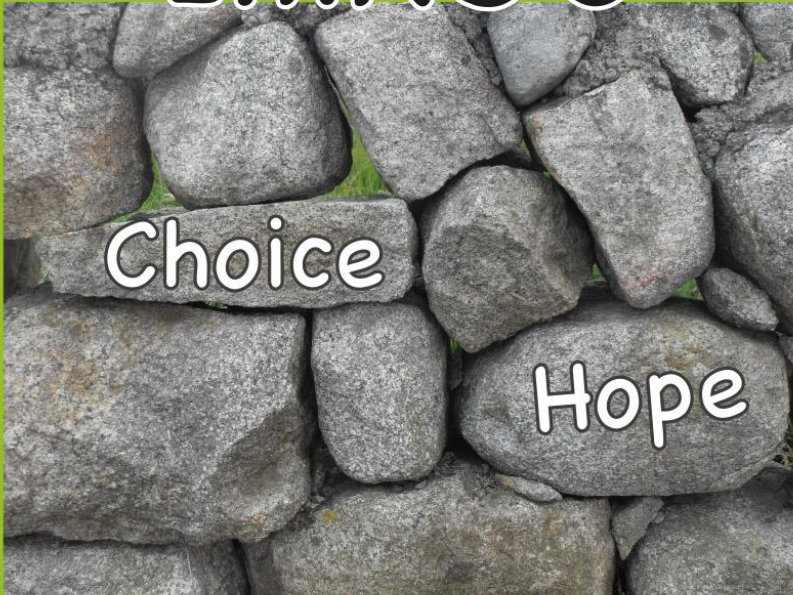


# ImROC



Recovery is YOURS.....

SOUTH EASTERN HSC TRUST

# RECOVERY COLLEGE

Prospectus 2017 – 2018

Hope

Control

Opportunity

## RECOVERY IS...

Destigmatizing  
**CREATIVE**  
**Unique**  
**Progress**  
**Confidence**  
**Engaging**  
**Supportive**  
**Happiness**  
**Inspirational**  
**EDUCATIONAL**  
**Rewarding**  
**Challenging**  
**RESPECT**  
**Self**  
**Management**  
**YOURS**

**EMPOWERING**  
**Individual**

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*Recovery is Yours...*



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# SET RECOVERY COLLEGE

## MISSION STATEMENT

At the Recovery College our vision is to be an educational centre of excellence that nurtures recovery.

We aim to communicate that mental health recovery can be a reality for all. We strive to develop a College that is **free from stigma**, is **strengths-based** and always seeks to **realise the person, not the illness**.

## WHAT IS A RECOVERY COLLEGE?

The SET Recovery College offers educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.

## WHAT IS CO-PRODUCTION?

Co-production is relationship where professionals and service users share power, to plan and deliver support together, recognising that both have vital contributions to make.

It is a meeting of two experts, clinician (learned experience) and service user (lived experience), each with their respective knowledge and skills.

## Defining Recovery

We define Recovery as

“a way of living a satisfying, hopeful and contributing life even within the limitations caused by illness.”

A deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and roles.

Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness”

*(Anthony, 1993).*

The Recovery College promotes three themes: **hope, opportunity and control**.

Hope	Control	Opportunity
We <b>Hope</b> that life can be meaningful and fulfilling	Our workshops and courses encourage you to take <b>Control</b> of your life whether you are at work, suffer from life-limiting illnesses or find it difficult to make healthy decisions as a result of mental health difficulties	<b>Opportunity</b> to have a better understanding of mental health issues, to explore the factors and resources that are important for recovery and to find ways to implement these strategies to support and strengthen recovery

## Who can access courses at the Recovery College?

\*The Recovery College is available to service users, SET staff, families, friends and anyone who is interested in learning more about their Mental Health and Recovery.

**\*Please Note:** If courses are in high demand, priority will be given to students who live within the SET area.

Booking is Essential

## How do I access the Recovery College?

The Recovery College has campuses throughout the South Eastern Trust as shown in the map. For more information about what courses are running in your area please contact the main office for the Recovery College via the methods on page 6.



Like us on Facebook:  
SET Recovery College -  
ImROC in SET

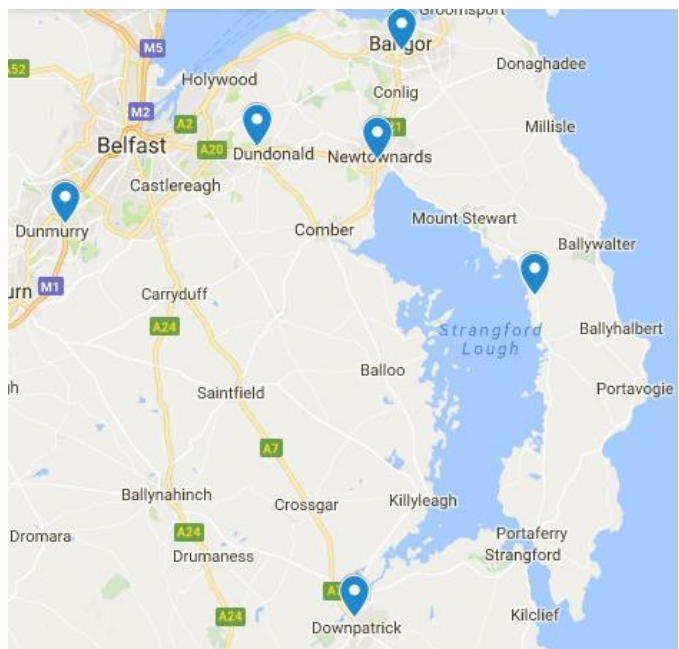


## What if I need to cancel my place on a Course?

In the event that you are unable to attend a course or workshop for which you have enrolled please contact the main office to let us know as soon as possible.

## Equality and Diversity

At all times we will respect you as an individual and your rights to be given equal opportunity to succeed. The College is committed to providing accessible services to all.



# STUDENT CHARTER

## You can expect the College to:

- promote an active learning community in which you will have the opportunity to develop as an independent learner
- treat students equally and respectfully regardless of gender, religion, community background, nationality, race/ethnic origin, disability, marital status, sexual orientation or age
- maintain a professional & caring environment
- provide timely and accurate information about arrangements for your enrolment, registration and induction
- safeguard all the personal information you provide, in compliance with the requirements of the Data Protection Act and the Freedom of Information Act
- provide appropriate learning opportunities, resources and support to assist you in your studies
- provide positions for student representatives on relevant College committees, boards, working groups, forums and reviews
- receive appropriate guidance through contact with College representatives, advice from an individual learning adviser, and sign-posting to relevant learning support facilities including; welfare and disability support
- provide opportunities for you and your student representatives to give feedback to the College on your experience as a student, including participation in appropriate quality assurance and enhancement procedures

## In return we ask you to:

- treat fellow students, College members and visitors equally and respectfully regardless of gender, religion, community background, nationality, race/ethnic origin, disability, marital status, care of dependents, sexual orientation or age
- inform the College if you cannot attend a course that you are scheduled to attend by contacting the College admin team by phone: **(028) 9041 3872** ext. **89872** or email: [recovery.college@setrust.hscni.net](mailto:recovery.college@setrust.hscni.net)
- Students are required to attend a minimum of 75% of their registered courses
- respect College property, grounds and facilities so they may be equally available to others
- give your views honestly and constructively on your educational and College experience
- provide a smoke free environment for students to learn. Students are respectfully asked not to smoke on trust premises

### Important Information

There are occasions when some courses may be moved or cancelled. Please ensure that you have provided us with your current contact information so that we can notify you in the event of a course amendment or cancellation.



# STUDENT JOURNEY

SET Recovery College has a wide range of learning opportunities available and has developed a student journey that will support you during your time at the Recovery College. From your initial enrolment through to your graduation- the Recovery College is here to support you through your student Journey.

Enrolment & Learning Plan

Getting Started

Gaining Knowledge & Skills

Building on Your Learning

Preparing to Take Your Next Steps

Graduation

## MESSAGE FROM THE RECOVERY COLLEGE SERVICE DELIVERY BOARD



The Service Delivery Board is strategically responsible for the ongoing development of the College, monitoring quality and advises on how resources should be prioritised within the College. The board consists of an equal number of professionals, peers and partner organisations.

We see the vision of the Recovery College as being built on the values of hope, control and opportunity and believe that we can achieve this through co-production. Co-production involves the recognition of the equal importance of learned experience and lived experience.

For us, the aim of the Recovery College is to reflect recovery principles in all aspects of its culture and operation. This means working and learning together in an inclusive and respectful environment.

We see learning in the Recovery College as being both strengths-based and values-led. We hope to offer all our students and tutors a supportive and personalised journey through the Recovery College. We hope that the Recovery College will support students and tutors to realise and achieve their goals and ambitions.



# "Where Do I Go?"-Index of Addresses

\*Each course within this prospectus has a date, time and location. We have listed all the addresses along with the postcode; please refer to this page if you need more information about locations. Thank You

Bangor	Downpatrick	Lisburn	Newtownards
Bayview Resource Centre 11-13 Ballyholme Road Bangor BT20 5JH	Ballymote Centre 40 Killough Road Downpatrick BT30 6PY	Derriaghy Education & Social Centre City Business Park Dunmurry, Lisburn BT17 9GX	Londonderry Park Sports Pavilion Portaferry Road Newtownards BT23 5EU
YMCA 10-12 High Street Bangor BT20 5AY	Downe Hospital 2 Struell Wells Road Downpatrick BT30 6RL	LaganView Enterprise Centre 69 Drumbeg Drive Old Warren Lisburn BT28 1NY	Lough House/ Main Building Ards Community Hospital Newtownards BT23 4AS
	Downshire Hospital Ardglass Road, Downpatrick BT30 6RA		Thriving Life Church (TLC) Compassion Centre 18A Crawfordsburn Road Newtownards BT23 4EA

## Contact Details

For more information or to book onto a course, please contact the Recovery College administration team:

Phone	Email	Address
Phone: <b>(028) 9041 3872</b> Ext. <b>89872</b>	<a href="mailto:recovery.college@setrust.hscni.net">recovery.college@setrust.hscni.net</a>	Recovery College Main Office Home 3, Ulster Hospital Dundonald Upper Newtownards Road, BT16 1RH

# Student Enrolment

- Student Enrolment offers new and existing students the opportunity to register for each Semester of SET Recovery College.
- This event will offer students the opportunity to book onto courses and to complete an individual learning plan (ILP) to map their journey through the Recovery College.
- Students will have the opportunity to find out more about the Recovery College and what they can expect from the Recovery College.

Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 7 September 2017	10.00-12noon	Derriaghy Education & Social Centre, Dunmurry
Tuesday 12 September 2017	10.00-12noon	Conference Room 1, Downe Hospital, Downpatrick
Wednesday 13 September 2017	10.00-12noon	Kyle Room, Bayview Resource Centre, Bangor
Thursday 14 September 2017	6.30pm-8.00pm	Room 1, Lough House, Ards
<b>SEMESTER 2</b>		
Monday 15 January 2018	10.00-12noon	Londonderry Park, Ards
Tuesday 16 January 2018	10.00-12noon	LaganView Enterprise Centre, Lisburn
Wednesday 17 January 2018	10.00-12noon	YMCA, Bangor
Thursday 18 January 2018	10.00-12noon	Training Room 2, Downshire, Hospital, Downpatrick
<b>SEMESTER 3</b>		
Monday 9 April 2018	2.00pm-4.00pm	Room 1, Lough House, Ards
Tuesday 10 April 2018	10.00-12noon	Training Room 2, Downshire Hospital, Downpatrick
Wednesday 11 April 2018	10.00-12noon	Kyle Room, Bayview Resource Centre, Bangor
Thursday 12 April 2018	10.00-12noon	Derriaghy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

# Getting Started

## Breaking the Cycle

- This course aims to increase knowledge and understanding of the link between thinking styles, mood, actions and your physical body.
- If we think negative thoughts this affects how we feel, how we behave and potentially our physical body.
- Once in this negative cycle we may find it difficult to break out of it. In this course we will explore recovery strategies that can be helpful for breaking the negative cycle.

**If you are interested in this course please contact the office for more information**

## Exploring Daily Activity for Recovery

- The aim of this course is to help you improve your health and well-being by making positive changes to your activity levels.
- This course will explore the relationship between daily activities and how they can impact wellness.
- To reflect on activities that can offer you a sense of achievement, pleasure and meaning to your day & to further reflect on activities that can help you feel connected to others and that help you feel valued.

Date	Time	Location*
<b>SEMESTER 1</b>		
Monday 13 November 2017	10-12noon	Londonderry Park, Ards
<b>SEMESTER 2</b>		
Monday 12 March 2018	10-12noon	Kyle Room Bayview Resource Centre, Bangor

\*Please refer to the index of addresses on page 6 for full details of each location

## Goal-Setting for Recovery

- Setting clear, achievable and realistic goals can be both motivating and can help us move forward in our recovery.
- This course aims to explore the different ways to set goals and the benefits of goal-setting as a positive strategy for recovery.
- The course also aims to encourage you to consider what goals you would like to achieve and how you can begin to plan your next steps.

**If you are interested in this course please contact the office for more information**

## Sleep Awareness for Recovery

- This course will explore the benefits of getting a good night's sleep & provide an understanding of why sleep is important for recovery.
- To identify some of the challenges that can prevent us from getting a good night's sleep & introduce helpful strategies that can be used to support a good night's sleep.

<b>2 WEEK COURSE</b>		
<b>Date</b>	<b>Time</b>	<b>Location*</b>
Wednesday 31 January – Wednesday 7 February 2018	2-4pm	Conference Room 1, Downe Hospital, Downpatrick

\*Please refer to the index of addresses on page 6 for full details of each location

## Stepping into Recovery

- Recovery can mean different things to different people, but at the core of everyone's individual definition there are a number of shared principles.
- In this course students will learn more about Hope, Control & Opportunity- these are key principles of the Recovery College.
- This course aims to encourage you to begin to explore what recovery means to you and to consider strategies that can support your recovery journey.

**If you are interested in this course please contact the office for more information**

## Values & what they mean to me

- Our values reflect what we consider meaningful in life. They are what you care about, deep down, and what you consider to be important.
- Everybody's values are different, and they can change over time. This course aims to explore the link between values, our daily life and our mental health.
- Our values can play an important role in recovery. Therefore, this course will also explore the role of values in recovery and aims to encourage you to consider the ways you can begin using your values to enhance your recovery, well-being and self-management.

**If you are interested in this course please contact the office for more information**

\*Please refer to the index of addresses on page 6 for full details of each location

## Wellbeing Plan

- This course will explore factors related to wellness; it will allow students an opportunity to develop an individual wellness plan.
- It will look at how stress can affect wellness and look at strategies that can help us manage our wellness and promote wellbeing for example the benefits of goal-setting and connecting with others.

3 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 2</b>		
Monday 26 February – Monday 12 March 2018	6-8pm	Room 1, Lough House , Ards
<b>SEMESTER 3</b>		
Wednesday 16 May – Wednesday 30 May	10-12noon	Derriaghy Education & Social Centre, Dunmurry

## Your Journey through Mental Health Services (Core Care Pathway)

- This course has been designed to provide information about how to get the most out of mental health care and can help you prepare for involvement with mental health services.
- This course aims to support and guide joint decision-making about your recovery and those treatments and/or care options that can help you on your recovery.

Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 9 November 2017	09.30am- 12noon	Derriaghy Education & Social Centre, Dunmurry
<b>SEMESTER 2</b>		
Monday 5 February 2018	09.30am- 12noon	Training Room 1 Downshire, Hospital, Downpatrick
Tuesday 13 March 2018	09.30am- 12noon	Room 1, Lough House, Ards

\*Please refer to the index of addresses on page 6 for full details of each location



# Gaining Knowledge & Skills

## Alcohol Awareness (Level 1)

- This course will explore the relationship between alcohol and health and aim to raise awareness of issues involving alcohol misuse and will encourage students to reflect on their own relationship with alcohol.
- 'This course is aimed at a level 1 general awareness session. A level 2 course called 'Understanding Substances and Mental Health' complements this course. (See Page 23)

**If you are interested in this course please contact the office for more information**

## Anxiety Management

- The aim of this course is to provide you with some general education about anxiety, to describe the types of symptoms common to anxiety, and to discuss what can cause anxiety.
- The course will also explore recovery strategies that can help you deal with worry and manage set-backs & emphasise the importance of consistent and continuous practice of recovery strategies for managing anxiety.

5 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Tuesday 26 September – Tuesday 24 October 2017	10.00-12noon	Londonderry Park, Ards
Wednesday 8 November – Wednesday 6 December 2017	10.00-12noon	Admin Meeting Room, Downe Hospital Downpatrick
Tuesday 7 November – Tuesday 5 December 2017	10.00-12noon	Londonderry Park, Ards
<b>SEMESTER 2</b>		
Tuesday 30 January – Tuesday 27 February 2018	6.00-8.00pm	Londonderry Park, Ards
Wednesday 21 February – Wednesday 21 March 2018	10.00-12noon	Conference Room 1, Downe Hospital Downpatrick
<b>SEMESTER 3</b>		
Tuesday 24 April – Tuesday 22 May 2018	10.00-12noon	Kyle Room Bayview Resource Centre, Bangor

\*Please refer to the index of addresses on page 6 for full details of each location

## Assertiveness Skills for Recovery

- Assertiveness is a communication style. It is being able to express your feelings, thoughts, beliefs and opinions in an open manner that doesn't violate the rights of others.
- Assertive behaviour is a life skill which assists us in being able to say no when it is necessary to do so, to deal with criticism, and to stand up for ourselves and our rights.
- Building assertive skills improves self-esteem and quality of life. Students will have the opportunity to develop the ability to use assertive techniques by providing information and the opportunity to practice.

FOUR WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Wednesday 8 November – Wednesday 29 November 2017	10.00-12noon	Bayview Conference Room, Bangor
<b>SEMESTER 2</b>		
Wednesday 21 February – Wednesday 14 March	10.00-12noon	Admin Meeting Room, Downe Hospital Downpatrick

## Building Resilience for Recovery

- Resilience describes our capacity to recover from difficult situations. Everyone can benefit from exploring strategies that can enhance our ability to cope with stressful situations and mental ill-health.
- This course aims to teach students skills and strategies that can help them overcome stressful situations & different ways that we can boost our ability to cope with difficult life events.

3 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 30 November – Thursday 14 December 2017	10.00-1.00pm	Training room 1, Downshire Hospital, Downpatrick
<b>SEMESTER 3</b>		
Monday 7 May – Monday 21 May 2018	10.00-1.00pm	Londonderry Park, Ards

\*Please refer to the index of addresses on page 6 for full details of each location

## Building Self-Esteem for Recovery

- People who suffer from low self-esteem often report feeling not good enough, worthless, stupid or flawed in some way.
- This course will introduce students to self-esteem, explore different levels of self-esteem and explore the impact that low self-esteem can have on a person's life.
- It will explore various strategies in helping you understand and overcome feelings of low self-esteem & teach skills that can improve your feelings of self-worth and confidence

**If you are interested in this course please contact the office for more information**

## Introduction to Bipolar

- Bipolar disorder (also known as bipolar affective disorder or manic depression) is a mental illness which occurs in around one percent of the population. It is a recurring disorder which affects how a person feels in a number of ways.
- The course will explore early warning signs, recovery and self-management, doing what works for you, getting support from others and the importance of self-care in relation to living well with bipolar.
- This course aims to help students understand bi-polar from a CBT (Cognitive Behavioural Therapy) approach.

**If you are interested in this course please contact the office for more information**

\*Please refer to the index of addresses on page 6 for full details of each location

## Introduction to Mindfulness

- Mindfulness is a skill that you can use to find peace in a frantic world. This course aims to teach students an understanding of mindfulness, about the benefits of focusing on the present and how to incorporate mindfulness strategies into daily life.
- The course will also include a discussion on using our senses to understand ourselves and may include a short walk so please contact the College if you require extra support and please bring a coat in case it rains.

**If you are interested in this course please contact the office for more information**

## Making the Most of your Medical Appointment

- This course will explore how we can work in partnership with our medical team to get the information needed to help us to make our choices with regards to medication.
- The aims of this course are:
  - To understand that medication may be one part of a unique journey.
  - To help reduce stigma associated with mental health medication.
  - To encourage students in viewing medication as one aspect of a therapeutic alliance with their treating team.

Date	Time	Location*
Thursday 23 November 2017	10-12noon	Derrigahy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

## Managing Persistent Pain

- Persistent pain is often defined as any pain lasting more than 12 weeks. Whereas acute pain is a normal sensation that alerts us to possible injury, persistent pain is very different. Persistent pain can keep going—often for months or even longer.
- This course aims to explore recovery focused approaches to reducing pain, such as introducing the following strategies: exercise; routine or work; physical therapy and sometimes pain relief.
- Furthermore, this course aims to promote self-management as a key feature for moving forward in recovery for anyone affected by persistent pain. Therefore, this course encourages students to share decisions within their health team and to become equal partners in the treatment and management of their persistent pain.

**If you are interested in this course please contact the office for more information**

## Positive Steps

- Positive Steps is a flexible and interactive course that aims to encourage students to consider some activities and strategies that can help maintain and improve your well-being.
- The course focus on the 'Take 5- Ways to Wellbeing'; connecting with others; being active; taking notice; trying something new; and giving.
- The course aims to encourage students to consider how they might build some of these strategies into their daily activities- as a way of maintaining wellness and supporting recovery.

6 WEEK COURSE		
Date	Time	Location*
Wednesday 20 September – Wednesday 25 October 2017	10-12noon	Londonderry Park, Ards

\*Please refer to the index of addresses on page 6 for full details of each location

## Self- Advocacy

- Self-Advocacy is when people stand up for themselves with confidence. When you have good self-advocacy skills you can have more control in expressing your views and making the life decisions that are best for you.
- The aim of this course is to understand and use self- advocacy skills, understand how to use both verbal and non-verbal communication skills, develop active listening skills, understand the process of conflict resolution & practice assertive communication skills

**Open College Network (OCN) Accredited Level 1**

*Level 1 is equivalent to GCSEs D-G and Foundation Diploma*

**If you are interested in this course please contact the office for more information**

## Understanding Depression

- This course aims to develop on understanding of depression and the impact it can have on a person's life & aims to explore recovery strategies that can help improve mood and feel more hopeful about the future.
- The course explores depressive thinking and how to challenge it, the impact of lifestyle on depression and how to build positive thinking and activity into our lives.

6 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 12 October – 23 November 2017	6.30-8.00pm	YMCA, Bangor
<b>SEMESTER 2</b>		
Thursday 1 February – Thursday 8 March 2018	6.30-8.00pm	Londonderry Park, Ards
<b>SEMESTER 3</b>		
Thursday 26 April – Thursday 31 May 2018	6.30-8.00pm	Ballymote Centre, Downpatrick

\*Please refer to the index of addresses on page 6 for full details of each location



# Building on your Learning

## Avoidance: Short-Term Gain; Long-Term Pain

- Avoidance comes in different forms. We can all identify with times when we have avoided thinking about something, doing something, or feeling a certain way.
- Developing a pattern of avoidance can and does create a range of problems for us including increased fear, lower self-esteem and a restricted lifestyle.
- This course is designed to help us understand how avoidance impacts on our wellbeing and to look at how we go about changing those patterns of avoidance.

Date	Time	Location*
<b>SEMESTER 1</b>		
Wednesday 15 November 2017	2-4pm	Bayview Kyle Room, Bangor
<b>SEMESTER 2</b>		
Wednesday 9 May 2018	10-12noon	Derriaghy Education & Social Centre, Dunmurry

## Being Me Again-Life After Brain Injury

- One of the common comments from individuals recovering from an Acquired Brain Injury (ABI) is “I just want to get back to being me again”.
- This course will explore issues that are common for individuals recovering from an ABI such as –“I can’t remember my injury, other people don’t understand, I have no energy and I am always tired, I have difficulty remembering day to day things”.
- This course allows students to learn from others with ABI in relation to coping strategies & story-telling to support recovery for ABI and to help students take control of their life again.

Date	Time	Location*
<b>SEMESTER 2</b>		
Thursday 15 February 2018	10.00-12.30pm	TLC, Ards
<b>SEMESTER 3</b>		
Thursday 10 May 2018	10.00-12.30pm	Training Room 1, Downshire Hospital, Downpatrick

\*Please refer to the index of addresses on page 6 for full details of each location

## Body Image & the Media

- This course will explore body image and how it can be perceived through the media.
- The course aims to increase students' awareness of marketing techniques used in major industries and how these techniques can impact mental health.
- This course aims to combat the negative effect of the industry through encouraging positive self esteem & educate students to have a healthier understanding of body image in a media industry that demands "perfection."

**If you are interested in this course please contact the office for more information**

## Maternal Mental Health

- Many women affected by low mood and anxiety during and/or after the birth of their baby suffer in silence.
- The course aims to explore and understand the topic through a recovery-focused approach. At least one of the course Facilitators will share their experience and story of recovery relevant to the topic.
- Other key partners will be involved in the facilitation of this course, including maternity team representatives and psychological therapies.
- We will explore what support and treatment options are available for anyone affected by this topic, including men. We will also develop a self-management plan to help you feel prepared to recognise set-backs in the future and help you feel more empowered to move forward in managing your own well-being and recovery.

**If you are interested in this course please contact the office for more information**

\*Please refer to the index of addresses on page 6 for full details of each location

## Overcoming Obsessive Compulsive Disorder (OCD)

- Whether you feel the urgency to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life.
- The aims of this course are to understand obsessive thoughts, rituals and routines in the hope of helping students regain a sense of control over their behavior.
- This course aims to help you make sense of these issues, to explore recovery strategies and develop a plan to help you conquer obsessions and compulsions.

**If you are interested in this course please contact the office for more information**

## Overcoming Perfectionism

- Perfectionism is often mistaken for 'being perfect' or 'doing something perfectly'. Many people assume that it must be a good thing. Other people think of being a perfectionist as being something negative and embarrassing. So is it a good or a bad thing?
- There is a big difference between the healthy and helpful pursuit of excellence and the unhealthy and unhelpful striving for perfection.
- This course will explore the traits of a perfectionist and how perfectionism can lead to mental health problems & disorders. The course will introduce some helpful recovery strategies in overcoming the desire to be perfect all the time.

**If you are interested in this course please contact the office for more information**

\*Please refer to the index of addresses on page 6 for full details of each location

## Spirituality for Recovery

- Spirituality can mean many different things to different people but the important element of spirituality is that it is personal.
- Some see spirituality as having a faith and believing in a higher order, whereas others see it as a way of understanding ourselves, the world, nature and the journey of life.
- If you are someone whose spirituality is important for recovery and you would like to explore more of the concepts associated with spirituality for recovery, then this course may interest you.
- This course is open to everyone whatever your background, faith, beliefs or non-beliefs.

4 WEEK COURSE		
Date	Time	Location*
Tuesday 6 February – Tuesday 27 February 2018	10.00-12noon	Derriaghy Education & Social Centre, Dunmurry

## Talking to your Children about Mental Health

- Discussing your illness with children can help them make sense of changes they notice in you and your family as well as reducing stigma associated with mental health.
- This course aims to encourage parents and staff to consider how they can prepare to talk to children about Mental Health. Talking with children will help them understand and feel empowered about mental health.
- This course will explore the benefits of talking to children about mental health, using a family focused approach & to explore some practical tips for parents and staff when discussing mental health with children.

Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 26 October 2017	2.00-4.30pm	Oakley Room , Downshire Hospital, Downpatrick
<b>SEMESTER 2</b>		
Thursday 15 February 2018	10.00-12.30pm	Derriaghy Education & Social Centre, Dunmurry
<b>SEMESTER 3</b>		
Thursday 7 June 2018	10.00-12.30pm	Room 1, Lough House, Ards

\*Please refer to the index of addresses on page 6 for full details of each location

## The “S” Word

- “Speaking the word suicide is not the problem. It is the silence that surrounds it.”
- This course aims to explore the issue of suicide by opening the conversation about suicide. The course also aims to explore suicide through a recovery focused approach by focusing on life, promoting awareness of the topic and sign-posting students to relevant support and resources.
- During the workshop, at least one of the course Facilitators will share their experience and story of recovery relevant to the topic.

2 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Monday 2 October- Monday 9 October 2017	10.00-12.30pm	Derriaghy Education & Social Centre, Dunmurry
<b>SEMESTER 2</b>		
Monday 19 February – Monday 26 February 2018	10.00-12.30pm	Conference Room 1, Downe Hospital, Downpatrick

## Understanding Emotional Eating

- Are you prone to comfort eating? Do you reach out to food whenever you are feeling stressed/unhappy/anxious? You are not alone, many people admit they have a complicated relationship with food and use food as a coping strategy.
- This course aims to educate students on what maintains unhelpful eating behaviours and increase awareness of factors that can contribute to the development of disordered eating.
- The course will explore strategies that can be used to make meaningful changes that can be helpful in managing emotional eating.

Date	Time	Location*
Thursday 22 February 2018	10.00-3.00pm	Derriaghy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

## Understanding Mental Health & Substance Misuse

- This course is aimed at a level 2 learning session. A level 1 workshop called ‘Alcohol Awareness (level 1)’ is recommended as a pre-requisite to this course. (See page 12)
- Misusing substances, often starts as a way of coping with difficult situations or feelings, and finding that the substance helps you feel better, more relaxed. Every time a similar situation comes up, you know it helps, so you get into the habit. This habit can then lead to addictive behaviours and substance misuse.
- This course will explore the relationship between mental health issues and substances, common triggers & explore recovery strategies associated with substance misuse and mental health.

**If you are interested in this course please contact the office for more information**

## Understanding Personality Disorders

- Personality disorder is a complex diagnosis that not everyone understands well. The term personality disorder can sound very judgmental and you may be confused about what the diagnosis means. In addition you might find that people hold misunderstandings or have a negative image of personality disorder.
- In this course, we will explore a helpful understanding of personality disorders and share information for family and friends. We will explore positive strategies that can help you feel more empowered to self-manage your well-being and recovery.
- We will explore how feelings, thoughts and behaviour influence each other and how you can change these patterns. We will also look at ways you can to learn skills to manage your emotions, for example through learning skills such as Mindfulness and Relaxation.

<b>3 WEEK COURSE</b>		
<b>Date</b>	<b>Time</b>	<b>Location*</b>
Tuesday 10 April – Tuesday 24 April 2018	10.00-12noon	Derrigahy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location



## Understanding Psychosis

- Psychosis occurs when a person perceives or interprets reality in a very different way from people around them. A person who experiences psychosis might be said to 'lose touch' with reality but what they experience is very real to them.
- The aim of this course is to help demystify psychosis through sharing knowledge and understanding of the topic area. The course also aims to help you develop a self-management plan that can help you to feel more prepared to recognise set-backs and help you feel more empowered to move forward in managing your own well-being and recovery.
- Throughout the course, students will explore some of the main treatment options available for psychosis including both medical and psychological interventions. The course also aims to draw on lived and learned experiences to provide knowledge on ways others can help when supporting a person living with psychosis.

4 WEEK COURSE		
Date	Time	Location*
Wednesday 8 November – Wednesday 29 November 2017	10.00-12noon	LaganView Enterprise Centre, Lisburn

## Understanding Self-Harm

- We all experience emotions. Emotions are an important part of being human, and are essential to our survival. As humans we are designed to feel a whole range of emotions, some of which may be comfortable to us, and others may be uncomfortable.
- Self-harm is a way of coping with or expressing overwhelming emotional distress. This course aims to explore factors related to self-harm and to explore recovery strategies that can help you tolerate and accept feelings associated with emotional distress.

2 WEEK COURSE		
Date	Time	Location*
<b>SEMESTER 1</b>		
Thursday 12 October – Thursday 19 October 2017	10.00-12.30pm	Conference Room 1, Downe Hospital, Downpatrick
<b>SEMESTER 2</b>		
Wednesday 2 May – Wednesday 9 May 2018	10.00-12.30pm	Derriagh Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

# Preparing for Next Steps

## Coaching for Recovery

- Recovery focuses on wellness rather than illness and aims to support people to use their strengths to self-manage and move forward. Therefore, coaching can be an effective strategy for supporting recovery.
- This course aims to provide students with an understanding of the key characteristics of coaching for recovery for example key listening and questioning skills.
- It is recommended to carers and supporters of mental health who wish to gain an insight into a simple coaching model that can be used to support recovery or for anyone considering how you might apply coaching skills in Mental Health Recovery.

**If you are interested in this course please contact the office for more information**

## Interested in Volunteering

- Volunteering can be a powerful way to supporting your own recovery, as well as helping others in their journey. There are many different types of volunteering which involve many different roles and environments.
- This course will provide information about how volunteering and being part of a community can powerfully support recovery & explore what type of volunteering role may interest you in relation to your strengths, hobbies, interests and ambition.

Date	Time	Location*
Tuesday 5 June 2018	10-12noon	Training Room 2 Downshire Hospital, Downpatrick

\*Please refer to the index of addresses on page 6 for full details of each location

## Health, Work & Wellbeing

- This course aims to explore the benefits of work and having a productive day. The course will also explore some of the barriers to work and the importance of doing something meaningful to you as an individual.
- This course aims to explore the connection between work and our mental health and recovery while helping you set out meaningful goals that can help overcome set-backs and promote recovery.

Date	Time	Location*
<b>SEMESTER 1</b>		
Wednesday 11 October 2017	10.00-12.30pm	Derriaghy Education & Social Centre, Dunmurry
Wednesday 29 November 2017	10.00-12.30pm	TLC, Ards
<b>SEMESTER 2</b>		
Wednesday 21 February 2018	10.00-12.30pm	Bayview Kyle Room Bangor
<b>SEMESTER 3</b>		
Wednesday 9 May 2018	10.00-12.30pm	Oakley Room, Downshire Hospital, Downpatrick
Wednesday 6 June	10.00-12.30pm	LaganView Enterprise Centre, Lisburn

## Peer Advocacy

- A Peer Advocate will have experience of being involved in mental health services. Peer Advocates work to help service users speak up, have their voice heard and rights respected.
- The aim of the course is to enable the learner to demonstrate a portfolio of the knowledge, skills and competencies required to carry out the Peer Advocacy Role. Students will learn literature and legislation relevant to advocacy and mental health & international and historical background to the development of advocacy

**Please Note:** It is important that students attend self advocacy before registering for this course.

*Open College Network (OCN) Accredited Level 2 or 3 (Level 2 is equivalent to GCSEs A\*-C. Level 3 is equivalent to A and AS Levels)*

<b>6 WEEK COURSE</b>		
Date	Time	Location*
Tuesday 7 November – Tuesday 12 December 2017	10.00-3.30pm	Derriaghy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

## Recovery Stories Project

- This course is for anyone who would like to find out more information about the Recovery Stories Project.
- It can be very empowering sharing your story of Recovery as it breaks the stigma of Mental Health by encouraging the conversation & can inspire hope for others.
- People who are currently involved in the project have been sharing their stories & recovery strategies in creative ways such as film, music, art pieces, creative writing, poetry, photography etc.
- Each story is unique and individual but with the shared idea of Hope and Recovery as a Reality for all...

**If you are interested in this course please contact the office for more information**

## Train the Trainer

- This course is for students who want to increase their confidence & skills or are thinking about becoming a trainer.
- Students will learn skills such as creating structured learning plans, trainer skills, the different learning styles & the importance of co-production and valuing different perspectives.
- This interactive 3 day course will allow students to reflect on their own learning experiences, develop skills in training and will have the opportunity to further their learning by completing the level 3 OCN qualification in this course. *(Level 3 is equivalent to A and AS Levels)*

<b>3 DAY COURSE</b>		
<b>Date</b>	<b>Time</b>	<b>Location*</b>
<b>SEMESTER 1</b>		
Wednesday 6 – Friday 8 December 2017	10.00-4.30pm	Derriaghy Education & Social Centre, Dunmurry
<b>SEMESTER 2</b>		
Wednesday 21 – Friday 23 March 2018	10.00-4.30pm	Training Room 2, Downshire Hospital, Downpatrick
<b>SEMESTER 3</b>		
Wednesday 6 – Friday 8 June 2018	10.00-4.30pm	Bayview Kyle Room, Bangor

\*Please refer to the index of addresses on page 6 for full details of each location

# Summer School

## Creativity & Recovery

- This fun interactive course allows students to explore recovery through the creativity.
- Each week students will explore different styles of creativity & have the opportunity to discuss & practice for example; photography, creative writing, art, music & drama.
- The aim of this course is to explore the positive impact creativity can have on our mental health & have the opportunity to create something meaningful to ourselves as individuals.

4 WEEK COURSE		
Date	Time	Location*
Tuesday 24 July – Tuesday 14 August 2018	10.00-1.00pm	Londonderry Park, Ards

## Exploring Emotions

- This course is inspired by the Disney Pixar film 'Inside Out' which focus on the five emotions; Joy, Sadness, Anger, Fear, Disgust.
- The aim of this course is to understand our emotions and what they are telling us. Sometimes emotions can be very intense and in this course we will explore strategies that can help us manage, understand and respond to our emotions.

2 DAY COURSE		
Date	Time	Location*
Monday 2 July – Tuesday 3 July 2018	10.00-4.00pm	Derriaghy Education & Social Centre, Dunmurry

\*Please refer to the index of addresses on page 6 for full details of each location

# Recovery College Administrator



Hi my name is Johnene McKeag and I have worked in the South Eastern Trust for the past 12 years. A year ago I was offered a position as an Administrator in the Recovery College. I would be the first to admit that I had no idea what the College was all about or indeed that it even existed!

After meeting with Anna the College Co-ordinator she explained all about co-production and the benefits of educating people about their mental health, through lived and learned experience. I was completely sold on the College concept of Hope, Control and Opportunity and was eager to spread the word and let everyone know about this fantastic service.

I currently work behind the scenes promoting the College and enrolling new students. I am the admin support for all of our Tutors, preparing the course packs, sourcing venues for the courses and of course ensuring tea and coffee are readily available! I'm usually the first point of contact when a student phones the College and it is really nice having the opportunity for a chat and helping students decide on which courses would suit them best. Every day is different and over the past year the College has grown enormously with more and more people enrolling on courses and requesting for courses in their area.

The part I like most about my job is reading the feedback from our students and knowing that they have had such a positive experience. Many students have said that after completing a course they feel better equipped to maintain their recovery and are eager to attend more.

For more information on what the Recovery College can offer or to enrol on a course please give me a ring at the office (028) 9041 3872, I look forward to hearing from you.

## Have Your Say...

We want to hear your thoughts if there is a course that isn't currently running that you would like to see co-produced.

We are constantly looking to expand and improve our services and we welcome any feedback to help let us know what is working well and what we can improve.

Please contact us via the methods provided on page 2, so that you can have your say in the Recovery College.

**Thank You**

# What's happening in Mental Health

## Stress Control



A FREE 6-week stress management programme

Do you have problems with stress, low mood, panic, anxiety, sleeping difficulties, problems coping at home, work or school, tension?

- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future
- Stress Control is a class **not** 'group therapy' – you do **not** have to talk about personal difficulties in front of others
- Come along by yourself or feel free to bring a friend or family member with you.

You can find more information about the Stress Control Programme from:  
[www.setrust.hscni.net](http://www.setrust.hscni.net)

Visit our Facebook page: [stresscontrolni](https://www.facebook.com/stresscontrolni)



## The Wellbeing Hub

The Wellbeing Hub is a service in the Lisburn area that Provides emotional support and wellbeing interventions for adults via working in partnership with community organisations.



Ask your GP for details or contact the Hub on:

Email: [Wellbeing.Hub@setrust.hscni.net](mailto:Wellbeing.Hub@setrust.hscni.net) Phone: (028) 9598 8003

# Mental Health Recovery Network



## MENTAL HEALTH RECOVERY NETWORK

### WHO ARE WE?

We are a group who have experienced various mental health issues. Have been in the darkest despair and have managed to find recovery when we didn't think it was possible.

### WHAT DO WE WANT TO ACHIEVE?

We want to share our experiences in hope to inspire others suffering to reach out for help. We want to offer peer support, give people a voice within the mental health services and encourage people to use these services, such as the Recovery College, who promote hope, control and opportunity.

### WHY DO WE WANT TO DO THIS?

We understand how difficult it can be to live with mental health issues. It can be very isolating and often feel like you will never get out of despair. Every experience is different but if there is one thing that connects us all, its that recovery is possible! We want to promote a positive attitude to mental health. We want to promote dignity, respect and show the capabilities of people with mental health issues and promote human rights by removing the stigma.

## Come along to our meeting:

Date	Time	Venue
Friday 8 September 2017	10.30-12.30pm	Londonderry Park Ards
Friday 6 October 2017	10.30-12.30pm	Londonderry Park Ards
Friday 3 November 2017	10.30-12.30pm	Londonderry Park Ards

For further information please contact us at:

➤ [mentalhealthrecoverynetwork@gmail.com](mailto:mentalhealthrecoverynetwork@gmail.com)



➤ Visit our Facebook page: [mental health recovery network](#)



# Take 5: Five Ways to Wellbeing

**Take5**  
steps to wellbeing

**HSC** Health and  
Social Care

Give



Be active



Connect



Keep learning



Take notice



[www.mindingyourhead.info](http://www.mindingyourhead.info)

# WRAP® Wellness Recovery Action Plan

## 2 Day Course in SEHSCT

### WHAT IS WRAP®?

WRAP® (Wellness Recovery Action Plan) was created by Mary Ellen Copeland, a mental health service user who developed this recovery approach.

WRAP® is a 'self-management' tool used by many individuals to enable them to take more control over their own wellbeing and recovery. The WRAP® course emphasises that people are the experts in their own experience and is based on the premise that there are no limits to recovery.

### Five KEY CONCEPTS OF WRAP®

<b>HOPE</b>	A belief that things will get better.
<b>PERSONAL RESPONSIBILITY</b>	Taking back control of your life.
<b>EDUCATION</b>	Looking at your strengths and rediscovering yourself.
<b>SELF- ADVOCACY</b>	Having a voice for yourself.
<b>SUPPORT</b>	Receiving support from others, and giving support to others.

- The South Eastern Health and Social Care Trust provide 2 day WRAP® courses facilitated by accredited WRAP® Group Facilitators.
- The 2 day Wellness Recovery Action Plan (WRAP®) group provides participants with an opportunity to develop their own WRAP.

Additional information can be found at: [www.copelandcentre.com](http://www.copelandcentre.com)

<b>2 Day WRAP® Course 09.30am-16.30pm</b>	<b>Venue</b>
Friday 22 and Saturday 23 September 2017	Downpatrick
Thursday 9 and Friday 10 November 2017	Lisburn
Thursday 11 and Friday 12 January 2018	Ards

**To register a place please contact:**

**Margaret Huddleston**

**(028) 9260 5494**

**[Margaret.Huddleston@setrust.hscni.net](mailto:Margaret.Huddleston@setrust.hscni.net)**

# Recovery College: Making a Difference

The Recovery College has been busy developing a new approach to evaluate the difference that the College has made to people's lives over the past year.

This approach is called an 'Outcomes Based Accountability Framework (OBA).' OBA is a way of thinking and taking action that can improve outcomes for people, organisations and communities.

It focuses on outcomes and in doing so, draws upon 3 key questions. These are:

- How much did we do in 2016-2017?
- How well did we do it?
- Was anyone better off?

Photo to right: Student Attendance from Sept 2016 – June 2017

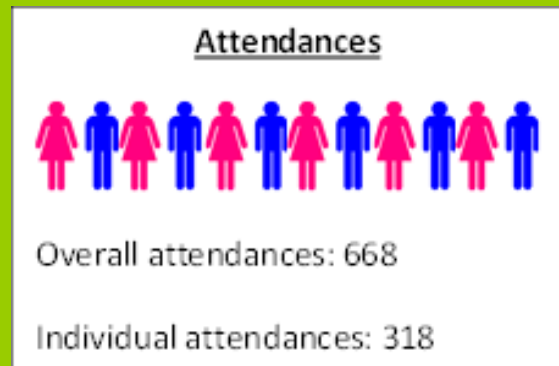
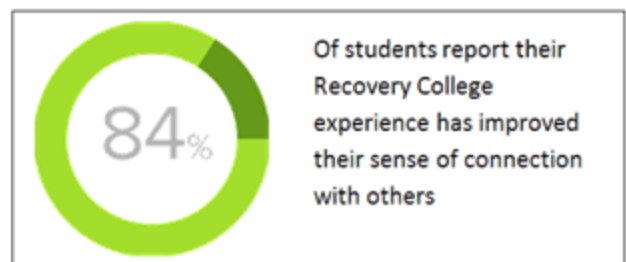
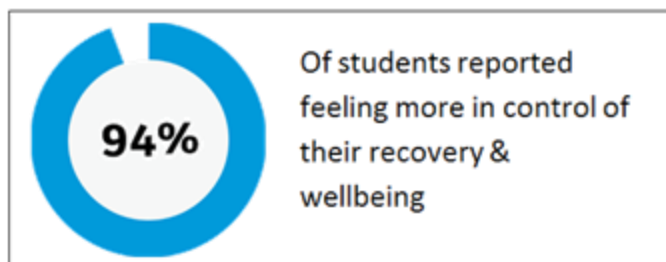
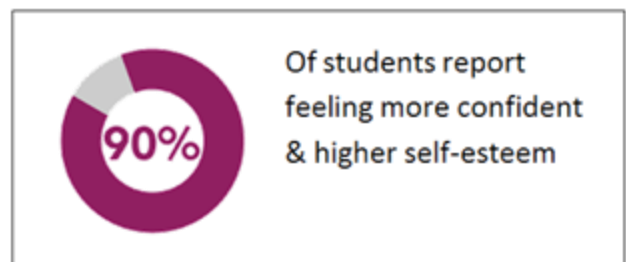
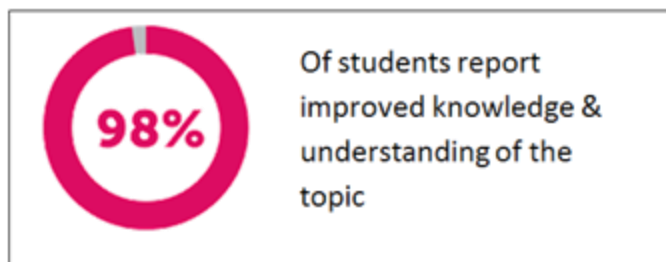


Photo below: feedback from student experience that shows the positive impact that the Recovery College has had & the difference it's made to each individual student.



# My Recovery...

Name: \_\_\_\_\_

## My Learning Goal

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## My Positive Quote

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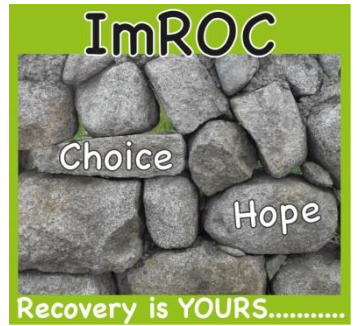
## Things I like To Do

--

## People/Places I like

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## Courses I want to attend...

## Prospectus 2017 – 2018

# Thank you

We would like to thank everyone who has been involved with the SET  
Recovery College and for supporting us in making  
Recovery a reality for all

Recovery is Yours...

