

**Community  
Learning  
Growth**

Western Sydney Recovery College

# Term 2 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.

## Build Your Mental Health Advocacy Skills

This term, the Skills for Life stream features an advocacy journey. Learn about what self-advocacy is, practice self-advocacy skills, learn about how you can become a peer advocate and develop presentation skills to take your mental health advocacy to the next level.

So what is self-advocacy? It is a concept that is difficult to sum up in a few words, but a simple definition is that it is about being able to speak up for yourself and what you need, and developing skills to support this action. In a mental health setting, this can be a very important skill to have and feel confident about. The two self-advocacy workshops allow you to build an in-depth understanding of what the concept means and how you can practise it in your day-to-day life.

After learning about advocating for yourself as an individual, you might also be interested in learning about how you can become more active in your community and become a peer advocate.

The final step in this advocacy journey is **Presentation Skills Training**. If you are a consumer or carer and your next step in advocating for yourself and your community is talking in public or making presentations to committees or organisations, this course will help you develop skills to do this.

## Wellbeing Workshops in Arabic

Workshops delivered in Arabic by two bilingual educators return this term. If Arabic is your first language, these workshops give you an opportunity to learn more about mental health and wellbeing in your own language.

Learn about **Self-Care** activities that you can use in your day-to-day life and **Effective Communication Skills** so that you can understand about the difference between passive and aggressive communications and assertiveness.



## 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.

### 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 understanding of anxiety and how it impacts on individuals, their carers and families. The program also explores recovery, self-management strategies and other techniques that provide practical assistance to those living with anxiety.

### Understanding Trauma

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.

### 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.

### Creativity for Wellbeing

In this four part workshop series, students will explore how creative processes can support mindfulness practice and promote wellbeing throughout recovery. Interactive discussions and take-home exercises will challenge what 'being creative' means and build students' confidence to explore their own creative potential.

### 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.

### Self-Care (Arabic)

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.

This workshop will be conducted in Arabic by Bilingual Educators.



## 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)

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.

### 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

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.

### 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.

### Presentation Skills Training

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 series will give students the skills to speak in front of a group of people and write short presentations.

## 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.

### Older Person Mental Health First Aid

This is a specialist two day program that provides students with the knowledge and skills to assist people experiencing a mental health crisis. The aim of this program is to train the community to respond appropriately as early as possible to older people developing mental health problems, rather than wait for a mental health crisis before taking action.

### 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 2 2022 Calendar

## April 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
17 Apr	18 Easter Monday Public Holiday	19	20 Nth Parramatta: Introduction to Self-Advocacy 10am-4pm	21 Auburn: Older Person MHFA Day 1/2 9am-4.30pm	22 Auburn: Older Person MHFA Day 2/2 9am-4.30pm	23
24	25	26	27	28	29	30

## May 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1 May	2	3	4 Nth Parramatta: Self-Advocacy Skills 10am-4pm	5 Parramatta: Navigating the MH System 10am-2pm	6 Parramatta: What is Recovery? 9.30am-4.30pm	7
8	9	10 Nth Parramatta: Creativity for Wellbeing 1/4 10am-12:30pm	11	12	13	14
15	16	17 Nth Parramatta: Creativity for Wellbeing 2/4 10am-12:30pm	18 Parramatta: Becoming a Peer Advocate 10am-2pm	19	20	21
22	23	24 Nth Parramatta: Creativity for Wellbeing 3/4 10am-12:30pm	25 Online (Zoom): Understanding Trauma 10-12 & 1-3pm	26 Auburn: Self-Care (Arabic) 10am-2pm	27	28
29	30	31 Nth Parramatta: Creativity for Wellbeing 4/4 10am-12:30pm				

# June 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1	2	3	4
5	6	Nth Parramatta: Presentation Skills Training 1/3 10am-2pm	Online: Physical & Mental Health 10-12 & 1-3pm	Nth Parramatta: Presentation Skills Training 1/3 10am-2pm	10	11
12	13 Queen's Birthday Public Holiday	Nth Parramatta: Presentation Skills Training 2/3 10am-2pm	15	16 Online: Strong SEWB Day 1/2 9.30-11.30am & 1-3pm Nth Parramatta: Presentation Skills Training 2/3 10am-2pm	17 Online: Strong SEWB Day 2/2 9.30-11.30am & 1-3pm	18
19	20	Nth Parramatta: Presentation Skills Training 3/3 10am-2pm	22 Parramatta: Understanding Anxiety 10am-2pm	23 Nth Parramatta: Presentation Skills Training 3/3 10am-2pm Auburn: Effective Communication Skills (Arabic) 10am-2pm	24	25
26	27	28	29	30		

- 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.

### 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

### Parramatta

Holiday Inn  
18-40 Anderson Street  
Parramatta 2150

One Door Mental Health  
27 Fennell Street\*  
North Parramatta 2151

\*Please note there is a short flight of stairs to access this venue.

### Auburn

Professional Teachers' Council  
67 St Hilliers Road  
Auburn 2144

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)

## COVID-Safety

We ask that all students who attend workshops in person follow COVID-Safe procedures as advised by WSRC and the venue at the time of the workshop.

Please do not attend the workshop if you develop cold or flu-like symptoms, if you have been in contact with a known COVID-19 case and have been advised to isolate or if you have had a COVID-19 test and are required to isolate. If you have symptoms or have been identified as a close contact of a COVID-19 case, please get tested.

Note WSRC may need to ask Covid screening questions prior to your attendance.

Please take note of current rules regarding wearing face masks. The recommendation from NSW Health and One Door is to continue using face masks when physical distancing is not possible, and/or when there is poor ventilation indoors.

We will provide updated information when you receive a confirmation about the workshop you are enrolled in.

We will continue to provide wherever possible:

- Hand sanitiser
- Disinfectant wipes
- Disposable face masks

If you have any questions or concerns about COVID-Safety at any of the workshops and venues, please contact us for further information.

## Online Workshops

Workshops will be offered online as well as face-to-face. Many students gave feedback about a preference for one or the other, so we will continue to offer the choice.

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.

***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.***

**Attention**

**Do not enter if:**

- You have a fever above 37.8
- You have any flu like symptoms (cough, shortness of breath or sore throat)
- You have been in contact with someone who may have Covid-19
- You have visited a Covid-19 hotspot in the last 2 weeks
- Scan the QR Code (or ask a staff member for assistance) or fill in your details on the sign-in sheet

Please speak to staff if you have any concerns.



Photo by Beckett from Pexels

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