



Western Sydney
Recovery College



Western Sydney Recovery College Course Guide

JANUARY-JUNE 2017

Western Sydney Recovery College offers a range of education and training programs to assist people with mental health concerns including their friends, family, mental health staff and service providers. The college aims to support people on their journey of recovery and for those involved in their care through educational sessions.

Courses

Each course is developed and delivered by people with a lived experience of mental health concerns together with health professionals to provide a welcoming, collaborative learning environment. Both the facilitators and participants use their skills, knowledge and experience to work towards building on personal goals.

COURSE NAME	DURATION	DATES	CLASS TIMES	COST
Mental Health First Aid	2 days	February 2 & 3	9am – 4:30pm	\$190.00 The course is available at no cost to people with mental health concerns and their carers. Call (02) 8811 7698 for more information.

Mental Health First Aid is a course that teaches how to assist someone who is developing a mental health concern or experiencing a mental health crises.

The course covers strategies for assisting people who may be developing depression, anxiety, psychosis or effected by substance misuse. Mental health crises such as suicidal thoughts and behaviour, non-suicidal self injury, severe psychotic states, panic attacks, traumatic events, aggressive behaviours and acute effects from alcohol or other drug misuse are discussed.

Venue: WentWest offices - Training Room. Address: Level 1, 85 Flushcombe Road, Blacktown, NSW 2148

Understanding Anxiety	3.5 Hours	February 22 May 17	9:30am – 1pm	Available at no cost
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Understanding Anxiety is a course to help people with mental health concerns, carers and service providers. It provides an insight into the experience of anxiety and how friends, family and service providers can support recovery.

Venue: WentWest offices - Training Room. Address: Level 1, 85 Flushcombe Road, Blacktown, NSW 2148

Courses

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COURSE NAME	DURATION	DATES	CLASS TIMES	COST
Understanding Depression	3.5 Hours	March 15 May 24	9:30am – 1pm	Available at no cost

Understanding Depression is a course to help people with mental health concerns, carers and service providers giving an insight into the experience of depression and how friends, family and service providers can support recovery.

Venue: WentWest offices - Training Room. Address: Level 1, 85 Flushcombe Road, Blacktown, NSW 2148

Navigating the Mental Health System	4.5 Hours	April 12 June 8	9am - 1:30pm	Available at no cost
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Navigating the Mental Health System helps participants to understand the various services and organisations that work in the mental health system, detailing the roles and professions of each organisation and how they can be accessed.

The course covers:

- The mental health system and how it works
- Various organisations and professions
- Mental Health Act and how this impacts on service users

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Courses

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COURSE NAME	DURATION	DATES	CLASS TIMES	COST
Aboriginal Mental Health First Aid	2 days	March 2 & 3	9am – 5pm	The course is for Aboriginal and/or Torres Strait Islander people at no cost

The course was developed with the consensus of Aboriginal or Torres Strait Islander mental health workers and based on the Mental Health First Aid course.

The course covers strategies for assisting people who may be developing depression, anxiety, psychosis or effected by substance misuse. Mental health crises such as suicidal thoughts and behaviour, non-suicidal self injury, severe psychotic states, panic attacks, traumatic events, aggressive behaviours and acute effects from alcohol or other drug misuse are discussed.

Venue: Sydney West Aboriginal Health Service (SWAHS) Address: Mount Druitt Village, 2 Palmerston Road, Mount Druitt, NSW 2770

Applied Suicide Intervention Skills Training (ASIST)	2 days	May 11 & 12 June 29 & 30	9am – 5pm	Available at no cost
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ASIST provides students with the skills to recognise when someone may be at risk of suicide and respond in ways that helps increase their immediate safety, and links to further help.

ASIST is presented by registered trainers who have completed a one-week LivingWorks Training for Trainers (T4T) program.

The course covers how to:

- Identify when someone is experiencing thoughts of suicide
- Respond to suicidal feelings in others
- Provide first aid and guidance to a person at risk of suicide
- Increase suicide awareness and prevention through reviewing risk
- Develop an effective suicide safety plan

Venue: WentWest offices - Training Room. Address: Level 1, 85 Flushcombe Road, Blacktown, NSW 2148

How to enrol

Complete only **one** of the Enrolment Forms on this course guide. Please check which form is applicable to you.

The completed enrolment form can be submitted in any of the following ways;

Mail: Recovery College, PO Box 5, Blacktown Post Shop, NSW 2148

Email: wsrecoverycollege@wentwest.com.au **Phone:** (02) 8811 7698

VENUE

Each course is listed with the venue and address.



Course Enrolment Form

(Services providers, staff and volunteers only)



Western Sydney
Recovery College

COURSE(S)

Name of Course: _____ Date of Course: _____

STUDENT INFORMATION

First Name: _____ Surname: _____

Address: _____

Suburb: _____ Postcode: _____ Phone: _____ Mobile: _____

Email: _____ Date of Birth: _____

Preferred Contact: Phone Email Other (please specify) _____

ABOUT YOU

What is your occupation/area of work?

Do you identify as: Aboriginal Torres Strait Islander both neither

Country of birth: _____ Language spoken at home: _____

HOW DID YOU HEAR ABOUT THE WESTERN SYDNEY RECOVERY COLLEGE?

Direct mail out Colleague Brochure/Website Other (please specify) _____

COURSE PAYMENT (IF APPLICABLE)

Please let us know the details of the person/organisation that will be paying for your attendance at this course

Name of person/organisation: _____

Contact person and phone number: _____

ABN (If Company): _____

Postal Address: _____

PRIVACY STATEMENT

Western Sydney Recovery College complies with the Privacy Act 1988. We will use your information to help the course facilitators meet your learning needs and to evaluate our program. We will keep your file for at least 6 months after you complete your course. If you want to know more about our privacy policy it is available on our website.

STUDENT SIGNATURE

Signature _____ Date _____

Course Enrolment Form

(People with mental health conditions, their carers, friends or family)



Western Sydney
Recovery College

COURSE(S)

Name of Course: _____ Date of Course: _____

STUDENT INFORMATION

First Name: _____ Surname: _____

Address: _____

Suburb: _____ Postcode: _____ Phone: _____ Mobile: _____

Email: _____ Date of Birth: _____

Preferred Contact: Phone Email Other (please specify) _____

EMERGENCY CONTACT

First Name: _____ Surname: _____

Address: _____

Phone: _____ Mobile: _____ Relationship to Applicant: _____

ABOUT YOU

How would you best describe your experience with mental illness?

Carer Support Family Member Study Consumer Friend

Other (please specify) _____

Do you have any specific needs in relation to learning that we may be able to improve your experiences if we were aware of them? (eg wheelchair access, learning styles, dietary requirements)

Which of the following would best describe your current work status?

Full time employee Part time employee Volunteer worker Supported employment

Full time student Unemployed (seeking work) Unemployed (not seeking work)

What is your occupation/area of work? This may include volunteer positions

What is your highest educational attainment?

Did not finish school Year 10 Year 12 Certificate Diploma Bachelor Degree Higher degree

Do you identify as: Aboriginal Torres Strait Islander both neither

Country of birth: _____ Language spoken at home: _____

HOW DID YOU HEAR ABOUT THE WESTERN SYDNEY RECOVERY COLLEGE?

Family/Friend Mental Health Worker Brochure/Website NGO/Support Worker GP

Other (please specify) _____

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STUDENT SIGNATURE

Signature _____ Date _____