



South Eastern Sydney
Recovery & Wellbeing College

Learning & Growth
for Mental Health

Our Values

- Collaboration • Integrity • Hope • Opportunity
- Inclusion • Respect • Enjoyment • Self-determination

Course Guide 2020

Principal Supporters



Health
South Eastern Sydney
Local Health District

We acknowledge the traditional owners of the land on which we meet: the Gadigal people of the Eora nation in the Eastern Suburbs, the Bidjegal people of the Eora nation in St George and the Gweagal people of the Dharawal nation in Sutherland. We pay respect to their elders past and present.

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Welcome

To the South Eastern Sydney Recovery & Wellbeing College 2020

We hope you enjoy reviewing the 2020 Recovery & Wellbeing College Course Guide. This year we are offering 80 courses, including new courses in partnership with the University of NSW, Randwick TAFE and Hope Street Gambling Help.

Course Timetable

Every term the Recovery & Wellbeing College publishes a timetable of course dates and venues. To obtain a copy please visit the website www.seslhd.health.nsw.gov.au/recovery-college Phone: 9113 2981 or email: seslhd-recoverycollege@health.nsw.gov.au

What is the Recovery & Wellbeing College?

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

All our 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. The other is a health care worker, clinician or professional with suitable training and experience.

Whether you experience mental health concerns, use drug and alcohol services or both, support someone who does or work within the 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.

Who can attend the Recovery & Wellbeing College?

The South Eastern Sydney Recovery & Wellbeing College is currently FREE of charge and open to people 18 years of age and over:

1. With a mental health concern and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
2. Who use SESLHD drug and alcohol services (until June 2020 Project funded by: Central & Eastern Primary Health Network).
3. Their families, carers and support people.
4. Staff, students and volunteers of the South Eastern Sydney Local Health District.
5. Staff of the Recovery & Wellbeing College partner organisations.
6. Students of the University of NSW and Randwick TAFE who meet either criteria 1, 2 or 3 (student ID to be provided on enrolment).

Contact the Recovery & Wellbeing College if you require clarification.

How to enrol?

For new students

Option 1: complete our online enrolment form: <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>



Term Dates

Term 1 - 3rd February to 9th April
Term 2 - 27th April to 3rd July

Term 3 - 20th July to 25th September
Term 4 - 12th October to 18th December

Option 2: complete and return the enrolment form on page 34 of the course guide.

Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on pages 33.

Please include a signed copy of these forms when submitting your new enrolment to the College.

For current students

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

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

For any queries, please Ph: 9113 2981
Email: seslhd-RecoveryCollege@health.nsw.gov.au

Orientation & Learning Support

Each student is offered an orientation to the college with a Peer Learning Advisor. During this meeting you can discuss your goals and what support you may need to attend the courses. For further information or to book an appointment, call the 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 of mental health concerns, 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.

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.

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

An Introduction to Recovery & the Strengths Approach

There is a lot of talk about recovery and strengths, but what does it really mean? This course will introduce you to the concepts of recovery and strengths for individuals, families and mental health services. Topics include:

- * 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.

Learning Outcomes

Students will

- * Develop skills to use recovery oriented language and strengths based conversations
- * Gain knowledge of the strengths approach and how it supports recovery
- * Explore their attitudes toward recovery from mental distress and focus on a person's strengths.

Duration: 1 day

Term and Location

Term 1 - Kogarah

Term 2 - Kogarah

Term 3 - Eastern Suburbs

Term 4 - Kogarah



Exploring & Working with Voices

Facilitated by the Melissa Roberts Foundation, this course will provide students with information about the worldwide Hearing Voices movement and local self-help groups. Students will develop a better understanding of the voice hearing experience and ways of working with voice hearers.

Learning Outcomes

Students will

- * Develop skills in the three stages of voice hearing and voice dialogue
- * Gain knowledge of the hearing voices experience and background to the hearing voices approach
- * Explore their attitudes about people with the lived experience of hearing voices.

Duration: 4 hours

Term and Location

Term 2 - Kogarah

Term 4 - Eastern Suburbs

Exploring Alcohol, Drug Use & Wellbeing

Students will explore the impacts alcohol and other drug use can have on a person's health and wellbeing. Students will be provided with resources and information about services that are available to support & improve health outcomes.

Learning Outcomes

Students will

- * Develop skills to seek treatment, cope with lapse or relapse and to develop support networks
- * Gain knowledge about how & why people use drugs and how drug use intersects with mental distress
- * Explore their attitudes toward drug use and harm minimisation in the context of mental distress & drug and alcohol use.

Duration: 3 hours

Term and Location

Term 2 - Kogarah

Term 4 - Sutherland Shire



Exploring Anxiety

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, ways to deal with anxiety and supports available
- * Information about how to support a person you care for with anxiety.

Learning Outcomes

Students will

- * Develop skills in self-care and strategies for dealing with anxiety
- * Gain knowledge on what is anxiety, treatments, supports available and supporting someone with anxiety
- * Explore beliefs and values relating to the stigma of anxiety.

Duration: 3 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

Exploring Bipolar

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 mood changes.

Learning Outcomes

Students will

- * Develop skills to manage the ups and downs of both mood and energy and be able to deal with these in daily life
- * Gain knowledge about different explanatory frameworks of bipolar
- * Explore their attitudes about living with bipolar.

Duration: 3 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Kogarah

Exploring Depression

This course will explore the experience of depression and provide information and support options about depression. The educators will work with students to develop strategies for identifying positive coping strategies for recovery from depression.

Learning Outcomes

Students will

- * Develop skills to recognise the early warning signs of depression and apply positive coping strategies
- * Gain knowledge to understand depression from a range of different perspectives
- * Explore their attitudes towards depression and challenge common myths about depression.

Duration: 3 hours

Term and Location

Term 2 - Kogarah

Term 4 - Sutherland Shire



Exploring Eating Distress & Recovery

In this introductory course, students will acquire skills to support recovery; knowledge about different approaches to recovery and challenge stereotypes and misconceptions about eating distress.

Learning Outcomes

Students will

- * Develop skills to support recovery from eating distress
- * Gain knowledge about different approaches to recovery from eating distress
- * Explore their attitudes toward eating distress, stereotypes about 'eating disorders' and what recovery from eating distress means.

Duration: 4.5 hours

Term and Location

Term 2 - Kogarah

Term 4 - Sutherland Shire

- * Explore their attitudes toward the experience of personality disorder, the individual's journey & how that fits within the mental health system.

Duration: 3 hours

Term and Location

Term 2 - Sutherland Shire

Term 4 - Kogarah

Exploring Grief and Loss

Grief and loss is a part of life. We all will experience it in some way. The grieving process is unique to the individual experiencing it. This course explores the various expressions of grief and loss in life and how they relate to our mental health. The course highlights the diversity of grief and loss experiences associated with various lifespan stages, different cultural perspectives and specific life events. It includes practical coping strategies.

Learning Outcomes

Students will

- * Develop skills and learn tools to improve responses to grief and loss
- * Gain knowledge to understand grief and loss and information about community resources available
- * Explore beliefs and values relating to grief and loss.

Duration: 4 hours

Term and Location

Term 1 - Kogarah

Term 3 - Eastern Suburbs

Exploring the Experience of Personality Disorders

People who have received a diagnosis of 'personality disorder' often have lived experience of emotional distress that can impact their relationships with other people, their capacity to manage their own emotions and their sense of self within the world. This course will examine the impacts, challenges and benefits of receiving a 'personality disorder' diagnosis. It will also explore ways of looking after yourself and your emotions, plus a range of approaches to support recovery.

Learning Outcomes

Students will

- * Develop skills to navigate their recovery journey, support their loved one or work with someone who has this diagnosis
- * Gain knowledge on the experience of personality disorder and the recovery journey



Exploring Intellectual Disability & Mental Health: Discovery & Recovery

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.

Learning Outcomes

Students will

- * Develop skills in self-care and supporting others who experience both intellectual disability and mental health concerns
- * Gain knowledge to understand people who experience both intellectual disability and mental health concerns and how to access available services
- * Explore their attitudes towards the experience and rights of people with an intellectual disability and mental health concerns.

Duration: 4 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

Exploring Mental Health Conditions

Students will be introduced to different mental health conditions and the treatments available. Topics include:

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

Learning Outcomes

Students will

- * Develop skills to navigate the mental health system and how to communicate with mental health workers

- * Gain knowledge to understand recovery philosophy, recovery principles, common mental health conditions, terms and treatments available
- * Explore attitudes about mental health labels and how these may help or hinder people's recovery journey.

Duration: 6 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

Exploring Psychosis

When people see, hear or sense things that others can't, this experience may be described as psychosis. This course will explore commonalities in the ways people experience and make meaning of this.

Topics include:

- * 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.

Learning Outcomes

Students will

- * Develop skills to access resources to support personal recovery from psychosis
- * Gain knowledge on different explanations of psychosis, including the mental health services use of diagnosis and the power of language
- * Explore their attitudes of hope and strength to support personal recovery from psychosis.

Duration: 3 hours

Term and Location

Term 1 - Sutherland Shire

Term 3 - Eastern Suburbs

Exploring the Impact of Trauma

This course explores the impact of trauma.

Topics include:

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

Learning Outcomes

Students will

- * Develop skills to recognise what trauma is and how to cope better with trauma in their own lives
- * Gain knowledge on how to make sense around their own experiences related to trauma, and strategies to assist in their recovery journey
- * Explore their attitudes toward trauma and traumatic events, and how they play out in adaptive behaviours in their lives.

Duration: 4.5 hours

Term and Location

Term 2 - Kogarah

Term 4 - Eastern Suburbs

Exploring Trauma for Women

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

Learning Outcomes

Students will

- * Develop skills to recognise traumatic events and develop strategies to create safety
- * Gain knowledge on the impacts of trauma and the range of trauma-informed services within and beyond the mental health sector

- * Explore their attitudes toward survivors of trauma and the recovery process following trauma.

Duration: 3 hours

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Kogarah



Gambling & Recovery

While gambling is entertaining and fun for most people it can become a serious problem for those who believe it is way of making money, often after having an initial win. Problem gambling leads to social isolation, emotional distress, and financial harm which negatively affect relationships, mental health and daily life.

Learning Outcomes

Students will

- * Acquire skills to avoid developing a dependence upon gambling and apply strategies to prevent or recover from gambling dependence
- * Gain an understanding of gambling dependence and the range of treatment options, support and financial counselling services available to manage gambling-related debt
- * Challenge beliefs about gambling and explore alternative options for relaxation and enjoyment.

Duration: 3 hours

Term and Location

Term 4 - Eastern Suburbs



LGBTIQ+ Mental Health & Social Justice

Many people who are lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) experience prejudice which impacts on their mental health. This course offers strategies for staying well and ideas for creating change.

Learning Outcomes

Students will

- * Develop skills to identify prejudice and discrimination on the basis of sexuality or gender and their impact on mental health and well-being
- * Gain knowledge on the impact of systemic oppression and minority stress for the LGBTIQ+ population
- * Explore their attitudes toward gender, sexuality, mental distress and well-being.

Duration: 3 hours

Term and Location

Term 2 - Eastern Suburbs

Term 3 - Kogarah

Linking to a GP

What is the role of general practice in supporting people with a lived experience of mental distress and drug dependence? This course will explore the range of services which General Practitioners (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.

Learning Outcomes

Students will

- * Develop skills to identify financially-accessible holistic primary health care
- * Gain knowledge on how to get or replace a Medicare card and how GP's can assist people with alcohol & other drug treatment and mental distress
- * Explore their attitudes toward seeing a GP and how they can improve general health and wellbeing.

Duration: 3 hours

Term and Location

Term 1 - Kogarah

Medications & Other Treatment Options

(Previously Making Meaning of Medications)

**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

Learning Outcomes

Students will

- * Develop skills and confidence in talking to their doctor about medication
- * Gain knowledge about the medications used for people experiencing mental distress and making informed decisions about medication
- * Explore their attitudes to using medications to support recovery.

Duration: 4 hours

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Kogarah

Men's Health

This course for men takes a holistic look at men's health including: identity, expression, healthy support networks, intimacy in relationships and coping with stressors in everyday life.

Learning Outcomes

Students will

- * Develop skills to reflect upon their own identity and masculinity
- * Gain knowledge about men's health, the intersection of alcohol & drug use and mental distress and where to go for help
- * Explore their attitudes toward masculinity, men's health and recovery.

Duration: 3 hours

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Sutherland Shire

Navigating the Mental Health System

Students will develop skills and knowledge to make informed choices about using and working with public, private and community managed mental health, primary health care services and the National Disability Insurance Scheme (NDIS). The course will introduce students to the structure of mental health services in South Eastern Sydney Local Health District, roles of the different professions, consumer and carer rights and responsibilities.

Learning Outcomes

Students will

- * Develop skills to access mental health services in the South Eastern Sydney area
- * Gain knowledge about the range of public, private, primary and non-government services in the mental health system and the NDIS
- * Explore their attitudes to myths and stereotypes about accessing the mental health system.

Duration: 4.5 hours

Term and Location

Term 1 - Eastern Suburbs

Opioid Medications & Recovery

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, adverse effects and treatment goals.

Learning Outcomes

Students will

- * Develop skills to recognise what opioid treatment and recovery is, its effects and how to develop better coping skills in their own lives and recovery journey
- * Gain knowledge on the aspects of opioid treatment and recovery in their own lives, and how to make sense of their own experiences
- * Explore their attitudes towards opioid treatment and recovery.

Duration: 4 hours

Term and Location

Term 1 - Sutherland Shire

Term 3 - Eastern Suburbs



Squalor, Hoarding & Recovery

Living in situations of squalor and hoarding can have a big impact, affecting relationships and health. People may be fearful of eviction and increasing levels of anxiety often go hand-in-hand. An urge to acquire may stem from efforts to manage overwhelming fear, grief or trauma. In this course, students will develop an understanding of how squalor and hoarding impacts people and what services and other supports are available to assist in recovery from this experience.

Learning Outcomes

Students will

- * Develop skills in managing strong emotions associated with squalor and hoarding
- * Gain knowledge about the relationship between squalor and hoarding and mental distress and what services and supports are available to assist people who experience hoarding
- * Explore their attitudes towards squalor, hoarding and recovery.

Duration: 4 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire

Suicide: Recovery & Hope

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

Learning Outcomes

Students will

- * Develop skills to recognise potential signs of and respond to escalating distress
- * Gain knowledge on different approaches to responding to suicidality

- * Explore their attitudes toward the experience of living with suicidal thoughts.

Duration: 4.5 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

Supporting Recovery & Looking After Yourself as a Carer

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.

Learning Outcomes

Students will

- * Develop skills to cope in difficult times
- * Gain knowledge on how to support recovery and the benefits of mindfulness
- * Explore their attitudes relating to recovery and self-care.

Duration: 2 hours x 2 weeks

Term and Location

Term 2 - Kogarah

Understanding the Mental Health Act

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

Learning Outcomes

Students will

- * Develop skills to learn how to appeal a decision for involuntary treatment and how to request a meeting with an Official Visitor
- * Gain knowledge about the *NSW Mental Health Act 2007*, including amendments to the Act impacting people experiencing mental distress, carers and clinicians
- * Explore their beliefs, stereotypes and values relating to the NSW Mental Health Act 2007.

Duration: 5 hours

Term and Location

Term 2 - Kogarah

Term 4 - Eastern Suburbs

Wellbeing in Early Parenthood

Early parenthood is a time of change. These changes may bring up strong emotions and increase vulnerability to mental distress. This course will encourage students to begin exploring their own expectations, question societal assumptions about parenthood and consider their support needs.

Learning Outcomes

Students will

- * Develop skills in how and when to ask for help as the parent of a small child
- * Gain knowledge about support services available to promote wellbeing in early parenthood
- * Explore their attitudes toward early parenthood, mental distress and asking for help.

Duration: 3 hours

Term and Location

Term 3 - Kogarah

“

It changed my life. I feel better about myself, calmer, more understanding of myself and others.

”



Stream 2 - Rebuilding Your Life - Developing Knowledge & Skills



Building Social Connections Away From Home



Studying in a new city or country can be an exciting adventure, but it can also be tough socially, with new people and a new cultural context. This new course is a partnership with the University of NSW and TAFE Randwick and aims to foster resilience among students transitioning to life on campus.

Learning Outcomes

Students will

- * Build skills in developing social connections on and off campus
- * Gain an understanding of the importance of social connections for students living away from home
- * Explore what it takes to overcome nerves, homesickness or loneliness to build social connections away from home.

Duration: 4 hours

Term and Location

Term 2 - Eastern Suburbs

Communication – Finding Your Voice

Students will have fun in this course learning about communication and how it supports 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”.

Learning Outcomes

Students will

- * Develop skills in initiating casual conversations and how to read body language

- * Gain knowledge on the different communication styles, such as aggressive, passive and assertive
- * Explore their values about the purpose of communication and its role in recovery from mental distress.

Duration: 2 hours x 4 weeks

Term and Location

Term 2 - Kogarah

Term 4 - Eastern Suburbs

Coping with Strong Emotions

Many people who experience mental distress and those with drug and alcohol dependence, have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community. Topics include strategies to cope with strong emotions; the concept of ‘emotional regulation’ and treatment approaches such as Dialectical Behaviour Therapy.

Learning Outcomes

Students will

- * Develop skills to recognise, cope with and tolerate a range of emotions
- * Gain knowledge about the different core emotions and the effects of emotions on the body
- * Explore their attitudes toward accepting that feeling a range of emotions is normal and increase their skills and confidence to regulate and manage different emotions.

Duration: 3 Hours x 2 weeks

Term and Location

Term 1 - Kogarah

Term 3 - Eastern Suburbs



Creativity for Recovery

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. Exploring different creative mediums such as creative writing, poetry, music and the visual arts will form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.

Learning Outcomes

Students will

- * Develop skills in using creative exercises to aid recovery
- * Gain knowledge on how creativity can be used to aid mental health recovery
- * Explore attitudes towards how creativity can foster hope for recovery.

Duration: 2 hours x 5 weeks

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Kogarah



Finding a Place to Call Home

Finding and maintaining housing can provide much-needed stability for our recovery to progress. This course will explore a range of affordable and supported housing options for people with a lived experience of mental distress. Learn how to get and keep a place you can call home.

Learning Outcomes

Students will

- * Develop skills in how to get and keep housing
- * Gain knowledge on different kinds of housing that support recovery
- * Explore their attitudes toward and values about the relationship between housing and recovery.

Duration: 4 hours

Term and Location

Term 4 - Kogarah

Getting a Good Night's Sleep

Many people have problems sleeping. People with lived experience of mental distress and those who live with or care for them may have their sleep disrupted. This interactive course will explore the nature of sleep, the relationship between mental health and sleep, and offer practical strategies for getting a good night's sleep.

Learning Outcomes

Students will

- * Develop skills and strategies to improve sleep
- * Gain knowledge on the nature of sleep and its role in promoting wellbeing
- * Explore their attitudes about sleep and its relationship to recovery.

Duration: 3 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire



Getting Into Volunteer Work

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!

Learning Outcomes

Students will

- * Develop skills to search and apply for volunteer work
- * Gain knowledge about volunteering roles, requirements and opportunities
- * Explore their attitudes towards how volunteering can impact on their wellbeing and community connections.

Duration: 3 hours

Term and Location

Term 1 - Kogarah

Term 3 - Eastern Suburbs

Improving Self Esteem & Challenging Stigma

This course explores how low self-esteem develops and might be maintained throughout a person's life, and how this may impact of a person's substance use. Students will learn about low self-esteem develops how to take hold of your own self-worth; the roots of stigma and how to become a stigma buster!

Learning Outcomes

Students will

- * Develop skills to recognise the impact of stigma on self-esteem
- * Gain knowledge about how self-esteem develops and how it can be improved

- * Explore myths and stereotypes about drug & alcohol dependence and mental distress that impact on self-esteem and challenge the stigmatising attitudes that lead to discriminatory behaviour.

Duration: 4 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire



Law for Everyday Life

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

Learning Outcomes

Students will

- * Develop skills to deal with legal issues in their daily life
- * Gain knowledge of the legal systems affecting people experiencing mental distress
- * Explore their attitudes toward the legal system, discrimination law and policies affecting daily life.

Duration: 6 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire

Life Beyond Anxiety

Many people experience anxiety and live a meaningful and purposeful life. In this course students will learn about a number of strategies to support living life to the full beyond the experience of anxiety, including relaxation practices. Students will hear from a Peer Educator who has personally experienced living with and beyond anxiety. The Clinical Educator will share their knowledge of what assists people to recover from anxiety in their day to day life and future ambitions. This course extends learning from Exploring Anxiety.

Learning Outcomes

Students will

- * Gain skills in practicing relaxation
- * Gain knowledge about resources available to support recovery from anxiety
- * Explore their attitudes to what wellbeing means to life beyond anxiety.

Duration: 3 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

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Life Beyond Depression

Students will have the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing. You will be introduced to the idea of a wellness plan to assist with the recovery journey from depression. This course complements and builds upon the *Exploring Depression* course.

Learning Outcomes

Students will

- * Develop skills to recognise early warning signs and put strategies in place to develop a strong support network
- * Gain knowledge about a variety of internal and external resources available to support and assist them in staying well from depression

- * Explore their attitudes and ideas about what life beyond depression means to them and others, and explore positive mental health and wellbeing.

Duration: 3 hours

Term and Location

Term 2 - Kogarah

Term 4 - Sutherland Shire

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Life Beyond Psychosis

To provide students with the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing in the context of voices and visions. The course introduces wellness planning to assist with the recovery journey from the experience of psychosis.

Learning Outcomes

Students will

- * Develop skills in wellness planning beyond the experience of psychosis and practice using relaxation exercises
- * Gain knowledge about psychosis; how it can impact upon personal relationships; recovery strategies; and the relaxation response
- * Explore their attitudes about psychosis, particularly in relation to stigma, stress and relationships.

This course expands upon Exploring Psychosis

Duration: 2 hours x 4 weeks

Term and Location

Term 1 - Sutherland Shire

Term 3 - Eastern Suburbs



Life Beyond Trauma

The experience of trauma, including complex trauma, is challenging and impacts on how a person views themselves and the world around them. In this course, students will learn about strategies to establish safety, make meaning and connect with others after trauma. The course will explore how to not only 'survive' after trauma, but how to reclaim a life of hope and meaning.

Learning Outcomes

Students will

- * Gain skills in strategies to support and reclaim a life of hope and meaning beyond trauma
- * Develop knowledge about the range of approaches, services and supports available
- * Explore their attitudes about what a life beyond trauma might mean for themselves and others.

Duration: 2 hours x 3 weeks

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire

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Making & Keeping Connections

Over four weeks, this course will explore:

- * Confidence and moving through fear of judgement
- * Boundaries and sense of self
- * Establishing and maintaining friendships
- * Establishing and maintaining intimate relationships.

Learning Outcomes

Students will

- * Develop skills to recognise common misinterpretations of body language and how these can impede connection
- * Gain knowledge about the key ingredients of mutually respectful friendships and relationships, and the difference between intensity and intimacy

- * Explore their attitudes about their relationship with themselves and others as well as identifying their strengths and areas for growth in this area.

Duration: 2 hours x 4 weeks

Term and Location

Term 1 - Sutherland Shire

Term 3 - Eastern Suburbs

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Perspectives on Healing

This course will begin by eliciting students' perspectives on healing, then introduce and explore a wide array of modalities of healing, change and growth. Students will consider how emerging themes can inform personal recovery.

Learning Outcomes

Students will

- * Develop skills to better decide on suitable healing approaches for themselves and those that they are supporting
- * Gain knowledge on diverse perspectives of healing approaches and their connections to an individual's recovery journey
- * Explore their attitudes towards the breadth of healing perspectives that are available to them and that they may wish to utilise.

Duration: 5 hours

Term and Location

Term 1 - Kogarah

Term 3 - Eastern Suburbs

Recovery Stories

This course will support students to process, create and distribute their individual recovery stories into a book format. Students will explore and reflect on their journey through inspiring mediums such as poetry, photography, art, visual journey boards and creative writing. This course is for anyone who would like their narrative, expressive and visionary skills to come alive on the page.

Learning Outcomes

Students will

- * Develop the skills to process, craft and publish their story through the use of different mediums such as creative writing, poetry, visual art, journey board and/or photography
- * Gain knowledge on how to link their personal story to recovery principles to utilise and reflect on personal strengths and creative capabilities
- * Explore their attitudes on how storytelling can be told effectively through expressive channels tailored to suit each individual's experience.

Duration: 2 hours x 5 weeks

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs

Resilience

This course explores resilience in the context of change and life challenges.

It will help students understand the factors that make us resilient, identify ways of coping that they currently use and learn new skills they can access to survive and thrive in times of change and difficulty

Learning Outcomes

Students will

- * Develop skills to identify and use tools to improve resilience
- * Gain knowledge of resilience and the skills they already possess or may wish to develop

- * Explore beliefs and values relating to coping with life challenges.

Duration: 2 hours x 4 weeks

Term and Location

Term 1 - Sutherland Shire

Term 3 - Eastern Suburbs

Spirituality & Wellbeing

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. You will meet other people and hear and understand what spirituality means for them as well as explore new ways of being spiritual and how this impacts on your wellbeing.

Learning Outcomes

Students will

- * Develop skills to express their spirituality
- * Gain knowledge of the wide variety of spiritual practices
- * Explore their attitudes towards spirituality and its relationship to wellbeing.

Duration: 2 hours x 3 weeks

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs





Supporting Personal Autonomy, Self-Management & Growth

This workshop has a strong practical focus on approaches, resources and tools to overcome barriers and support personal autonomy and growth. Students will explore the following in the context of their own experiences and/or supporting others:

- * A framework for exploring and supporting self-management
- * Discovering ourselves and supporting others in self-discovery
- * Hope-inspiring people and practices
- * Honoring identity and personal meaning
- * Understanding and exercising personal agency and personal control
- * Enhancing personal networks and finding or creating a sense of belonging.

Learning Outcomes

Students will

- * Develop skills in using different approaches, resources and tools
- * Gain knowledge to define each of the key concepts
- * Explore the connection between two key frameworks – the Self-Righting Star and CHIME.

Duration: 1 day

Term and Location

Term 2 - Kogarah



Surviving Study Stress



Studying at university or TAFE is a whole new experience, with more freedom but also more responsibility! This new course will explore strategies for managing tertiary studies that keep stress in balance.

Learning Outcomes

Students will

- * Gain skills to stay motivated while reducing study-related anxiety
- * Develop an understanding of the role of stress in motivating learning
- * Clarify their own and their loved ones' values about studying and how these might contribute to study stress.

Duration: 4 hours

Term and Location

Term 3 - Eastern Suburbs

Taking Control of Your Life

This course takes people on a journey to explore the themes of recovery and understand its meaning to their lives, to develop tools to recover and support recovery, understand the barriers and strategies to recover and create recovery oriented services.

Learning Outcomes

Students will

- * Develop skills to identify their strengths, support networks, generate goals and apply a weekly intention
- * Gain knowledge of recovery themes such as hope, empowerment, purpose and connectedness
- * Explore their values and reflect on their road to recovery.

Duration: 2 hours x 4 weeks

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Kogarah



Trauma, the Body and Yoga

Trauma impacts on the mind, body and brain. We know from the latest neuroscience that the body holds memories of trauma that might not be accessible in narrative form. In this exciting new course, students will explore the role of yoga practices in healing from these experiences.

Learning Outcomes

Students will

- * acquire skills to use yoga practices for building connection with the body and processing traumatic memories
- * gain an understanding of the role of yoga in recovery from complex trauma
- * challenge myths and stereotypes about how yoga can support recovery

Duration: 1 day

Term and Location

Term 2 - Kogarah

Term 4 - Eastern Suburbs



Yoga for Recovery

Relaxation and gentle yoga exercises are helpful for people to maintain balance and mental wellbeing. During this introductory course students will learn relaxation techniques, simple yoga postures and have the opportunity to explore the benefits of these approaches to recovery.

We recommend students wear comfortable clothing to this course.

Learning Outcomes

Students will

- * Develop skills in gentle movement, breathing practices and relaxation
- * Gain knowledge of the benefits of gentle yoga and how to incorporate it into daily life
- * Explore their beliefs and values relating to a holistic approach to wellbeing.

Duration: 1.5 hours x 5 weeks

Term and Location

Term 1 - Sutherland Shire

Term 3 - Kogarah

Your Recovery Journey

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 life and their time with the College.

Learning Outcomes

Students will

- * Develop skills to set and review SMART goals, identify recovery principles & their strengths
- * Gain knowledge about SMART goal-setting, recovery principles, the strengths approach and recovery-oriented language
- * Explore their attitudes toward their self-conception, especially if this has been influenced by the biomedical model, and the possibility of recovery for everyone.

Duration: 4 hours

Term and Location

Term 2 - Kogarah



Stream 2: Mindfulness Courses in English & Community Languages

Mindfulness Workshop

Have you heard about mindfulness and wondered what it is? In this short, friendly session you will hear about what mindfulness is and how it can be a part of your wellbeing. You will have a chance to take part in some brief mindfulness activities and learn about other courses available at the Recovery & Wellbeing College and in the community.

Learning Outcomes

Students will

- * Develop skills in a mindfulness breathing exercise
- * Gain knowledge of the benefits of mindfulness and where to find courses in the community
- * Explore how mindfulness can support recovery from mental distress.

Duration: 1 hour

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Sutherland Shire

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Introduction to Mindfulness in English

Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness meditation is an effective approach to support mental health recovery and improve overall wellbeing. During this 5 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.

Learning Outcomes

Students will

- * Develop skills to apply mindfulness practices to manage stress, reduce self-judgement and build self-compassion in daily life

- * Gain knowledge of the stress response and experiential exploration of a wide variety of mindfulness practices
- * Explore their attitudes on how mindfulness practices can support recovery from mental distress.

Duration: 2 hours x 5 weeks

Term and Location

Term 1 - Kogarah

Term 3 - Eastern Suburbs

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Making Mindfulness Your Own in English

This 5 week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness.

Learning Outcomes

Students will

- * Develop skills to practice the qualities of single-pointedness, awareness, compassion, equanimity, self-acceptance and interpersonal effectiveness
- * Gain knowledge of the benefits of mindfulness practice in the context of Dialectical Behaviour Therapy (DBT), Mindfulness-Based Stress Reduction and Theravāda Buddhism
- * Explore their attitudes toward themselves through considering the pros and cons of mindfulness practice and increased capacity to reflect without judgement upon their practice through the mindfulness journal.

Duration: 2 hours x 5 weeks

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs



Mindfulness in Community Languages

Introduction to Mindfulness in Arabic, Greek, Macedonian and Mandarin.

These courses will be co-facilitated by a Bilingual Peer Educator and a Bilingual Counsellor.

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.

Learning Outcomes

Students will

- * Develop skills to apply mindfulness practices to manage stress, reduce self-judgement and build self-compassion in daily life
- * Gain knowledge of the stress response and experiential exploration of a wide variety of mindfulness practices
- * Explore how mindfulness practices can support recovery from mental distress and complement cultural and faith practices.

Duration: 2 hours x 5 weeks

Introduction to Mindfulness in Arabic

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Term and Location

Term 1 - Kogarah

Introduction to Mindfulness in Greek

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

Term and Location

Term 2 - Kogarah

Term 4 - Kogarah

Introduction to Mindfulness in Macedonian

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

Term and Location

Term 1 - Kogarah

Term 3 - Kogarah

Introduction to Mindfulness in Mandarin

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 & Interpreting Service, TIS)

Term and Location

Term 2 - Kogarah

Making Mindfulness Your Own in Arabic and Greek

These courses will be co-facilitated by a Bilingual Peer Educator and a Bilingual Counsellor.

This 5 week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness.

Learning Outcomes

Students will

- * Develop skills to practice the qualities of single-pointedness, awareness, compassion, equanimity, self-acceptance and interpersonal effectiveness
- * Gain knowledge of the benefits of mindfulness practice in the context of Dialectical Behaviour Therapy (DBT), Mindfulness-Based Stress Reduction and Theravāda Buddhism that complement cultural and faith practices
- * Explore their attitudes toward themselves through considering the pros and cons of mindfulness practice and increased capacity to reflect without judgement upon their practice through the mindfulness journal.

Duration: 2 hours x 5 weeks

Making Mindfulness Your Own in Arabic

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Term and Location

Term 3 - Kogarah

Making Mindfulness Your Own in Greek

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

Term and Location

Term 1 - Kogarah



Stream 2: Physical Health Courses in Collaboration with Keeping the Body in Mind (KBIM)



Getting into Exercise

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

Learning Outcomes

Students will

- * Develop skills to identify and overcome barriers to exercise
- * Gain knowledge of what effective exercise options are available
- * Explore their attitudes toward physical activity.

Duration: 2 hours

Term and Location

Term 2 - Kogarah

Term 4 - Kogarah

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Nutrition for Good Health

In this course you will have an opportunity to analyse your own diet, learn how to develop healthy eating habits and how this can impact on your recovery. We also take a look at current diet fads, food labelling, healthy food options on a budget and where to go for more specialist advice.

Learning Outcomes

Students will

- * Develop skills to apply the knowledge about nutrition to their personal situation, how to plan healthy meals within a budget and to use the Hunger Scale

- * Gain knowledge about how to read food labelling and where to find resources about nutrition
- * Explore their attitudes towards improving their diet, eating healthily on a budget and that they can personally make these changes.

Duration: 3 hours

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs

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Physical Health & Wellbeing

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

Learning Outcomes

Students will

- * Develop skills to make healthier lifestyle choices in the domains of exercise & nutrition
- * Gain knowledge about the connection between physical health and wellbeing
- * Explore their attitudes toward the relationship between personal lifestyle choices, recovery from mental distress and physical health.

Duration: 2 hours x 4 weeks

Term and Location

Term 1 - Eastern Suburbs

Term 3 - Kogarah



Stream 3: Recovery Supporting Practice & getting involved in Mental Health Services

Challenging Stigma

Many people with a lived experience of mental distress are faced with not only recovering 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.

Learning Outcomes

Students will

- * Develop skills to challenge stigma and discrimination
- * Gain knowledge about their rights under discrimination laws
- * Explore their attitudes and beliefs about stigma and mental illness.

Duration: 4 hours

Term and Location

Term 1 - Kogarah

Term 3 - Sutherland Shire

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Committee Work

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

Learning Outcomes

Students will

- * Develop skills to contribute effectively as a committee member and how to deal with the challenges which may arise

- * Gain knowledge of how committees are structured, the roles on a committee and find out about opportunities to participate on committees
- * Explore their beliefs and values relating to why you want to become a consumer representative on committees.

Duration: 3 hours

Term and Location

Term 1 - Sutherland Shire

Term 3 - Kogarah

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Introduction to Consumer & Peer Worker Roles

This introductory course will provide information about the history, nature and policy context of the roles of Consumer and Peer Workers. Students will learn about resources and the capacity to work effectively with these important positions in mental health services. They will gain an understanding of how purposeful storytelling is used in recovery oriented practice. The information will provide a foundation for those interested in pursuing a career in Consumer and Peer Work.

Learning Outcomes

Students will

- * Develop skills to prepare their story in a purposeful way, learn how to work effectively in the mental health system, what to avoid and how to resolve boundary issues.
- * Gain knowledge of consumer and peer worker roles, the training pathways for consumer and peer work, its values and role challenges
- * Explore their attitudes toward the importance of peer work for the reform of mental health services and consumer participation at all levels.

Duration: 1 day

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Sutherland Shire



Journeys in Gender, Sex & Sexuality: From Surviving to Thriving

This course will build mental health workers' capacity to respond to people who are lesbian, gay, bisexual, queer, asexual, transgender and/or intersex (LGBTQIA), their families of choice and communities. It will explore how homophobia and transphobia impact on mental health and wellbeing. Students will learn strategies for making mental health services more inclusive of people who are gender, sex and sexuality diverse.

Learning Outcomes

Students will

- * Develop skills to use appropriate terminology
- * Gain knowledge of the connection between LGBTQIA lived experiences, minority stress and mental distress
- * Explore their attitudes toward working with people who are LGBTQIA, their families of choice and communities.

Duration: 1 day

Term and Location

Term 2 - Kogarah

Public Speaking

Many people find the thought of public speaking daunting. This course will assist students to develop skills and confidence to speak publically in a range of forums, including meetings and training. Topics include:

- * Developing confidence and combat feelings of fear and anxiety
- * Engaging the audience
- * Planning presentations.

Learning Outcomes

Students will

- * Develop skills to build students confidence to speak in various settings for oneself or on behalf of others
- * Gain knowledge about reducing stigma and creating awareness of mental distress and mental wellbeing through public speaking

- * Explore attitudes, self-perception, beliefs and values relating to their own self confidence and ability to stand up in front of others and advocate for consumers.

Duration: 3 hours

Term and Location

Term 2 - Kogarah

Term 4 - Sutherland Shire

Recovery Orientated Services

(Previously Recovery Supporting Services & Systems)

Take your recovery-oriented practice as a mental health clinician, peer worker or leader to the next level with this stimulating two day course students will:

- * Examine the complexities and challenges of working within a recovery-orientated framework in today's mental health system
- * Explore how recovery can be supported and promoted at both local and systemic levels
- * Hone their recovery-supporting know-how through dynamic and interactive practice examples and develop plans to implement this knowledge in their workplace.

Learning Outcomes

Students will

- * Develop skills in applying the capabilities in the *National Framework for Recovery Oriented Mental Health Services* to lead and facilitate recovery-supporting practices
- * Gain knowledge of the domains and capabilities in the *National Framework for Recovery Oriented Mental Health Services* and their evidence base
- * Explore their attitudes toward both people's ability to recover and mental health workers' ability to implement recovery-oriented practices.

Duration: 2 days

Term and Location

Term 3 - Kogarah



Systemic Advocacy

This course will provide students with information, skills and confidence to engage in systemic advocacy. Students will leave with strategies and connections to work towards positive change in services, policy, law, communities and attitudes.

Learning Outcomes

Students will

- * Develop skills to apply social justice principles to mental health advocacy
- * Gain knowledge of the human rights framework informing systemic advocacy in mental health
- * Explore their attitudes in relation to the psychiatric survivor movement and how these align with systemic advocacy in mental health.

Duration: 4 hours x 2 weeks

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs

Transformation through Co-Production

Co-production is an approach that involves people with lived experience of mental distress and clinicians working in collaboration. It is increasingly being adopted in mental health services and can be used in direct work, service planning and policy. Topics include:

- * 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.

Learning Outcomes

Students will

- * Develop skills to implement co-production in their context
- * Gain knowledge about the history, theory & practice of co-production
- * Explore their attitudes toward collaboration and partnership on an equal basis between people with different perspectives, and the role that power plays in co-production.

Duration: 4 hours

Term and Location

Term 2 - Sutherland Shire

Term 4 - Eastern Suburbs



Telling Your Story in a Public Forum

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.

Learning Outcomes

Students will

- * Develop skills to write their own story on a story template and manage nerves
- * Gain knowledge about recovery principles, purposeful storytelling and telling their story using different formats
- * Explore the myths & stereotypes associated with mental distress by learning to tell the positive aspects of the story, focussing on what helped rather than what hindered.

Duration: 4 hours

Term and Location

Term 2 - Eastern Suburbs

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The educators were very
compassionate, understanding and
mindful of difficult or sensitive topics

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Stream 3: Recovery & Wellbeing College Educators' Training Program

If you are a Recovery and Wellbeing Educator or are interested in becoming one, these courses will provide you with the skills and knowledge for this role. These courses are ordered as a learning pathway, NOT in alphabetical order.

To discuss your particular learning needs and the relevance of these courses for you, please contact us at the College.

Skills for Co-Facilitation

(Previously Skills for Educators)

This course forms part of the Recovery & Wellbeing College Educators' Training Program. It will provide you with core knowledge and skills required to effectively co-facilitate courses with the Recovery & Wellbeing College. Students will learn about adult education principles and dealing with different student needs.

Learning Outcomes

Students will

- * Develop skills to attract and engage students; develop a basic Recovery College session plan; problem solve if things don't go as planned; and work effectively in a team teaching environment
- * Gain knowledge about the principles of adult learning; the qualities and skills of an effective adult educator; and enhancers and distractions in the learning environment
- * Explore their values and attitudes about their role as a course developer and educator in Recovery College courses.

Duration: 1 day

Term and Location

Term 1 - Kogarah

Term 3 - Kogarah

Educating for Recovery: Foundations

This course will provide you with an orientation to important foundational concepts of recovery and their application to the Educator role within the Recovery & Wellbeing College. Students will learn about the Recovery and Wellbeing College processes for course co-writing and co-facilitating. Information will also be provided about how recovery principles and co-production are embedded into all aspects of the college curriculum.

Learning Outcomes

Students will

- * Develop skills to apply recovery concepts and principles to course co-writing and co-facilitation
- * Gain knowledge of recovery education principles and concepts
- * Explore beliefs and values about how the Recovery College model differs from psycho-education, group therapy and leisure activities.

Duration: 4 hours

Term and Location

Term 1 - Kogarah

Term 3 - Kogarah



Educating for Recovery: In Practice

This course facilitated by inside out and associates will focus on:

- * Maintaining congruency between recovery concepts and educational delivery
- * Competencies for recovery educators
- * Co-production – principles and approaches
- * Addressing common challenges to delivering recovery education
- * What recovery means for development and delivery of workshops.



Learning Outcomes

Students will

- * Develop skills to apply co-production principles to the design and delivery of recovery education
- * Gain knowledge to recognise and apply the competencies needed to deliver effective and authentic recovery education
- * Explore attitudes and discuss strategies to address common challenges and promote transformative learning.

Duration: 1 day

Term and Location

Term 2 - Kogarah

Term 4 - Kogarah



This course 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.

Learning Outcomes

Students will

- * Develop skills to use different explanatory frameworks in a range of situations and settings
- * Gain knowledge to define 'explanatory frameworks' and identify and discuss the evidence for recognising explanatory frameworks in mental health
- * Explore different explanatory frames within a range of personal narratives in a variety of forms (written, oral, multimedia).

Duration: 4 hours

Term and Location

Term 2 - Kogarah

Term 4 - Kogarah

How to Co-write a Course

Successfully co-writing a course requires careful planning and collaboration. Students will learn about the Recovery & Wellbeing College quality assurance processes, including our Course Development Agreement. We will address:

- * How to determine the course learning outcomes
- * How to use the session plan to ensure that the course achieves the learning outcomes
- * How to work in a team as well as collaborating with others, in the spirit of co-production, about the course content and process
- * How to address the educational needs of diverse students who will attend the course.

Learning Outcomes

Students will

- * Gain skills in how to co-write an adult education for recovery course
- * Gain knowledge about learning styles and incorporating these into course writing
- * Explore attitudes towards the benefits and challenges of course co-writing.

Duration: 4 hours

Term and Location

Term 1 - Kogarah

Term 3 - Kogarah

Stream 3: Peer Recovery and Wellbeing Educators' Training Program

Developing Your Story

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

Learning Outcomes

Students will

- * Develop skills in framing and delivering their stories plus how to decide what to include and what to exclude given the context
- * Gain knowledge about recovery-oriented frameworks and language which they can use to structure their purposeful storytelling
- * Explore their attitudes toward what makes a story purposeful and how they can be transformative.

Duration: 4 hours

Term and Location

Term 2 - Eastern Suburbs

Term 4 - Kogarah



Purposeful Storytelling

This course is for current Peer Educators or for those seeking to become Peer Recovery and Wellbeing Educators. The session is facilitated by inside out and associates and provides Peer Recovery and Wellbeing Educators with the skills and knowledge to effectively and purposefully tell aspects of their own recovery story in an education program, in public speaking and in any peer or consumer work settings. This course also helps people with lived experience to make decisions about personal disclosures in any situation. Purposeful Storytelling is a unique skill set used by lived experience workers. The course addresses safe disclosure, personal boundaries, tailoring your story to the setting and aligning it with Recovery-oriented and trauma-informed principles.

Learning Outcomes

Students will

- * Develop skills to apply the principles of Purposeful Storytelling throughout each phase of the storytelling process
- * Gain knowledge of the five steps for purposeful storytelling to plan for, design, deliver, edit and review a purposeful story
- * Explore ethical decisions in relation to all aspects of Purposeful Storytelling, taking into account the different contexts where storytelling arises.

Duration: 1 day

Term and Location

Term 1 - Kogarah

Term 3 - Kogarah



Frequently Asked Questions

What happens after I complete the enrolment form?

A team member will contact you and arrange a time to meet for an orientation 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.

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 8-15 students.

Who will teach the courses?

All our courses are co-written and co-facilitated by two Recovery & Wellbeing Educators. One is a person with a lived experience of mental health and/or drug and alcohol concerns. The other a health care worker, clinician or professional with suitable training and experience.

What do courses cost?

All courses are currently free of charge as long as you meet the eligibility criteria on page 1.

Do you supply food and refreshments?

Where possible, we provide tea, coffee and biscuits. 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.

What if I wish to provide compliments, feedback or make a complaint?

If you have any suggestions for new courses or any other ways we can improve please contact the Recovery & Wellbeing on Ph. 9113 2981 or email: seslhd-recoverycollege@health.nsw.gov.au.

If you have any concerns or compliments we also encourage you to talk to a Recovery & Wellbeing team member by phoning 9113 2981. You can also discuss these issues with the Manager so they can work with you to find a solution.

If you don't feel comfortable discussing your concerns with the Recovery & Wellbeing team members or Manager, you can contact the Complaints Officer. The Complaints Officer is independent of the Recovery & Wellbeing College and will look into your specific issues, attempt to provide a resolution and provide you with the result of this process.

**Complaints Officer, St George Hospital,
Gray Street, Kogarah NSW 2217
Ph. (02) 9113 1111**

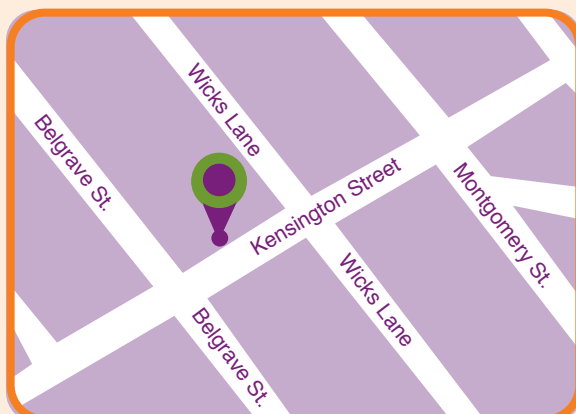
If you do not get any satisfaction from the above steps or don't wish to contact the Health Service directly you can contact the Health Care Complaints Commission

Health Care Complaints Commission (HCCC)
Ph.1800 043 159. For more information visit www.hccc.nsw.gov.au

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.

Our Locations



Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

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

**Recovery & Wellbeing 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

headspace, Miranda
Wheelchair accessible
5/522 Kingsway, Miranda 2228

Prince of Wales, Euroa Building
Wheelchair accessible
Centre for Healthy Brain Ageing,
Prince of Wales Hospital,
Barker St, Randwick 2031

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

Students Rights and Responsibilities

Students have the right to:

- * Be treated fairly and with respect by Recovery & Wellbeing College staff and students
- * Be treated in a warm and professional manner
- * Privacy, dignity and confidentiality
- * Quality provision of courses that provide hope, opportunity, personal control and appreciate individual needs and learning styles
- * Provide feedback, complaints or compliments through appropriate channels
- * Be protected from all forms of harassment and discrimination
- * Know about policies referring to them
- * A safe and clean learning environment
- * Have enquiries dealt with in an efficient manner
- * Information, guidance and advice on courses
- * Support for specific learning needs if you tell us about a disability or learning difficulty
- * Have your personal beliefs, religious and cultural practices respected
- * Express your views and be involved in developing the college

Students have the responsibility to:

- * Treat other students and staff with respect and fairness
- * Behave in an acceptable and appropriate manner towards other students and staff and to respect the property of the College and host community colleges
- * Refrain from swearing in classrooms and other learning areas
- * Not behave in any way that could offend, embarrass or threaten others
- * Be respectful of personal space and boundaries
- * Provide accurate information about themselves and advise of any changes
- * Follow normal safety practices (eg: following both written and verbal directions given by Recovery & Wellbeing College or host staff)
- * Ask for clarification about anything you are not sure about

Student Guidelines

Students should:

- * Act in a responsible manner and foster mutual respect and understanding between students
- * Respect the rights, beliefs and opinions of others
- * Not act in a way that may be considered threatening or disruptive, or likely to cause physical or emotional harm
- * Refrain from the use of alcohol or illegal drugs when using the college

The college considers the following examples to constitute misconduct and subject to disciplinary procedures:

- * Prevention or disruption of learning or other activities
- * Violent, indecent, threatening or offensive behaviour or language
- * Use of alcohol or illegal drugs on the premises
- * Theft, damage or misuse of college or host organisations property, or the property of staff, students or visitors
- * Action likely to cause injury or impair safety on college or host organisations premises
- * Any act which constitutes a criminal offence
- * Sexual, racial or other harassment of any staff member, student or visitor to the college
- * Unwarranted and inappropriate touching

Signed: _____

Date: ___ / ___ / ___



Enrolment form



South Eastern Sydney
Recovery & Wellbeing College

Enrolment Checklist – Please ensure all sections are complete before submitting this form. Should you require assistance, please contact the Recovery & Wellbeing College

1. Carefully read the South Eastern Sydney Recovery & Wellbeing 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 & Wellbeing 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 & Wellbeing 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 & Wellbeing 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 & Wellbeing College? *To be eligible to attend 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

QUESTIONNAIRE

This demographic questionnaire assist us in evaluation and further funding for the Recovery & Wellbeing 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)		



South Eastern Sydney
Recovery & Wellbeing College



Our contact details

P: 9113 2981 E: seslhd-recoverycollege@health.nsw.gov.au

A: 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

Supported by

