

**Community  
Learning  
Growth**

Western Sydney Recovery College

# Term 1 2022

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.

## Supporting Learning, Positivity and Growth

After a second year impacted by the pandemic, we are even more aware of the mental health impacts of uncertainty, lockdowns and isolation. We are also aware that returning to some semblance of 'normal', the relaxation of restrictions and the social anxieties of reconnecting with people may impact mental health concerns as well.

In November 2021, a survey of WSRC students showed that sixty percent attended recovery college workshops to learn more about mental health. The continued interest and positive feedback throughout the year regarding the What is Mental Health stream shows how important these topics are for both personal and professional growth. So in Term 1 join us to learn more about popular topics you may have missed in 2021, including Understanding Eating Disorders, Understanding Personality Disorders and Domestic and Family Violence and Mental Health.

Responding to some of the anxieties of returning to our lives in the community, this term we will also offer workshops on communication skills and assertiveness. Building on these skills will help students to empower themselves and feel more confident about interactions with others.

The interest that recovery college students have in learning is a positive, important for boosting confidence, hope and recovery. Learning something new, remaining curious to know more, as we note in the Becoming Resilient workshop, can lead to growth.

The WSRC team look forward to reconnecting with our community to positively impact students' growth and learning about mental health in 2022.



## Frequently Asked Questions

**Who can attend?** People with lived experience of mental health concerns, carers, family and friends, volunteers, mental health and community service workers; people who live, work or study in the Western Sydney Local Health District area.

Students must be 18 years of age or older to attend.

### Where are workshops held?

- Auburn
- Blacktown
- Parramatta
- Online using Zoom

**How many students will there be?** This will depend on the venue, the workshop and delivery format. Online and face-to-face workshops have a maximum of between 8 and 12 students and recognised programs may have up to 20 students.

**How much does it cost?** All workshops including recognised programs are free of charge.

**I haven't used Zoom before, how does it work?** WSRC staff are happy to do an orientation with you to ensure you're comfortable.

## 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.

### Domestic & Family Violence & Mental Health

This workshop explores the mental health needs of victims and survivors of domestic violence. Students will learn what domestic violence is, who it affects, the mental health impacts and how to support people experiencing these impacts.

### Understanding Eating Disorders

Eating disorders can affect people of all ages, backgrounds, and body shapes and sizes. This program builds understanding of eating disorders, how they impact psychological and physical health and how best to support recovery.

### Understanding Personality Disorders

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

### Understanding Schizophrenia

Schizophrenia, like many mental health conditions, is often misunderstood, stigmatised, and portrayed in popular culture in negative ways. This workshop aims to help people living with schizophrenia and their families, friends and carers to better understand what a diagnosis of schizophrenia means, how to manage it and how to support recovery.

### Understanding Trauma NEW!

This course will provide an understanding of how trauma can be triggered during stressful events. Dr Bruce Perry's 'Three R's: Regulate, Relate and Reason' provides a framework for service users and service providers that uses calm connection as a means to improve the experience of service access and a foundation for effective collaborative problem solving.

## 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.

### Getting a Good Night's Sleep

Most of us know firsthand that sleep affects our mental state. Sleep is closely connected to mental and emotional health and wellbeing. This workshop explores how sleep (or lack of it) affects our mental wellbeing and some techniques to improve the quality of your sleep.

### Physical & Mental Health

This workshop builds understanding about the relationship between physical and mental health. Learn how improving physical health can have a positive impact on your mental health. This will include practical advice about the benefits of exercise and good nutrition to support you to make healthy lifestyle changes.



## 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.

### Becoming Resilient

Resilience is how well a person can adapt to the events in their life when faced with a tragedy, natural disaster, health concern, relationship, work or school problem. This workshop aims to develop your understanding of what resilience is and to practise your resilience skills so that you are better able to manage stress and hard times.

### Building Self-Confidence

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 educational and practical sessions and allows students to practice skills that can be used in their individual lives.

### Effective Communication Skills

This workshop builds understanding of the skills of communication and why being able to speak up clearly about what you need and what is important to you matters. Communicating well is a life skill that can assist with recovery and is an empowerment tool.

### Practising Assertiveness

This workshop aims to ensure students understand what assertiveness is and is not. It is also a chance to practice assertiveness skills so that you can be assertive in a range of situations even when you are not feeling confident.

### Accessing and Sustaining Positivity

(Taken from the Becoming Resilient workbook)

#### Interest

People do not often think of this of a positive emotion, but it is in fact a powerful one. Our interest or curiosity is what pulls us towards new learning, and new learning is what gives us the opportunity to discover or create new circumstances for ourselves. Always remaining open to something new eventually helps us grow and evolve.

## Recognised Programs



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

### Mental Health First Aid

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.

### Youth Mental Health First Aid

This is a specialist two day program which provides students with the knowledge and skills to assist young people experiencing a mental health crisis. This course is intended for adults working or living with adolescents, however, the course can be relevant for those helping people who are a little younger or older.

### Supporting Strong Social & Emotional Wellbeing & Mental Health (previously titled Working Together)

This cultural competence workshop will provide understanding, knowledge and skills to assist workers in community and support services to commence the journey to work with Aboriginal and Torres Strait Islander people.

The aim of the workshop is to provide cultural competence to workers to deliver mental health services within a social and emotional wellbeing framework and accommodate the social and historical determinants of Aboriginal and Torres Strait Islander people.

# Term 1 2022 Calendar

## February 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2 Online (Zoom): Building Self-Confidence 10-12 & 1-3pm	3	4	5
6	7	8	9 Online (Zoom): Becoming Resilient 10-12 & 1-3pm	10	11	12
13	14	15 Online (Zoom): Understanding Schizophrenia 10-12 & 1-3pm	16	17	18	19
20	21	22	23	24 Online (Zoom): Understanding Trauma 10-12 & 1-3pm	25	26
27	28					

**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](http://www.wsydrecoverycollege.org.au) and complete the enrolment form.
- Email: [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au).
- Phone: 02 9199 6195 - Please note this is our new number.

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.

## March 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Online (Zoom): Und Personality Disorders 10-12 & 1-3pm	2 Online: Strong SEWB Day 1/2 9.30-11.30am & 1-3pm	3 Online: Strong SEWB Day 2/2 9.30-11.30am & 1-3pm	4 Online: Domestic Violence & MH Day 1/2 10-12 & 1-3pm	5
6	7	8	9 Online (Zoom): Practising Assertiveness 10-12 & 1-3pm	10	11 Online: Domestic Violence & MH Day 2/2 10-12 & 1-3pm	12
13	14	15 Online (Zoom): Physical & Mental Health 10-12 & 1-3pm	16	17	18	19
20	21	22	23 Online: Effective Communication Skills 10-12 & 1-3pm	24	25	26
27	28	29	30 Online (Zoom): Understanding Eating Disorders 10-12 & 1-3pm	31		

## April 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 April	2
3	4	5 Online (Zoom): Getting a Good Night's Sleep 10am-12noon	6	7 Auburn: Youth MHFA Day 1/2 9am-4.30pm	8 Auburn: Youth MHFA Day 1/2 9am-4.30pm	9

**The Student Voice**

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.

Our aim is to hold at least one Student Voice Virtual Cafe during the term. Please check our website for up to date details.

## Venues

Please note at this time Recovery College workshops will not be delivered in a face-to-face group setting during Term 1 2022 (February-March). Venue information for workshops from April is available on the website.

## Online Workshops

### **A note about why having your video camera on matters.**

When you attend a recovery college workshop online, please turn on your camera.

Communication is rarely, if ever, only coming from the words we speak and write. Most of our communication comes through body language and facial expressions.

Keeping your camera on means that:

- WSRC educators can see that you are present and engaged
- WSRC educators can check on your welfare in case workshop content may be causing distress
- Other students feel more comfortable sharing personal stories because they can see your face and reactions
- You can connect more easily with others in the workshop
- As WSRC educator Lane has said, 'It still feels like us being with each other.'

WSRC acknowledge that many students may be experiencing camera fatigue and the various challenges and distractions you might face in your environment while attending a workshop online. This term, more plans will be put in place to relieve this camera fatigue.

If you do not have a working camera, experience anxiety about being on camera or need support to use this on Zoom, please let the WSRC team know. We are more than happy to help wherever we can to make using Zoom easier or to ease your anxieties about the online learning format.

If you have not attended an online workshop on Zoom with WSRC yet and have questions, please read our FAQs on the website here:

<https://wsydrecoverycollege.org.au/faqs/> or we would be happy to help answer your questions by phone or email.

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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](http://www.wsydrecoverycollege.org.au)

***While the Australian Government helped to fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use or reliance on the information provided herein.***



Photo by Beckett from Pexels

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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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