2:30pm) Life Beyond Psychosis, (p.11), 2 of 4, (10am-12pm) Creativity for Recovery, (p.10), 4 of 5, (2:45pm-4:45pm) Coping with Strong Emotions, (p.11), 1 of 2, (10am-1pm)	14 Introduction to Mindfulness in Macedonian, (p.13), 3 of 5, (1pm-3pm) Taking Control of Your Life, (p.11), 2 of 4, (2:45pm-4:45pm)	15	16
WEEK 9	17 Supporting Recovery & Looking After Yourself as a Carer, (p.7), 2 of 2, (6pm-8pm)	18 Suicide: Recovery & Hope, (p.7) (10am-2:30pm)	19 Making Mindfulness Your Own in English, (p.10), 4 of 5, (2pm-4pm)	20 Certificate II in Business, (p.16), 9 of 10, (9:30am-2:30pm) Life Beyond Psychosis, (p.11), 3 of 4, (10am-12pm) Creativity for Recovery, (p.10), 5 of 5, (2:45pm-4:45pm) Coping with Strong Emotions, (p.11), 2 of 2, (10am-1pm)	21 Introduction to Mindfulness in Macedonian, (p.13), 4 of 5, (1pm-3pm) Taking Control of Your Life, (p.11), 3 of 4, (2:45pm-4:45pm)	22	23
WEEK 10	24 Exploring the Impact of Trauma, (p.8) (10am-2:30pm)	25 Your Recovery Journey, (p.12), (10am-2pm) Perspectives on Healing, (p.12) (9:30am-12:30pm) Exploring Anxiety, (p.8), (1pm-4pm)	26 Making Mindfulness Your Own in English, (p.10), 5 of 5, (2pm-4pm)	27 Certificate II in Business, (p.16), 10 of 10, (9:30am-2:30pm) Life Beyond Psychosis, (p.11), 4 of 4, (10am-12pm)	28 LAST DAY OF TERM 3 Introduction to Mindfulness in Macedonian, (p.13), 5 of 5, (1pm-3pm) Taking Control of Your Life, (p.11), 4 of 4, (2:45pm-4:45pm)	29	30




Course Venue Details

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

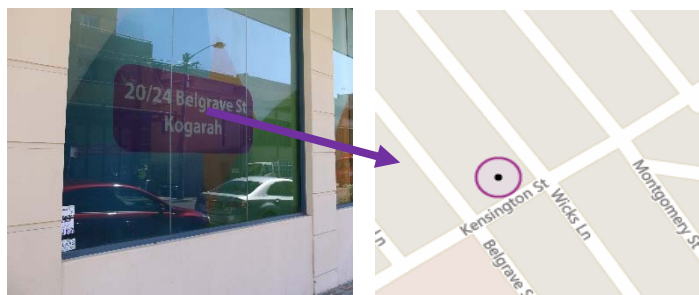
We deliver the courses at a variety of locations across South Eastern Sydney district including:

Recovery College & Keeping the Body in Mind Gym

Wheelchair accessible 

20/24 Belgrave Street, Kogarah 2217

(Entrance via Kensington Street)



City East College

Wheelchair accessible 

98 Bondi Road, Bondi Junction 2022

Community Health Caringbah

Wheelchair accessible 

430 Kingsway, Caringbah 2229

headspace, Bondi Junction

Wheelchair accessible 

20 Bronte Road, Bondi Junction 2022

The Langton Centre

Wheelchair accessible 

591-623 South Dowling Street, Surry Hills 2010

The Maroubra Centre

Wheelchair accessible 

130 Garden Street, Maroubra 2035

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) 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)



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)

- ☐ 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 or Drug & Alcohol 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

- ☐ New Horizons ☐ Mission Australia
☐ Partners in Recovery ☐ Aftercare
☐ Private Psychiatrist
☐ Private Counsellor/Psychologist/Social Worker
☐ 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

This demographic questionnaire assist us in evaluation and further funding for the Recovery College.

If you wish not to participate please tick this box ☐

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			
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			
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"/> Different identity (please state)		Were you born with a variation of sex characteristics (this is sometimes called 'intersex') <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to answer	
Do you consider yourself to be:		<input type="checkbox"/> Straight or heterosexual <input type="checkbox"/> Lesbian, Gay or Homosexual <input type="checkbox"/> Bisexual <input type="checkbox"/> Queer <input type="checkbox"/> Different identity (please state)	

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



aftercare

