



CONTROL

HOPE

OPPORTUNITY

**RECOVERY COLLEGE
SOUTH EAST**

WELCOME NOTE

Welcome to our new and developing Recovery College. We hope enrolling on a course with us will help you develop a greater understanding of your life experiences and help improve your wellbeing. All the courses provided at the college are intended to contribute towards improving your mental health and recovery or the wellbeing of someone you care for or support. Sessions are co-designed and co-delivered by people with lived experience of mental ill health and addiction challenges, family supporters, the professionals, and the voluntary agencies. Courses are designed to help you develop and build on your own skills. We believe that education offers new hope and opportunity for you to learn more about you and your own personal recovery journey, coping skills, practical skills and how to get the best from living every day. Our courses aren't therapy.

They can help you become an expert in managing your own life and be at the center of your own recovery journey. The staff of the Recovery College South East will be happy to help you in any way they can.



Meet the Staff of the Recovery College South East

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INTRODUCTION

Recovery is a personal journey of discovery (Repper & Perkins, 2012). It involves making sense of, and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals.

*"Recovery reclaimed my life,
I am truly living"*

Peg

*"Recovery...Starts to be
joyful instead of fearful
and dark and lonely. "*

Susanne

*"Recovery...Be a fighter,
soon everything will be
brighter. "*

Nikki

*Dave's definition quote from
CC. Scott.*

*"The human spirit is stronger
than anything that can happen
to it', 'Recovery is about
nourishing that spirit'."*

THE PURPOSE

The purpose of the Recovery College South East is to provide recovery orientated educational courses and workshops for people who experience mental health challenges, psychological distress, addiction and other challenges. People who access mental health/substance misuse and social inclusion services. Professionals and volunteers who support people on their recovery journey. Carers, supporters, friends and families. All are welcome. These courses are co-produced by people with lived experience of life challenges, family members, supporters and professionals.

Courses and workshops at the Recovery College South East are for everyone. Recovery College South East uses an educational approach to develop strengths, talents and personal resources.

By facilitating the learning of skills that promote recovery, improve confidence and self-belief we are enabling individuals and communities to

recognise their own capabilities, resources and resourcefulness to reach their full potential.

Recovery College South East will support people in developing their own recovery plans, in becoming experts in their own self-care, developing and growing peer support networks and encouraging people to learn from others who have faced mental health and or addiction challenges.

By providing courses and workshops that will empower you to achieve your personal goals Recovery College South East hopes to inspire and support you on your own personal recovery journey.

The recovery journey can have many paths and even though it can sometimes be a long and winding road ...

"The journey of a thousand miles begins with a single step".

Lao Tzu

WHO ARE THESE WORKSHOPS OPEN TO?

All our Workshops are free however there is an enrolment fee of €5 per semester, per student. Our workshops are also open to everyone. The ethos of the Recovery College South East is to empower people to educate themselves around wellness in mental Health and Addiction. Workshops are open to people with Mental Health and/or Addiction challenges, their supporters and families, people who work in the sector or those who wish to have a better understanding of their own wellness and that of others.

HOW TO ENROL

To access our courses and workshops:

1. Explore our courses and workshops and read the descriptions of the ones which interest you.
2. Check which courses and workshops are running this term in our timetable.
3. Choose your courses and workshops.
4. Contact the recovery College South East for an Application form.
5. Maybe attend one of the "Taster Sessions" see timetable for details.

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OUR COMMITMENT TO YOU

Recovery is moving on, achieving and learning, being the best and the best I can be with confidence, (Mental Health Discussion group Clonmel 2013)
We offer courses and workshops open to all and are designed to help increase knowledge about self-care, recovery and wellness.

The courses and workshops are co-produced with those who have lived experience in partnership with professional expertise, "the expert by experience working alongside the expert by profession".

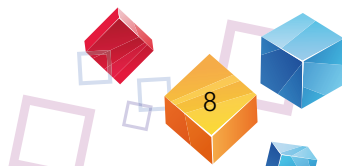
The Recovery College South East will...

- Provide a safe and friendly environment in which everybody is treated with dignity and respect.
- Provide support to help you achieve your goals
- Welcome comments and feedback
- Handle enquiries in a friendly and professional manner
- Give comprehensive details of our course, timetables and locations.
- Accept and celebrate diversity
- Adhere to the college confidentiality policy



WHILE ATTENDING THE RECOVERY COLLEGE SOUTH EAST WE HOPE STUDENTS WILL...

- Make the most of their time with us
- Accept that recovery can mean different things to different people
- Provide us with the relevant information to complete the enrolment process
- Respect the personal rights of all college members and treat everyone with dignity and respect
- Celebrate diversity
- Respect the confidentiality of others be mindful when sharing information within the college and consider the impact on both yourself and others of the information you share.
- Use the opportunity to develop some peer support networks if you wish
- Let us know if you are unable to attend
- Ask us for clarification if there is anything that you are not sure about



TASTER SESSIONS

LETS TALK RECOVERY AND RECOVERY COLLEGE SOUTH EAST

This taster session will explore the overall vision of the newly developed Recovery College. It is recommended for people who wish to find out more about the Recovery College and the key themes that underpin it. The College will provide a range of educational workshops that focus on wellness, recovery and self-management skills in mental health and addiction. Looking at the key concepts of recovery, this taster session will also try to define what well being and health actually is. What it means to you and your family, professionals and the wider community.

COURSE LOCATIONS

We appreciate that the Recovery College South east covers a large area and we aim to offer courses and workshops in various venues throughout the South east.



THEMES

RECOVERY AND SELF MANAGEMENT

In our first semester we will explore the workshop “lets talk recovery”. Some of these ideas around this term are new but some are as old as time. We believe anyone can rebuild a life that is meaningful to them whether or not they are still living with challenges.

UNDERSTANDING AND DEVELOPING OURSELVES

Under this theme, we will explore the workshop “Making connections”. In this workshop we discuss the importance of getting involved and building a support system that encourages and promotes wellness in all aspects of life.

UNDERSTANDING HEALTH DIFFICULTIES AND WAYS OF MANAGING THEM.

This theme will allow the student to learn about different health difficulties and ways of managing them. For example in our first semester we will look at Understanding Addiction and ways of living well and managing. We will also look at Living well with/without Depression.

Let's Talk Recovery

4 Session Workshop

3 hrs duration per session (see timetable for venue and dates)

COURSE OVERVIEW

Lets talk Recovery focuses on wellness rather than illness and aims to support people to use their strengths to self-manage and move forward. The workshop explores ways of living a satisfying, hopeful, and contributing life for all of us. This workshop will explore the key concept of recovery and will try to identify what wellbeing and health actually is. What it means to you and your family, professionals and the wider community. It will explore the implications and pathways for wellness and empowerment for all.

The workshop recognizes the impact of mental illness and addiction on our ability to participate in and carry out the roles and activities we need and want to undertake. This workshop will provide practical strategies to enable you to start participating or progress in living the life you want. It provides realistic guidance and examples from facilitators with lived experience of the journey from disengagement to living life your way.



Recovery Principles and Practice

Half day Workshop (3 hr session)

(Contact Recovery College South East for venue and dates)

COURSE OVERVIEW

Whilst it is universally accepted that recovery means people leading full and useful lives according to their own choosing, the practical implementation of a recovery approach in the day to day interactions remains a challenge. Understandings of recovery can often be abstract and professionals can have a lack of clarity about their roles in the context of promoting an ethos of autonomy for service users. Recovery however is a very holistic concept encompassing clinical, social and personal considerations that engages a wide domain of stakeholders, services and organisations. In this context Mental Health Service providers are facilitators of the process of individual recovery through utilising their professional expertise to enhance the recovery outcomes for the individual.

Advancing Recovery in Ireland has identified as one of its key objectives, the need to empower service providers in their roles as facilitators of Recovery, and in response has developed a Recovery Principles training programme which aims to bring an increased awareness to all staff in the mental health services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, 'Service user', 'family member' and professional bring to the recovery process.

Mindfulness

6 Session Workshop

2 hrs duration per session (see timetable for venue and dates)

Introduction to mindfulness

Life can be challenging at times and can have significant ups and downs. We can experience a range of internal distressing experiences like, self-critical thoughts, voices, fear and anxiety about the future or painful memories. Practising mindfulness can give you the chance to step out of the loop and see things differently. It is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds. Students will learn that mindfulness is about having complete focus on the here and now, of our thoughts, feelings and physical sensations. Our thoughts do not necessarily reflect the truth but it can feel this way. Practicing mindfulness allows you the space to stand back from your thinking. Mindfulness practice, meditation, breath work, self-compassion and self-acceptance will be strong themes within this course.

WRAP

Wellness Recovery Action Plan

2 day Workshops (see timetable for venue and dates)

COURSE OVERVIEW

In developing your own WRAP®, you'll identify the wellness tools that will most benefit you and will learn how to use these tools when needed, every day or when you have particular feelings or experiences. WRAP® will help you monitor and relieve uncomfortable and distressing feelings and behaviours and identify your best course of action. WRAP® planning also includes Crisis Planning that lets others know how you want them to respond when you cannot make decisions, take care of yourself, or keep yourself safe, and a Post Crisis plan to guide you through the often difficult time when you are healing from a crisis.

WRAP® is developed by you. You choose who assists and supports you whether they are family, friends, or health care providers as you work on your own plan.

Building Self Confidence For Recovery (Self-esteem)

4 Session Workshop (see timetable for venue and dates)

This programme introduces participants to the basic concepts of Self Esteem and provides them with opportunities to gain an understanding into Low Self Esteem, Developing balanced Core belief, Healthy Self Esteem. This is an ideal opportunity for people who are interested in Recovery around confidence and Self Esteem in their own lives, or those who are interested in learning about Self-Esteem in order to implement it into their work practises.

Let's start with understanding the term "self-esteem." You might have heard and seen similar words like "self-image," "selfperception," and "self-concept." All these terms refer to the way we view and think about ourselves. As human beings, we have the ability to not only be aware of ourselves but also to place a value or a measure of worth to ourselves or aspects of ourselves. So, selfesteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. Having the human capacity to judge and place value to something is where we might run into problems with self-esteem

Living Well With Addiction

4 Session Workshop

3 hrs duration per session (see timetable for venue and dates)

COURSE OVERVIEW

The workshop is for people who are curious or concerned about their own alcohol or drug use, or are concerned about the alcohol or drug use of someone they care about. We will be exploring these issues in a safe and non-judgmental way.

It is aimed at anyone who wishes to receive more information and education about recovery for substance misuse and hopes to explore helpful strategies to help cope with difficulties relating to substance misuse. The workshop will raise awareness and knowledge of substance misuse in our local community through a recovery-focused perspective and explore attitudes that exists in relation to substance misuse. It will also encourage you to start thinking about your relationship with unhealthy substances and whether a change would benefit your journey through recovery.

Living Well Without depression

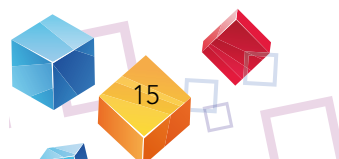
4 Session Workshop

3 hrs duration per session (see timetable for venue and dates)

COURSE OVERVIEW

This course will explore the nature and experience of depression and consider its wide ranging impact on all aspects of life. We will reflect on diagnosis and medication as well as alternative practical steps which some people find helpful in managing this experience.

The workshop will introduce and explore depression at both an educational level and from an experienced perspective. The course aims to educate students about the symptoms, causes and treatment options associated with depression. Reflection and self-awareness are key aspects of this course. The students will receive a clear understanding of depression and the impact it can have on a person's life and gain knowledge about recovery tools that can be used to fight depression and support self-management.



Let's Talk Hearing Voices

4 session workshop

3 hrs duration per session (see timetable for venue and dates)

Hearing voices is a more commonplace experience than many people realise and it is not necessarily a sign of mental ill-health. People have different experiences of hearing voices. We are all unique, so it's unsurprising that voices can be equally individual in terms of their identity, content, interpretation and impact. However, hearing voices can be a very distressing experience, both for the person who hears voices and the people who care about them. Many workers may also find working with people who hear voices difficult and may feel unsure of what is helpful to someone. We recognize each person's own potential to recover from the distress associated with difficult voices.

This introductory workshop is for anyone who wants to understand more about hearing voices. It will include:

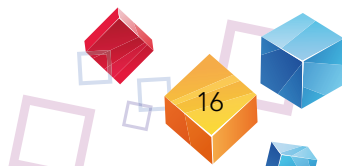
- Different thoughts and ideas
- Coping strategies people have used
- Sources of support, advice and information
- An introduction to the Hearing Voices Network.

Let's Talk Anxiety

4 session workshop

3 hrs duration (see timetable for venue and dates)

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word where we describe these moments of discomfort. In this workshop we will look at how anxiety affects people in different ways - both emotionally and physically - and when these periods of unease, fear or worry affects your mental health. We will look at the different types of anxiety, its possible causes and how you can help manage these feelings. You will have the opportunity to discuss your own personal experiences whilst learning from others. This workshop will provide you with a safe space to discuss your concerns, whilst find out about support, treatments and self-help groups available in your community to help you or somebody you know manage anxiety



TALKING WALL

Collaboration...I believe when we all work together, we can make it.

John

Opportunity ...
To start to live life other than just exist from one day to another.

Sean

Hope...To become like the other people seem to remember you but you can't reach.

Susanne

Self-care...When I discovered who I was I just wanted to nurture me.

Jacinta

Co-production...
What an inspirational innovative new concept, that we are all equal in making this form of recovery happen.

Noreen

Opportunity...I was one of the lucky ones to be led to recovery.
What an opportunity.

Mary

Hope...It was the hope of others on the same journey as I was on, that gave me the hope to carry on.

Helen

Opportunity...
Once you choose hope-anything is possible.

Nikki

Wellbeing...I have discovered through recovery that I want to care for my Mind, Body and Spirit

Brid

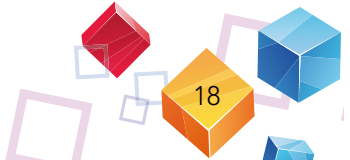
Peer Support...I realized I couldn't do this on my own I needed people who are on a similar path to lean on.

Betty

Be kind as everyone faces a battle you know nothing about.

Pat

NOTES

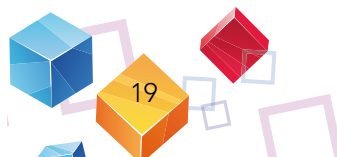


Follow us on Facebook



We wish to thank the Recovery College South East Steering Group.

A sincere thanks to all the volunteers who have been involved with the co-production of this prospectus and in the co-production of all our workshops.



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"Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence" Mental Health Discussion Group, Clonmel, 2013



National Learning Network
Part of Health Care Group

