

Recovery College

Module Information

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Module: Connecting to Recovery

Duration: Three to three and a half hours.

When: Thursdays at 12.30 pm. This is an open group without set start or end dates, which will run throughout the year.

Who: Any young person aged between 16 to 25 years experiencing a mental health difficulty who would like to connect with other young people to work together to support their mental health and wellbeing.

Why: Humans are social beings, and research tells us that the benefit of safe social connections that offer shared experiences and a sense of belonging cannot be underestimated (Department of Health). The group will include education and practice of different therapeutic skills combined with different educational topics (cyber safety, drugs and alcohol, sleep, healthy relationships to name a few) and will be an activity based, flexible group.

Objectives:

1. To provide an opportunity to share stories and hear from others in a similar situation, in a non-judgemental, confidential and safe space.
2. To provide an opportunity to practice skills with the support of both clinicians and peers who may be experiencing similar challenges.
3. To provide an opportunity for young people to support each other and learn from each other in a safe environment lead by mental health clinicians.
4. To better understand mental health and wellbeing and be introduced to a variety of topics relevant to young adults.
5. To provide a supportive space for young people to be empowered to lead their own Recovery journey.

On completion: Participants will receive a certificate of recognition.

How to enrol: Book an appointment with your GP to request a referral letter addressed "to the Psychiatrist of the Recovery College" and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Defusion Confusion – Moving Forward With ACT

Duration: Three to three and a half hours weekly for four weeks.

When: Tuesday 3rd September until 10 am until Tuesday 24th September.

Who: Any young person aged between 16-25 years who might be feeling “stuck”, feeling the load of expectation, struggling with self-doubt, self-criticism, comparison and a whole bunch of upsetting and distressing emotions. You may feel like nothing helps, or maybe you have fallen into patterns of doing the same things even though they aren't particularly helpful, or are maybe even harmful to you. You feel ready to be brave, and try a new way of being.

Why: ACT was designed to be applied to a range of challenges life throws at us, including those that don't fit into neat diagnostic categories. Studies have shown that ACT is particularly helpful in reducing rates of depression, chronic pain and addictions.

Objectives:

1. To provide an understanding of the core concept of ACT: accepting what is out of your personal control and committing to actions that improves and enriches your life.
2. To provide skills to handle difficult thoughts and feelings, identifying values and taking action towards your goals. To increase awareness and empowerment related to therapies.
3. To provide a supportive group setting to learn and practice skills, where young adults can support each other's learning and motivation for change.

On completion:

Participants will receive a certificate of recognition for:

1. Improved ability to handle difficult thoughts and feelings that are an inevitable part of life.
2. Acquired skills including cognitive defusion and greater flexibility, acceptance and living in the present, defining personal values of importance and how to take action towards goals.

How to enrol: Book an appointment with your GP to request a referral letter addressed “to the Psychiatrist of the Recovery College” and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Getting Healthy

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16 to 25 to be the healthiest version of themselves.

Why: There is a lot of competing information about how to lead a healthy lifestyle. Research consistently finds relationships between lifestyle factors and mental health, highlighting that relatively small lifestyle changes can have a significant impact on mental health and wellbeing (Velten et. Al., 2014).

Objectives:

1. To provide an opportunity to learn about nutrition, exercise, sleep and more, and why these are important for good mental health.
2. To provide a space to consider and plan for lifestyle changes that you might want to make based on the information learned.

On completion:

Participants will receive a certificate of recognition for:

1. Improved knowledge of the many factors that can impact health and wellbeing.
2. Acquiring practical strategies to implement healthy lifestyle changes.

How to enrol: Book an appointment with your GP to request a referral letter addressed “to the Psychiatrist of the Recovery College” and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: I'm Glad You Asked – Understanding Depression and Anxiety

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16 to 25 years experiencing low mood and anxiety and seeking to better understanding depression and anxiety.

Why: Education (also known as “psychoeducation”) is usually the first step when intervening or providing treatment, as understanding and being informed about symptoms or illness is vital to the recovery journey. Research has shown that Psychoeducation is effective in reducing symptoms of depression and anxiety (APS).

Objectives:

1. To provide an opportunity to learn about depression and anxiety, including symptoms, causes and how this might be experienced in everyday life.
2. To provide an opportunity for young people with similar experiences to share their own experiences.
3. To provide an opportunity to learn about what can be helpful in managing depression and anxiety.
4. To provide information to empower young people to make more informed decisions about their future support.

On completion:

Participants will receive a certificate of recognition for:

3. Improved understanding depression and anxiety.
4. Acquiring practical skills to more effectively manage their mental health.
5. Increased knowledge of available treatment options and how to seek these.

How to enrol: Book an appointment with your GP to request a referral letter addressed “to the Psychiatrist of the Recovery College” and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Mindfully Me

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16 to 25 years who is interested in learning more about mindfulness and living in the present moment.

Why: Mindfulness is an evidence-based practice that can help us to feel in control, to make meaningful relationships, to live in the present, to manage difficult feelings, and to be calm, resilient and empathetic (Baer, 2003).

Objectives:

1. To provide an opportunity to develop a foundational understanding of the concept of mindfulness
2. To be able to identify the benefits of mindfulness
3. To provide an opportunity to develop an understanding of how to use mindfulness techniques to improve mental health and wellbeing
4. To provide an opportunity to acquire the knowledge and ability to implement mindfulness in everyday life.
5. To connect with like-minded peers and an opportunity to share experiences and support each other

On completion:

Participants will receive a certificate of recognition for:

6. Greater understanding of the concept of Mindfulness.
7. Development of strategies for implementing Mindfulness practice in everyday life.
8. Increased skills in areas including non-judgement, staying in the present moment and choosing not to let your thoughts be in control.

How to enrol: Book an appointment with your GP to request a referral letter addressed "to the Psychiatrist of the Recovery College" and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Acceptance and Change – A DBT Skills Group

Duration: Three to three and a half hours, once a week for 12 weeks.

When: Wednesday 25th September 12.30pm until Wednesday 11th December.

Who: DBT is an evidence-based therapy originally designed for individuals with a diagnosis of Borderline Personality Disorder, but it can also be helpful for anyone with difficulty tolerating intense and distressing emotions and experiences. This group is for young people aged 16-25 years who experience intense or painful emotions and who have learned unhelpful ways of coping with their distress.

Why: Research suggests that brief skills training groups have been shown to lead to a decrease in unhelpful behaviours and an improvement in coping skills. (McMain et al., 2016).

Objectives:

1. To provide a supportive group space where young people can accept themselves as they are while also acknowledging that they can continue to develop skills and improve their quality of life.
2. To provide an opportunity to learn four types of skills to help with distress: how to be mindful, how to cope with distress, how to regulate emotions, and how to manage relationships effectively.
3. To provide opportunities for discussion and debriefing of practice of skills applied.

On completion:

Participants will receive a certificate of recognition for:

1. Improved self-awareness and acceptance.
2. Acquired skills including mindfulness, coping with distress and emotional regulation and interpersonal effectiveness .

How to enrol: Book an appointment with your GP to request a referral letter addressed “to the Psychiatrist of the Recovery College” and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Therapy Taste-Tester

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16 to 25 experiencing a mental health difficulty who would like to learn about common “behaviour therapy” options.

Why: With so many great therapies available, it can be confusing to figure out which therapy might work best for you and meet your goals towards recovery.

Objectives:

1. To provide a description of three common therapies: Cognitive Behavioural Therapy (CBT), Acceptance & Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT).
2. To provide information on what skills the different therapies aim to teach, and how they do this.
3. To increase awareness and empowerment related to therapies.

On completion:

Participants will receive a certificate of recognition for:

1. Increased understanding of common therapies utilised by mental health clinicians.
2. Greater insight into what strategies may benefit personal mental health and wellbeing.
3. Improved ability to collaborate with professionals in decisions about therapies.

How to enrol: Book an appointment with your GP to request a referral letter addressed “to the Psychiatrist of the Recovery College” and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: This Is My Recovery

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16 to 25 experiencing a mental health difficulty who would like to take a more active role in their Recovery journey.

Why: Recovery is an important concept in mental health, with particular importance placed on giving the people accessing services a voice, and increasing opportunities for informed decision making about their care. According to the World Health Organisation (WHO) there is evidence that a lack of influence or control can lead to poorer health outcomes, and that empowerment is not just a set of values, but can lead to tangible positive outcomes for people accessing health services.

Objectives:

1. To provide a better understanding what is meant by the concept of Recovery.
2. To identify the benefits of using a Recovery based approach as part of treatment.
3. To develop an awareness of strategies that can be used to improve mental health and overall well-being.
4. To start developing my own "Recovery In Action" document.
5. To connect with other young people with similar experiences and have the opportunity for connection and support.

On completion:

Participants will receive a certificate of recognition for:

1. Improved understanding of the concept of Recovery in action.
2. Identification of individual recovery values and goals.
3. Development of a take-home Recovery Plan to guide you on your path to recovery.

How to enrol: Book an appointment with your GP to request a referral letter addressed "to the Psychiatrist of the Recovery College" and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.

Module: Strength 2 Strength: Building Family Resilience

A program to support, educate and upskill families affected by mental health, alcohol and other drugs.

Duration: Two hours, once a week for six weeks.

When: Tuesday 6th August 2019, 5.30pm – 7.30pm. This group program is offered several times throughout the year.

Who: The Strength 2 Strength: Building Family Resilience module has been developed for family members (parents, grandparents, aunts, uncles, siblings and kinship family members) affected by a child / young adult living with a mental health problem (including alcohol or other drugs). The program provides an overview of mental health and mental illness. It then goes on to develop skills and strategies in a range of areas aimed at growing family resilience. Individual and group exercises at the end of each session assist in building individual and family resilience.

Why: Building family resilience is an evidence based group program. It is based on principles of psycho-education and support and evidence that resilience can be grown amidst adversity. A recent evaluation of this program showed that parents who attended found it valuable, to share their stories and hear from others in a similar situation, to develop new skills and strategies to cope with family stressors and, to support themselves and their child/young adult living with a mental health, alcohol or other drug problem. Parents self-report that their own health and well-being improved as a result of participating in the Strength 2 Strength: Building Family Resilience program.

Objectives:

1. To provide an opportunity to share stories and hear from others in a similar situation, in a non-judgemental, confidential and safe space.
2. To better understand what is meant by the concept of Resilience.
3. To develop new skills and strategies to improve mental health and well-being in the interests of the individual and family.

How to enrol: Any family member with a child/young adult living with a mental health, alcohol or other drug problem who is interested in completing this module can email Susan Hunt, EHU.private@mater.org.au or phone: 07 3163 6102.

Prior to enrolling in the *Strength 2 Strength: Building Family Resilience* Program it is expected that you attend at least one individual or couple session with Susan Hunt, Accredited Mental Health Social Worker/program facilitator. This session will enable you and us to assess whether the *Strength 2 Strength* group program will meet your needs or, whether individual or couple sessions are preferred as a way of providing individual and family support.

Cost: \$55 per person per session. (Total \$330 per six weeks)

Module: Feeling Sense-Sational

Duration: Three to three and a half hours.

When: Multiple dates through the year.

Who: Any young person aged between 16-25 years interested in learning more about using the senses to enhance their life.

Why: Our senses are powerful tools in calming, alerting and grounding us, and can be utilised to help us manage our emotional states. Sensory modulation is an evidence-based approach that works by using sensory input to change the physiology of the body, and in doing so creates a shift in how we feel (O'Sullivan & Fitzgibbon, 2018).

Objectives:

1. To provide an opportunity to learn about the senses and how they can be used to enhance everyday life
2. To provide an opportunity to learn about physiological arousal and emotional regulation
3. To develop an understanding of personal sensory preferences and patterns and how to utilise these
4. To have an opportunity to explore possible sensory experiences and tools to use for calming, alerting and grounding

How to enrol: Book an appointment with your GP to request a referral letter addressed "to the Psychiatrist of the Recovery College" and this can be sent to the Emotional Health Unit via email: EHU.Private@mater.org.au

An appointment with a Psychiatrist will then be arranged to organise enrolment into relevant modules.

Cost: This module can be funded by private health insurance. The Emotional Health Unit will do a health fund check and let you know if you are appropriately covered. Modules can also be self-funded, please contact the Recovery College at the Emotional Health Unit to discuss further.