

Community
Learning
Growth

Western Sydney Recovery College

Term 4 2018

Course Guide

Our mission is to educate and inspire the broader community about mental health, to facilitate recovery, and to empower students to learn and grow in a safe and respectful environment.



Western Sydney
Recovery College



About Western Sydney Recovery College

Western Sydney Recovery College is an innovative approach to inclusive education and recovery within the community and mental health sector. It is a collaborative, community driven model of adult education that supports people in their mental health recovery journey.

The co-production model followed by recovery colleges promotes shared understanding, breaks down barriers, reduces stigma, and increases understanding and support in the community.

Western Sydney Recovery College is an adult education program run by the not-for-profit organisation One Door Mental Health and funded by WentWest PHN. This funding enables us to deliver high-quality workshops **FREE** to the Western Sydney community.

New workshops & events in October for Mental Health Month

This Mental Health Month we will be running a special Introduction to Peer Work course, in partnership with MHCC, that will introduce consumers and carers to what Peer Work in the mental health sector is all about. This five-day introductory course will give students a taste of Peer Work and the range of subjects that will be covered. Enrol now to secure your spot!

As part of our ongoing commitment to supporting the mental health of the LGBTIQ community in Western Sydney, we will be taking part in an LGBTIQ Mental Health Month event organised by Relationships Australia on 19 October. We will also have a stall at the Parramatta Pride Picnic on Sunday 28 October. Please check our website for the full details. We hope to see you there!

Lastly, we are running the two-day Applied Suicide Intervention Skills Training (ASIST) course on 25 and 26 October, which will equip students with the skills to identify when someone is thinking of suicide and how to have that important conversation when it matters most. Enrol now to secure your spot!

Our Values

The values of the Western Sydney Recovery College reflect what we do and how we do it.

Community - a community of recovery and support

Learning - sharing knowledge, understanding and skills in a safe and friendly environment

Growth - empowering recovery and personal change

We respect the uniqueness of all individuals.

We work to reduce stigma and to build understanding of mental health issues in Western Sydney.

We value the voice of lived experience with that of mental health workers.



Bridget Betzold, Engagement Officer; Annie West, Education Officer; Maryanne Doherty, Admin Officer; Julie Miller, Manager (front). Photo credit: Damon Amb.

How to Enrol

- If you are a current or previous student there is no need to complete another enrolment form. Simply call or email us to indicate the workshop(s) you wish to attend.
- Online: Locate the workshop you wish to apply for on www.wsyrecoverycollege.org.au and complete the enrolment form.
- Mail: Post a hard copy enrolment form to Western Sydney Recovery College Level 3, 81 Flushcombe Road Blacktown NSW 2148
- Email: wsyrecoverycollege@onedoor.org.au.
- Phone: 02 9854 5541.

Students will receive an acknowledgement of enrolment, followed by a confirmation of enrolment closer to the course dates and SMS reminders if requested.

Please note some courses are popular and may become booked out. In this case your details will go on a waiting list and you will be notified if a place becomes available.

What is Mental Health?

This stream will provide students with information about recovery, mental health conditions, and the mental health system in the Western Sydney area and across Australia.

Understanding Anxiety

What is anxiety? This workshop builds an understanding of anxiety and how it impacts on individuals, their families and carers. It also explores recovery, self-management strategies and other techniques that provide practical assistance to those living with anxiety.

Understanding Anxiety (Arabic)

This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

Understanding Depression

What is depression? This workshop builds an understanding of depression and how it impacts on individuals, their families or carers. It also explores recovery, coping strategies and self-management techniques.

Understanding Depression (Arabic) **NEW!**

This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

Understanding Personality Disorders

This workshop is an introduction to understanding personality disorders. It looks at the history, prevalence and types of mental health conditions that are called personality disorders, and helps students to understand what it is like to live with these conditions. Supports and treatments will be discussed along with self-care and self-management strategies.

Understanding Problem Gambling **NEW!**

What is problem gambling? Most people are able to gamble for fun and entertainment. However, for some individuals, gambling can take over their lives in devastating ways. This workshop will help students gain an understanding of problem gambling, and how a socially acceptable activity can potentially cause so much adversity for some individuals and their families. It also explores self-management strategies and supports for people experiencing problem gambling.

Health and Wellbeing

This stream focuses on information as well as practical tools and techniques to improve your overall health and wellbeing, which can have a positive impact on your mental health recovery.

Mindfulness

Many people find mindfulness an effective approach to support their mental health recovery. This introductory workshop will explain what mindfulness is, discuss the history of mindfulness, and how mindfulness techniques can help improve overall wellbeing by reducing stressful feelings and emotions. Practical exercises will help students apply mindfulness skills.

Mindfulness (Arabic)

This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

Self-Care

Self-care is becoming one of the most important ways that people can manage their mental health. This workshop will promote using self-care techniques as part of mental health recovery. Students will learn practical skills to engage in self-care activities, to develop a daily self-care routine, and to role model self-care to others.

Writing for Wellbeing

In this four-part workshop series, students will learn about using writing as a self-care tool. This series will encourage students' own personal style and will unlock their own unique writing ability. It will build on this skill-set to empower and encourage wellbeing.

If students come from a background where English is not their first language, they will be encouraged to write in their own language.

This workshop series commenced in Term 3 and continues into Term 4 2018.

Skills for Life

This stream aims to help students build skills intended to assist in their everyday lives and in times of stress. There is also a focus on encouraging students to become contributing members of their community.

Effective Communication Skills (Arabic) **NEW!**

This workshop builds understanding of assertiveness and why it matters to be able to speak up clearly about what you need and what is important to you. Assertiveness and being able to communicate effectively are empowering skills which can assist with mental health recovery.

This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

LGBTIQ Introduction to Self-Advocacy

This workshop focuses on self-advocacy principles, decisions and actions, and the relationship between self-advocacy, identity and personal recovery, with a specific focus on LGBTIQ experiences and issues. It explores a framework for analysing self-advocacy situations and approaches to planning, finding supports, and accessing LGBTIQ and other advocacy resources.

LGBTIQ Self-Advocacy Skills

This workshop will build on and extends students' learning from LGBTIQ Introduction to Self Advocacy. Topics covered include the self-advocacy cycle, pathways thinking and self-advocacy strategies, communication, and self-care for advocacy, with a specific focus on LGBTIQ experiences and issues. This practical workshop uses a range of activities to develop self advocacy skills in a supportive environment.



Introduction to Peer Work **NEW!**

This program introduces students to core principles and essential knowledge of mental health peer work. Students will learn about the peer work role and what makes peer workers unique, learn about the importance of personal recovery, and build their skills to provide peer support to enhance a person's recovery.

This five-day activity-based program allows for active and practical learning. Students will receive a Statement of Attendance from the Mental Health Coordinating Council (MHCC) on completion of the five-day program.

Please note that this course is open to consumers and carers only.

Frequently Asked Questions

Who can attend?

- People with lived experience of mental health concerns
 - family and friends
 - mental health and community service workers
 - carers
 - volunteers
- Students must be over 18.

Where are workshops held?

- Auburn
- Blacktown
- Parramatta
- Mt Drutt

How much does it cost?

All workshops including recognised programs are free of charge for those living or working in the Western Sydney area.



Certification may be obtained and CPD points claimed for attendance at these recognised programs.

Mental Health First Aid Programs

These specialist two day programs are accredited by Mental Health First Aid Australia. On completion of each two day program students may complete an online testing component in order to obtain accreditation.

Aboriginal and Torres Strait Islander Mental Health First Aid

This is a specialist two day program which provides students with the knowledge and skills to assist Aboriginal and Torres Strait Islander individuals developing a mental health condition or experiencing a mental health crisis. This program is delivered by an Indigenous trainer.

Note: This course is open to Indigenous and non-Indigenous workers and community members.

Older Person Mental Health First Aid NEW!

This is a specialist two day program that provides students with the knowledge and skills to assist older people experiencing a mental health crisis.

Working Together

This is a two day cultural competency program which will provide understanding, knowledge and skills to assist students commence the journey to work with Aboriginal and Torres Strait Islander people.

Note: This course is open to both Indigenous and non-Indigenous students.

Applied Suicide Intervention Skills Training (ASIST) NEW!

This is a two-day interactive workshop in suicide first aid where participants learn to recognise when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help.

This course is open to all caregivers - people in positions of trust - including professionals (mental health professionals, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff and clergy) and also the general public.



Know Your Own Potential*

We have partnered with The Parramatta College (RTO 90276) to offer the FSK20113 Certificate II in Skills for Work and Vocational Pathways.

For more information, please contact Dianner Kersten on 0450 041 160.

Core units

FSKDIG03 Use digital technology for routine workplace tasks

FSKLRG09 Use strategies to respond to routine workplace problems

FSKLRG11 Use routine strategies for work-related learning

FSKNUM14 Calculate with whole numbers and familiar fractions, decimals and percentages for work

FSKNUM15 Estimate, measure and calculate routine metric measurements for work

FSKOCM07 Interact effectively with others at work

FSKRDG10 Read and respond to routine workplace information

FSKWTG09 Write routine workplace texts

Elective units

BSBCUS201 Deliver a Service to Customers

BSBWOR203 Work Effectively with Others

BSBWOR202 Organise and Complete Daily Work Activities

BSBITU102 Develop Keyboard Skills

* Know your own Potential is funded by the NSW Government for eligible students.

Term 4 2018 Calendar

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Oct	2	3 Parramatta: Introduction to Peer Work Day 1 9am-5pm	4	5	6
7	8 Parramatta: Introduction to Peer Work Day 2 9am-5pm	9 Auburn: Understanding Depression (Arabic) 10am-2pm	10 Blacktown: Writing for Wellbeing Day 3 2pm-4pm	11 Parramatta: Older Person MHFA Day 1 9.30am-3.30pm	12 Parramatta: Older Person MHFA Day 2 9.30am-3.30pm	13
14	15	16	17	18 Parramatta: Understanding Depression 10am-2pm	19 Parramatta: Introduction to Peer Work Day 3 9am-5pm	20
21	22 Blacktown: Working Together Day 1 9am-5pm	23 Blacktown: Working Together Day 2 9am-5pm Auburn: Understanding Anxiety (Arabic) 10am-2pm	24 Blacktown: Self-Care 10am-2pm	25 Parramatta: ASIST Day 1 9.30am-4.30pm	26 Parramatta: ASIST Day 1 9.30am-4.30pm	27
28	29 Parramatta: Introduction to Peer Work Day 4 9am-5pm	30	31 Blacktown: Writing for Wellbeing Day 4 2pm-4pm			

Key

What is Mental Health?

Skills for Life

Health and Wellbeing

Recognised Programs

Save the Date
for our End of Year Event!
17 December 2018
Blacktown
Get together - Be inspired - Party
Contact us to RSVP!

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Nov	2	3
4	5 Parramatta: Introduction to Peer Work Day 5 9am-5pm	6 Parramatta: Understanding Personality Disorders 10am-4pm	7	8 Auburn: Understanding Problem Gambling 10am-2pm	9	10
11	12 Mt Druitt: ATSI MHFA Day 1 9am-4pm	13 Mt Druitt: ATSI MHFA Day 1 9am-4pm Auburn: Effective Communication Skills (Arabic) 10am-2pm	14 Blacktown: Mindfulness 10am-12pm	15 Parramatta: LGBTIQ Intro to Self-Advocacy 10am-4pm	16	17
18	19 Blacktown: Working Together Day 1 9am-5pm	20 Blacktown: Working Together Day 2 9am-5pm	21	22 Parramatta: Older Person MHFA Day 1 9.30am-3.30pm	23 Parramatta: Older Person MHFA Day 2 9.30am-3.30pm	24
25	26	27	28 Blacktown: Understanding Anxiety 10am-2pm	29 Parramatta: LGBTIQ Self- Advocacy Skills 10am-4pm	30	1 Dec
2 Dec	3	4	5 Auburn: Mindfulness (Arabic) 10am-12pm	6	7	8

Venues

Auburn

Auburn Diversity Services Inc
101 Northumberland Road
Auburn 2144

Blacktown

Community Room, West Point
Level 4, 17 Patrick Street
Blacktown 2148

Max Webber Function Centre
Level 1, Max Webber Library
Cnr Flushcombe Rd & Alpha St
Blacktown 2148

WentWest
Level 1, 85 Flushcombe Road
Blacktown 2148

Parramatta

The Parramatta College
Western Sydney Skills Hub
Suite 34, Level 3, 410 Church Street
(Access via Church Street entrance)
North Parramatta 2151

Institute of Psychiatry | HETI
Building 101, Cumberland Campus
5 Fleet Street
North Parramatta 2151

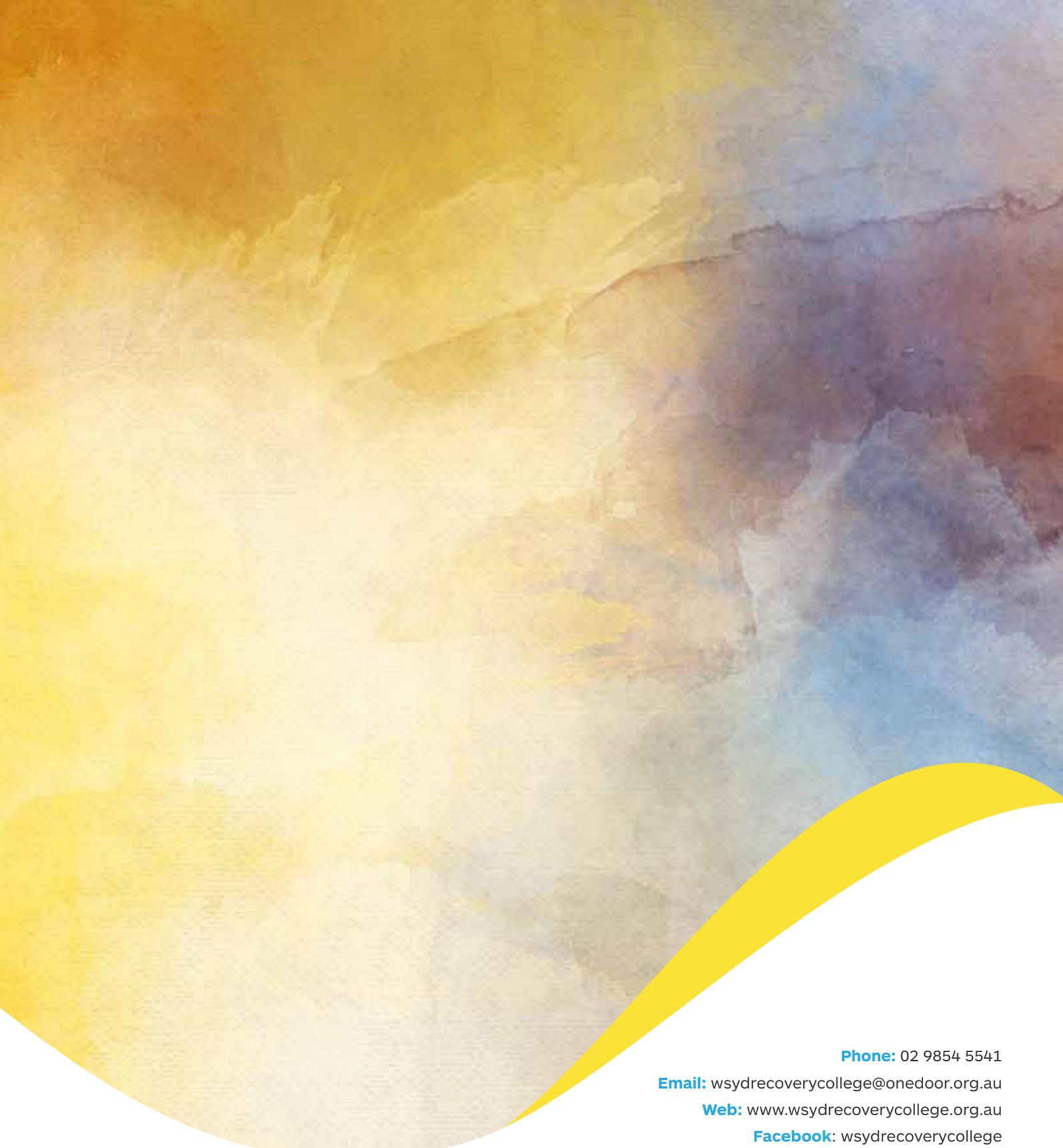
Mt Druitt

The Mount Druitt Hub
Level 1, 9 Ayers Grove
Mt Druitt 2770

Information in this course guide is correct at the time of printing.

Please note locations and dates of courses may change from time to time and additional courses may be added to the schedule during the term.

Visit our website for details about venues and the most up to date information:
www.wsyrecoverycollege.org.au



Phone: 02 9854 5541

Email: wsydrecoverycollege@onedoor.org.au

Web: www.wsydrecoverycollege.org.au

Facebook: [wsydrecoverycollege](https://www.facebook.com/wsydrecoverycollege)

Mail: L3 81 Flushcombe Rd
Blacktown NSW 2148

Western Sydney Recovery College is a One Door Mental Health service.



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