

**Community  
Learning  
Growth**

Western Sydney Recovery College

# Term 1 2020

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 service run by the not-for-profit organisation One Door Mental Health and made possible by funding from the Western Sydney Primary Health Network. We deliver high-quality workshops **FREE** to the Western Sydney community.

## The Theme of Resilience

A special thanks to those who were able to make it to our end of year event. We had the pleasure of hearing Erin McKinnon from GWS Giants speak to us about resilience and mental illness. It was a privilege to have her share her experiences and stories with us about resilience, which has been a resounding theme from our students in 2019.

## Pathway to Lifelong Learning

Learning is an important aspect for mental health recovery, whether it be learning new things, skills for everyday life, work and relationships, or useful and up to date information that can be helpful in a crisis. Education is a crucial aspect of breaking down barriers and stigma within communities.

Recovery colleges around the world put the emphasis on education as part of the recovery journey. We also know that education in one area often leads to a keener interest in learning in other areas of our lives. We see our role in making a pathway to lifelong learning.

We have arranged the Skills for Life pathway into a purposeful sequence so that students can get the most out of this learning pathway.

## Skills for Life - Join the Stream

After an unexpected amount of interest in the advocacy workshops in Term 4 2019 and strong ongoing attendance at workshops like Building Self-Confidence, we have reinvigorated the streams concept for Term 1.

The Skills for Life stream is intended to help build on skills that will be useful in everyday life and in times of stress. The stream looks at self-confidence, communication skills, assertiveness and then moves on to building self-advocacy and advocacy in the community.

Students will be encouraged to enrol for the stream but can also attend individual workshops.



Erin McKinnon from GWS Giants with staff from One Door: Lesley Morrison, General Manager; Kathi Boorman, CEO; Jayke Burgess, Recovery College Manager.

## Frequently Asked Questions

### Who can attend?

- People with lived experience of mental health concerns
  - family and friends
  - mental health and community service workers
  - people who live, work or study in the Western Sydney LHD area.
  - 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.

## 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.

**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 key principles of 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.

## 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.

## 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.

### 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.

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

## 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

This program focuses on the theoretical and practical ways to build self-confidence and self-esteem. Self-confidence can help in the recovery process and empower individuals to take active ownership of their journey and help them engage fully in all aspects of their life. This program involves a mixture of practical sessions and education to integrate learning and allow students to practice skills that can be used in their own lives.

### 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.

### Practising Assertiveness

**NEW!**

This workshop will give students the opportunity to use communication techniques which will help in expressing thoughts and feelings in a direct and respectful manner. Students will explore and practise the differences between passive, assertive and aggressive communication to ensure effective communication with friends, family, colleagues and organisations.

### Introduction to Self-Advocacy

At the completion of this workshop students will understand what self-advocacy is and why it is important in their lives. Students will have an increased awareness of the many aspects of communication involved in self-advocacy, and will have explored their strengths in self-advocacy.

### Self-Advocacy Skills

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### Being a Peer Advocate

Organisations want people with lived experience of mental health issues, families and carers to work together to improve services. This course provides information about what is involved, and the rights and responsibilities of being on a committee or advisory panel. The student will learn how to constructively participate and become an active member of the consultation process.

### Grief & 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 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.

### The Student Voice

The Student Voice is moving in a new direction and turning your voice into action!

The Student Voice is an advisory group made up of past, current, and future students of the college. This group will meet periodically to provide additional feedback and to help inform the future direction of the college.

More dates for face-to-face meetings may be added in Term 1. Please visit our website for more information about getting involved.

# Term 1 2020 Calendar

## January 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
26	27	28	29 Blacktown: Building Self-Confidence 10am-2pm	30	31	

## February 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4	5 Blacktown: Effective Communication Skills 10am-2pm	6 Parramatta: What is Recovery? 9.30am-4.30pm	7	8
9	10	11	12	13	14	15
16	17	18	19 Blacktown: Practising Assertiveness 10am-2pm Blacktown: Student Voice 2.30-3.30pm	20 Parramatta: Navigating the Mental Health System, 10am-2pm	21	22
23	24	25	26 Auburn: Self-Care (Arabic) 10am-2pm Blacktown: Intro to Self-Advocacy 10am-4pm	27	28	29

**Key** What is Mental Health?

Health and Wellbeing

Skills for Life

Recognised Programs

The Student Voice

## March 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3	4 Auburn: Understanding Anxiety (Arabic) 10am-2pm	5 Parramatta: Understanding Anxiety 10am-2pm	6	7
8	9 Nth Parramatta: Aboriginal MHFA Day 1 9am-4.30pm	10 Nth Parramatta: Aboriginal MHFA Day 2 9am-4.30pm	11	12	13	14
15	16	17	18 Blacktown: Self-Advocacy Skills 10am-4pm	19 Parramatta: Understanding Depression 10am-2pm	20	21
22	23	24	25 Auburn: Und. Depression (Arabic) 10am-2pm Blacktown: Being a Peer Advocate 10am-2pm	26	27	28
29	30	31				

### 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](http://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](mailto: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.

## April 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2 Parramatta: Understanding Personality Disorders 10am-4pm	3	4
5	6	7	8 Blacktown: Grief & Loss 10am-2pm	9	10	11
12	13	14	15	16	17	18

## 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

### 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](http://www.wsyrecoverycollege.org.au)





**Phone:** 02 9854 5541

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Western Sydney Recovery College is a One Door Mental Health service made possible by funding from the Western Sydney Primary Health Network.



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