

**Community
Learning
Growth**

Western Sydney Recovery College

Term 2 2019

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.

What's on in Term 2?

This term we are continuing to offer the immensely popular Older Person Mental Health First Aid, Aboriginal and Torres Strait Islander Mental Health First Aid and Working Together cultural competency programs. These courses always book out so we request that you confirm your attendance in the weeks prior so that other students do not miss out.

The Writing for Wellbeing workshop series is back on, this time running at Parramatta Library. This workshop will empower and encourage students to use writing as a self-care tool.

We will also be taking part in the Australians Sharing a New Story event in Blacktown on 3-5 May 2019.

Our continued commitment to support the LGBTIQ community

In Term 2 we are again running two LGBTIQ Self-Advocacy workshops to empower those in the LGBTIQ community, particularly those impacted by mental health concerns, to advocate for themselves.

On 17 May, which is the International Day Against Homophobia, Biphobia, Intersexism and Transphobia (IDAHOBIT), we will be running the LGBTIQ Inclusivity workshop. We encourage workers from the mental health and community sectors to come along to this workshop to learn how to ensure workplaces are creating inclusive spaces for LGBTIQ staff and community members. We will also be present at the Pride Flag Raising event in Blacktown.

Western Sydney Recovery College and One Door Mental Health are proud to be part of ACON's Welcome Here project.



Photo credit: Damon Amb.

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 18 years of age or older to attend.

Where are workshops held?

- Auburn
- Blacktown
- Parramatta
- Mt Druitt

How much does it cost?

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

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.

Navigating the Mental Health System

This workshop will assist students in navigating the mental health system in Western Sydney. It covers what services are available, how to access them and the terminology used by mental health workers.

Understanding 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

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 Personality Disorders

This workshop 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

For most people gambling is about fun and entertainment, but 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.

What is Recovery

This workshop will explore the concept and context of recovery with a particular focus on the personal process and what this means for people with lived experience, families, services and communities. The workshop will cover lived experience and recovery relating to mental health conditions, the evidence of recovery and the characteristics of services and approaches that support recovery.

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.

LGBTIQ Inclusivity

The aim of this course is to provide students with an understanding of inclusive practice in the workplace. Students will learn how to apply this knowledge to their work practices in order to ensure an inclusive environment for LGBTIQ staff and consumers.

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.

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 to use writing as a self-care tool. The workshops will encourage confidence in students' own personal style and unlock their own unique writing ability.

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.

Building Self-Confidence

Self-confidence can help in the recovery process by empowering individuals to take active ownership of their journey and engage fully in all aspects of their lives. This workshop integrates learning with a mixture of theory and practical measures intended to build students' self-confidence and self-esteem.

Conversations about Change

There are ways of communicating that may help to open up the possibility of change for a loved one, friend or colleague. We cannot change another person, only ourselves, but we can learn what is involved in having a conversation about change and how we can use this to support our family and friends.

Effective Communication Skills

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.

Effective Communication Skills (Arabic)

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

LGBTIQ Introduction to Self-Advocacy

This workshop will introduce students to self advocacy, how this relates to personal recovery and the key principles that guide self-advocacy decisions and actions. Practical frameworks and supports will be introduced and students given an opportunity to apply their learning to relevant situations in a supportive environment.

LGBTIQ Self-Advocacy Skills

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

Recognised Programs



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

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 to 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)

Applied Suicide Intervention Skills Training (ASIST) is a 2-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.

Please note this course is currently booked out in Term 2. You can sign up for updates on our website.

The Student Voice

The Student Voice is an advisory group made up of past, current and future students, staff members and stakeholders of the college. The group meets monthly in Blacktown to provide feedback and inform the future direction of the college. Your feedback about your experience at the college is invaluable to us; we encourage you to come along and provide your input!

Simply show up to the group on the day or get in touch with us beforehand if you have any questions.

See the calendar on pages 6-7 for the Student Voice meeting dates.



Photo credit: Damon Amb.

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

Mt Druit

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

headspace Mt Druit
Shop 12 Daniel Thomas Plaza
6-10 Mount Street
Mt Druit 2770

Parramatta

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

Parramatta Library
Level 1, 1-3 Fitzwilliam Street
Parramatta 2150

Institute of Psychiatry | HETI
Building 102, Cumberland Campus
5 Fleet Street
North Parramatta 2151

Toongabbie

Toongabbie Sports Club
12 Station Road
Toongabbie 2146

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

Please note venues 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.wsydrecoverycollege.org.au

Term 2 2019 Calendar

May 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 May Auburn: Understanding Anxiety (Arabic) 10am-2pm	2 Parramatta: Self-Care 10am-2pm	3	4
5	6 Parramatta: ASIST Day 1 9am-5pm	7 Parramatta: ASIST Day 2 9am-5pm	8 Blacktown: Understanding Depression 10am-2pm	9 Parramatta: Conversations about Change 10am-2pm Parramatta: Writing for Wellbeing 1 2pm-4pm	10	11
12	13	14 Mt Druitt: Aboriginal MHFA Day 1 9am-4.30pm	15 Mt Druitt: Aboriginal MHFA Day 2 9am-4.30pm Blacktown: Student Voice 11am-12pm	16 Parramatta: What is Recovery? 9.30am-4.30pm	17 Parramatta: LGBTIQ Inclusivity 10am-4pm	18
19	20 Mt Druitt: Working Together Day 1 9.30am-4.30pm	21 Mt Druitt: Working Together Day 2 9.30am-4.30pm	22 Blacktown: Understanding Personality Disorders 10am-4pm	23 Toongabbie: Older Person MHFA Day 1 9.30am-3.30pm Parramatta: Effective Communication Skills 10am-2pm	24 Toongabbie: Older Person MHFA Day 2 9.30am-3.30pm	25
26	27	28	29	30 Parramatta: Navigating the Mental Health System 10am-2pm Parramatta: Writing for Wellbeing 2 2pm-4pm	31	

Key

- What is Mental Health?
- Skills for Life
- The Student Voice
- Health and Wellbeing
- Recognised Programs

June 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1 June
2	3	4	5 Blacktown: Understanding Anxiety 10am-2pm	6 Parramatta: Building Self- Confidence 10am-2pm	7	8
9	10	11 Blacktown: Student Voice 11am-12pm	12 Auburn: Effective Communication Skills (Arabic) 10am-2pm	13 Parramatta: Understanding Problem Gambling 10am-2pm Parramatta: Writing for Wellbeing 3 2pm-4pm	14	15
16	17	18	19 Blacktown: LGBTIQ Intro to Self-Advocacy 10am-4pm	20 Parramatta: Older Person MHFA Day 1 9.30am-3.30pm	21 Parramatta: Older Person MHFA Day 2 9.30am-3.30pm	22
23	24	25	26 Blacktown: LGBTIQ Self- Advocacy Skills 10am-4pm Auburn: Self- Care (Arabic) 10am-2pm	27 Parramatta: Mindfulness 10am-12pm Parramatta: Writing for Wellbeing 4 2pm-4pm	28	29
30						

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.wsydrecoverycollege.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: wsydrecoverycollege@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.



Western Sydney Recovery College acknowledges the Australian Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the traditional custodians of the lands on which our company is located and where we conduct our business. We pay our respects to ancestors and Elders, past and present.

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

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



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