

**Community
Learning
Growth**

Western Sydney Recovery College

Term 3 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.

Continuing to Develop New Workshops & Students' Skills

This term we are bringing back a refreshed version of **Physical and Mental Health**, to provide students with practical information about how physical health and mental health are linked.

We will also be offering a new workshop looking at **Grief and Loss**. This workshop will not only be about bereavement, students will also learn theories of grief and different types of loss, we will share coping strategies and explore what life can look like beyond bereavement.

At the end of the term we will be running the first of three workshops that are designed to provide students with the skills to speak in front of a small audience of people about their mental health journey. Tentatively titled **Talking About Mental Health**, these workshops may interest any student who is involved in group work in the mental health sector. Two successive workshops will run in Term 4 2019.

New Workshops in Arabic Language & A Visit from the Mental Health Commission

We are continuing to deliver our support to the Arabic-speaking community in the Auburn area, offering a new workshop, **Navigating the Mental Health System**, in Term 3. We have two bilingual educators who conduct the workshop, and students benefit from materials provided in English and Arabic and the workshop presentation in Arabic language.

Our Arabic-speaking workshop in June received a visit from the Mental Health Commission. Our educators, students, and the One Door Mental Health Bilingual Support team participated in an informal session to provide information and feedback to the Commission about their experience at WSRC workshops. Visit the News section on our website to find out more about this visit.



Lesley Morrison, General Manager, One Door Mental Health. 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.

Finding the Needle in the Haystack

This workshop is for people experiencing difficulty in reorganising and decluttering their home and to help family and friends support this process empathetically and respectfully. Students will be inspired by stories from a peer educator with lived experience of hoarding and their journey to recovery.

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.

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

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.

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.

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

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.

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.

Mindfulness (Arabic)

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.

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

Physical and Mental Health

This workshop will build understanding about the relationship between physical and mental health. Learn how improving physical health can have a positive impact on your mental health. **NEW!**

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.

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.

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.

Grief and Loss

Grief is a natural and normal response to loss. Loss in a person's life can be the loss of a loved one, a job, a relationship or a lifestyle. Everyone experiences loss and grieves in their own way. This workshop will not only be about bereavement, students will also learn about theories of grief, different types of loss, coping strategies and what life can look like beyond bereavement.

NEW!

Talking About Mental Health

Would you like to learn how to talk to groups about mental health? This might be a formal or informal presentation to a carers group, a committee, a student group or in an organisation. This workshop will give students the skills to speak in front of a group of people and write short presentations. Students will also learn how to consider the audience, purpose and context in developing such presentations.

Please note at the time of printing the date/s and venue for this course are not yet finalised. Check our website for up-to-date information.

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.

Please note at the time of printing the venue for this course is not yet finalised. Check our website for up-to-date information.

Term 3 2019 Calendar

July 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 July	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Blacktown: What is Recovery? 9.30am-4.30pm	18	19	20
21	22	23 Blacktown: Aboriginal Mental Health First Aid Day 1, 9am-4.30pm	24 Blacktown: Aboriginal Mental Health First Aid Day 2, 9am-4.30pm	25 Parramatta: Understanding Anxiety 10am-2pm	26	27
28	29	30	31 Auburn: Mindfulness (Arabic) 10am-12pm			

Key

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

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.

August 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 August Parramatta: Physical & Mental Health 10am-2pm	2	3
4	5 TBC: Working Together, Day 1 9.30am-4.30pm	6 TBC: Working Together, Day 2 9.30am-4.30pm Blacktown: Effective Communication Skills, 10am-2pm Blacktown: Student Voice 3-4pm	7	8 Parramatta: Understanding Depression 10am-2pm	9	10
11	12	13	14 Auburn: Understanding Depression (Arabic) 10am-2pm	15	16	17
18	19	20	21 Blacktown: Building Self-Confidence 10am-2pm	22 Mt Druitt: Older Person MHFA, Day 1 9.30am-3.30pm Parramatta: Understanding Personality Disorders 10am-2pm	23 Mt Druitt: Older Person MHFA, Day 2 9.30am-3.30pm	24
25	26	27	28 Auburn: Understanding Anxiety (Arabic) 10am-2pm	29	30	31

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. This group will meet periodically to provide additional feedback and to help inform the future direction of the college.

Please visit our website for more information about getting involved.

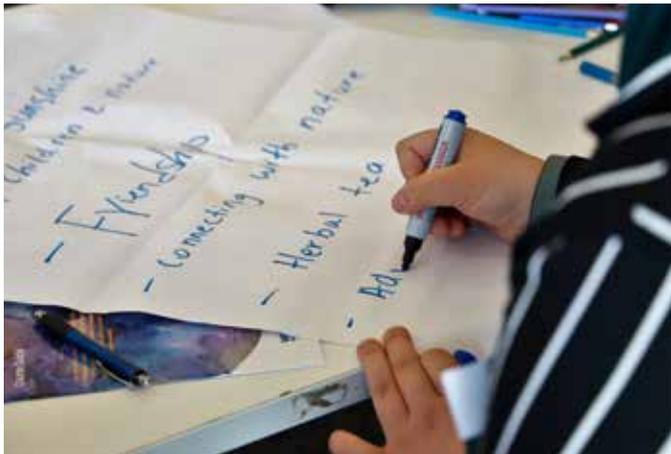


Photo credit: Damon Amb.

September 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 Sept	2	3 Blacktown: Self-Care 10am-2pm	4	5 Parramatta: Finding the Needle in the Haystack 9.30am-4.30pm	6	7
8	9	10	11 Auburn: Navigating the Mental Health System (Arabic) 10am-2pm	12	13	14
15	16	17	18	19 Parramatta: Navigating the Mental Health System 10am-2pm	20	21
22	23	24	25 Blacktown: Grief & Loss 10am-2pm	26	27	28
29	30					

Venues

Auburn

Sommerville Room, Town Hall
1 Susan Street
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 Druitt

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

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

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 102, Cumberland Campus
5 Fleet Street
North Parramatta 2151

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.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.



Western Sydney
Recovery College