



Recovery College

SHARE | LEARN | GROW



Tasmanian
Government

Course Guide

Summer 2022/2023

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Acknowledgement of Country

In recognition of the deep history and culture of the island, we acknowledge and pay respects to all Tasmanian Aboriginal people, the past and present custodians of the land and extend this to all First Nations people across Australia.

Acknowledgement of Lived Experience

We acknowledge the individual and collective expertise of those with a living or lived experience of mental ill-health, alcohol and other drug experiences and the family and friends who support them. We recognise their vital contribution at every level and value the influence of those who share this critical perspective for the purpose of learning and growing together to achieve better outcomes for all.

Course Guide: Summer Program

Welcome to the Recovery College Tasmania



The Recovery College is an educational approach to transform mental health, wellbeing, and personal recovery in the community.

The Recovery Colleges brings together lived experience and professional expertise in an inclusive education framework and is guided by the following values:

Share: a space for everyone in our community. Coming together with respect, trust, and empathy, sharing, recognising, and valuing recovery experiences. Forming community connections by sharing resources and skills.

Learn: expanding choices and opportunities for building mental health, wellbeing, and personal recovery. Student-centered education bringing together different perspectives, valuing experiences, and giving hope for a meaningful life.

Grow: changing how mental health and recovery is understood. Discovering new purpose and possibilities. Moving together towards personal recovery and hope.

Anyone can attend a Recovery College and all courses are free.



Our Core Principles

Education:

Students will be provided with a Personal Learning Plan based on your individual aspirations and recovery goals. Students are encouraged to be responsible for their own learning, with goals and aspirations that may extend beyond the college. Students will also be given a 'Recovery College Student Folder' that will accompany them on their learning journey.

Co-production and Co-facilitation

Recovery Colleges bring together the expertise of lived expertise and subject/professional expertise (clinical and education) in an inclusive, safe learning environment.

Strengths-based and person-centred

Students and educators are recognised for the qualities, skills, and strengths they bring to the Recovery College.

Recovery-focussed

Recovery Colleges focus on recovery at multiple levels: personally for individual students as a learning community focused on recovery and promoting recovery focused change across the system.

Inclusive

Recovery Colleges provide a space for everyone, bringing people together: individuals with mental health challenges, people experiencing emotional distress, friends, family, and mental health workers. They provide equal opportunity for students of all ages, cultures, abilities, and experiences. A diagnosis is not needed for attending: the emphasis is sharing knowledge, skills and experience to support recovery. The curriculum at the Recovery College is underpinned by inclusive education principles, Disability Standards in Education, and a trauma informed educational approach.

Co-learning

Co-learning lies at the heart of Recovery Colleges. Anyone who has an interest in mental health and wellbeing can learn in a democratic learning environment. All expertise is valued and shared, acknowledging educators are not 'holding' the expertise.

Community-facing

Recovery Colleges are integrated with their community and the mental health service, providing a bridge between the two. The college can draw upon the skills and resources of the community, to co-produce and co-deliver courses, share venues or develop pathways into other education and training and valued roles.



Our Courses & Timetable

The Recovery College curriculum is clustered into different learning areas co-designed with community needs, goals, and requests. We will be publishing the courses offered and the timetable seasonally.

The Summer Program will include the following courses.

What is Recovery?

Recovery is filled with hope, meaning, humanity, relationships connection, worthiness, and nurturing. This course explores recovery strategies, planning and embracing diversities.

What is a Recovery College?

Come along and learn about the Recovery College, the key elements that can support your wonderful learning journey and the courses we on offer! You also have the opportunity to grab a student folder & consider a Personal Learning Plan.

Trauma & Hope

Life comes with challenges and difficulties, but for some people it can be more than that.

This course focuses on understanding trauma, the impacts it can have on relationships, thinking, emotions and behaviour.

It also explores the steps you can take towards hope and recovery, whether for yourself or supporting another person.

Self-care

In this supportive course, we explore strategies for looking after ourselves, how and when to use them and some of the changes we can make to help care for ourselves and others in a welcoming, safe & friendly space.

Coping with Christmas – December 2022

The Recovery College is running a special session on coping with Christmas, which can be a stressful time for many people. In this session we look at self-care, practical strategies, and services available during the seasonal break.

Course timetable can be found from pg. 7-9.



Location

The main classroom for the Recovery College is located at 2 Terry St, Glenorchy.

There will also be a classroom at the re-developed Peacock Site in North Hobart in early 2023 and we envisage other classrooms will be established across 2023 and beyond.

How to Enrol

Enrolment is easy.

- Using the enrolment form on page 17 of this course guide and submitting it at our main classroom reception or emailing a scanned copy.
- Download and complete our digital enrolment form attached on our webpage.
- Simply call to request an enrolment form to be mailed out. Our staff can assist you in filling this out.

Email: recoverycollege@ths.tas.gov.au

Phone: 1300 793 011

Address (Main Campus): Level 2 ,2 Terry St, Glenorchy TAS

Once enrolled, students will receive an acknowledgement of enrolment.

Personal Student Learning Plan

Students will have an option to complete a Personal Learning Plan. This can be done with the Peer Learning Advisor.

The purpose of a Personal Learning Plan is to assist students on their learning journey with the Recovery College and beyond.



COVID- 19 Safety

All students and facilitators participating in the Recovery College are required to comply with COVID-safe plans.

Details will be provided at enrolment.





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DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 What is a Recovery College? 11:30 am - 12:30 pm	3
4	5 Self-Care 9:30 am - 11:30 am	6	7 What is Recovery? 9:30 am - 11:30 am	8 Coping with Christmas (Panel) 9:30 am - 11:00 am	9	10
11	12	13	14 OPEN DAY 10:00 AM - 6:00 PM	15	16	17
18	19	20 Coping with Christmas (Panel) 1:30 pm - 3:00 pm	21 What is a Recovery College? 11:30 am - 12:30 pm	22 Recovery College Closes for 2022	23	24
25	26	27	28	29	30	31



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JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9 Recovery College Reopens	10	11	12	13 What is a Recovery College? 9:30 am - 10:30 am	14
15	16	17	18	19	20	21
22	23	24	25 Trauma & Hope 1:30 pm - 3:30 pm	26	27 Self-Care 10:30 am - 12:30 pm	28
29	30	31 What is a Recovery College? 12:00 pm - 1:00 pm				



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FEBRUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Self-Care 10:30 am - 12:30 pm	4
5	6	7 What is Recovery? 9:30am - 11:30 am	8	9 What is a Recovery College? 9:30 am - 10:30 am	10	11
12	13	14 Trauma & Hope 9:30 am - 10:30 am	15 What is a Recovery College? 12 :00 pm - 1:00 pm	16	17	18
19	20	21	22 What is Peer Work? 10:00 am - 12:00 pm	23 Self-Care 12:00 am - 2:00 pm	24	25
26	27	28				

Students Right & Responsibilities

Students have the right to:

- A non-judgmental, respectful, and inclusive environment
- A safe, welcoming, calm, and clean learning space
- Privacy, dignity and confidentiality within the classroom and the Recovery College
- Quality courses that have been co-designed by people with lived experience and subject matter experience
- Support to reach your learning goals and consideration of any specific learning needs
- Timely responses to your e-mails, messages, and questions
- Express your views, be involved in courses, and provide feedback, compliments, or complaints to improve the Recovery College.

Students have the responsibility to:

- Treat other students and staff respectfully and fairly
- Be respectful of personal space, boundaries, and confidentiality
- Provide up-to-date enrolment information
- Let Recovery College staff know if you are feeling distressed
- Recognise the Recovery College is a cigarette, drug, and alcohol-free space.
- Follow safety procedures, including being COVID safe.



Frequently Asked Questions (FAQs)

Who can attend the Recovery College?

Anyone can attend a Recovery College. Colleges provide learning opportunities for

- people who experience any kind of health and social challenges,
- family members,
- members of the public with an interest or involvement in mental health and wellbeing,
- staff in the health and community sector.

Why is Tasmania establishing a Recovery College?

Recovery Colleges aim to build mental health and wellbeing in our community. Through education, colleges can provide:

- choice
- connection
- meaning
- meaning
- purpose
- opportunity
- hope
- strength
- support
- relationships
- pathways to training, study, or work.

How does the Recovery College work?

Recovery Colleges bring together lived expertise and professional expertise in an education framework.

We support students developing a Personal Learning Plan that matches their learning goals and needs, so everyone can move towards either personal recovery or a better understanding of recovery from a family/carer, staff member or general perspective.

Where will the Recovery College be located?

The Recovery College team and main classroom are at Level 2, 2 Terry Street Glenorchy. The college will also have a classroom in the redeveloped Peacock Building in North Hobart. As the college grows there will be other classrooms in suitable venues across the community, helping make sure the college is accessible.

Consistent with the above, the college is starting in southern Tasmania and will extend statewide over time.



What type of courses are available?

Courses are broadly grouped under the following themes:

- Recovery.
- Health and Wellbeing.
- Creativity for wellbeing.
- Getting involved in services.
- Practical life skills.
- Professional skills and development.

Our courses are co-designed and delivered by people with lived experience of mental health or alcohol and drug concerns, educators, and health professionals.

Some courses may be co-delivered with community organisations.

How long are the courses?

Each course is of a different length - some are one session, some run for several weeks. The college will have a timetable of what is offered at any time.

Is there a cost involved?

No, courses through the Recovery College are free.

Can I access treatment or therapy in the Recovery College?

No, the college is focused on learning and education. It is an addition to treatment or therapy but does not replace these.

The Recovery College is a supportive and inclusive environment. If a student requires immediate support during a course, the team will facilitate this.

Who works in the Recovery College?

Our team includes:

- a manager
- an educational co-ordinator
- a peer learning advisor
- administration support
- and sessional educators

How do I get more information?

For more information about the Recovery College, please contact recoverycollege@ths.tas.gov.au

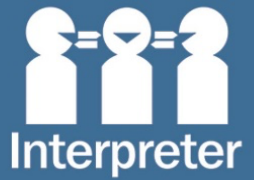


DO YOU NEED AN INTERPRETER?

ENGLISH



PLEASE POINT TO THE LANGUAGE YOU SPEAK.
WE WILL ARRANGE AN INTERPRETER AT NO CHARGE.



AMHARIC

አማርኛ

እባክዎ ቋንቋዎ የትኛው እንደ ሆነ ለይተው ያሳዩን፤
አስተርጓሚ በነፃ እናቀርብልዎታለን።

HAZARAGI

هزارگی

لطفا طرف زبیبون از خود خو اشاره کنین. مو بلدی شیم.
ترجمان مفت میگری

PUNJABI

ਪੰਜਾਬੀ

ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੀ ਭਾਸ਼ਾ ਵੱਲ ਇਸ਼ਾਰਾ ਕਰੋ। ਅਸੀਂ
ਬਿਨਾਂ ਕਿਸੇ ਕੀਮਤ ਦੇ ਦੁਬਾਸ਼ੀਏ ਦਾ ਪ੍ਰਬੰਧ ਕਰਾਂਗੇ।

ARABIC

العربية

قم بالإشارة إلى لغتك وأخبرنا ما هي لهجتك حتى ندير
مترجما لك مجاناً

HINDI

हिंदी

कृपया अपनी भाषा की ओर इशारा कीजिए। हम
दुभाषिए की व्यवस्था करेंगे और यह नि:शुल्क
होगा।

RUSSIAN

РУССКИЙ

ПОЖАЛУЙСТА, ПОКАЖИТЕ НА ЯЗЫК, НА
КОТОРОМ ВЫ ГОВОРИТЕ. МЫ ПРЕДОСТАВИМ
ВАМ БЕСПЛАТНОГО ПЕРЕВОДЧИКА.

BURMESE

မြန်မာ

ကျေးဇူးပြု၍ သင်၏ဘာသာစကားကို ဖော်ပြပါ။
ကျွန်ုပ်တို့ စကားပြန်တစ်ဦး အခမဲ့စီစဉ်ပေးပါမည်။

INDONESIAN

BAHASA INDONESIA

Silakan tunjuk ke bahasa Anda. Kami akan
mengatur seorang juru bahasa tanpa biaya.

SERBIAN

СРПСКИ

Молимо покажите нам којим језиком
говорите. Закажаћемо вам бесплатнoг
преводиоца.

CANTONESE

廣東話

請指出哪一種是您的語言。
我們將免費安排口譯員。

ITALIAN

ITALIANO

Vogliate indicare la vostra lingua.
Organizzeremo un interprete gratuitamente.

SPANISH

ESPAÑOL

Por favor, señale cuál es su idioma.
Pediremos un intérprete sin cargo.

CROATIAN

HRVATSKI

Molimo pokažite nam koji jezik govorite.
Zakazat ćemo vam besplatnog tumača.

JAPANESE

日本語

通訳が必要な方は該当する言語を指差して下さい。
当院で無料手配いたします。

SWAHILI

KISWAHILI

Tafadhali onyesha lugha yako. Tutapanga
kupata mkalimani bila malipo kwako.

DARI

دري

لطفا زبان خود را نشان دهید. ما طور مجانی برای شما
ترجمان آماده می کنیم

KAREN

ကဉ်

ဝံသးဇုန်နီဘဉ်ဆုနကိဉ်တက့ၢ်.
ပုၤကတိၤကိဉ်းထံတၢ်တဂၤလၢတၢ်တယုနအပူၤဘဉ်နီၤလီၤ.

KOREAN

한국어

귀하의 언어를 지적하시면 무료로 통역사를
연결해 드리겠습니다.

FILIPINO

FILIPINO

Ituro mo lamang kung alin ang iyong wika.
Maghahanda kami ng isang interpreter nang
libre.

FARSI/PERSIAN

فارسی

ما مترجم رایگان فراهم میکنیم. لطفاً به زبان خود روی این
صفحه اشاره کنید

MANDARIN

普通话

请指出哪一种是您的语言。
我们将免费安排口译员。

FRENCH

FRANÇAIS

Indiquer en pointant vers votre langue. Nous
nous occupons de vous obtenir gratuitement
les services d'un interprète.

NEPALI

नेपाली

कृपया आफ्नो भाषा तिर देखाउनुहोस्। हामी
दोभासेको व्यवस्था निशुल्क रूपमा गर्नेछौं।

GERMAN

DEUTSCH

Bitte zeigen Sie auf Ihre Sprache. Wir
werden einen Dolmetscher kostenlos zur
Verfügung stellen.

OROMO

OROMOO

Afaan dubbattu nutti agarsisiisi. Afaan hiikaa
tola siif qopheessina.

URDU

اردو

راہ مرہانی اپنی زبان کی طرف اشارہ کریں۔ ہم ایک زبانی مترجم مفت مہیا کریں گے۔

GREEK

ΕΛΛΗΝΙΚΑ

Παρακαλούμε δείξτε μας ποια γλώσσα
μιλάτε. Θα προγραμματίσουμε την παρουσία
διερμηνέα δωρεάν.

POLISH

POLSKI

Prosimy wskazać swój język ojczysty.
Zorganizujemy bezpłatną usługę tłumacza.

VIETNAMESE

TIẾNG VIỆT

Vui lòng chỉ ngôn ngữ của quý vị. Chúng tôi sẽ
sắp xếp thông dịch viên miễn phí cho quý vị.

TASMANIAN
HEALTH
SERVICE



24 HOUR TELEPHONE
INTERPRETERS

131 450

FOR ON-SITE INTERPRETERS AND ENQUIRIES
PHONE THS INTERPRETER SERVICES

6166 7000

Other Support Services Information

Service	Focus	Contact
Access Mental Health	For advice, assessment, referral, and support.	1800 332 388
Lifeline (24/7)	National phone crisis counselling service and online counselling for people experiencing emotional distress	13 11 14
StandBy Support Service (24/7)	Tasmanian phone suicide postvention counselling service	1300 727 247
Suicide Call Back Service (24/7)	National phone counselling service for people at risk of suicide, concerned about someone at risk, bereaved by suicide, or experiencing emotional or mental health issues	1300 659 467
MensLine Australia (24/7)	National phone support and online counselling for men	1300 789 978
13YARN (24/7)	National phone support for Aboriginal and Torres Strait Islander people	13 92 76
QLife	National phone and webchat, and LGBTI peer support for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings, or relationships	1800 184 527
Open Arms – Veterans and Families Counselling (24/7)	National face-to-face, telephone, and online counselling service for people that have served in the Australian Defence Force and their families	1800 011 046
Kids Helpline (24/7)	Phone support and online counselling for young people aged 5 to 25	1800 55 1800



Beyond Blue (24/7)	Phone support and online chat service and links to local services	1300 22 4636
Headspace (24/7)	National online counselling service for young people	headspace.org.au
Mental Health Families and Friends Tasmania	Tasmanian phone support for families and friends supporting someone with their mental ill health, including someone impacted by suicide	03 6228 7448
Flourish Mental Health Action In Our Hands	Works with mental health consumers, the state mental health system, mental health service providers, and the community to ensure that the voice of lived experience is heard in the planning and delivery of Tasmanian mental health services.	flourishtas.org.au
Alcohol, Tobacco, and other Drugs Council Tasmania	Provide information and awareness, prevention and early intervention, harm-reduction and specialised treatment and recovery services and programs.	www.atdc.org.au



**Recovery
College**

Contact details

Phone: 1300 793 011

Email: recoverycollege@ths.tas.gov.au

Address: Level 2, 2 Terry St, Glenorchy TAS 7010

Visit: www.health.tas.gov.au to know more about Recovery College



**Recovery
College**

Recovery College Enrolment Form

Thank you for your interest in the Recovery College. If you have any difficulties completing this form, please contact the Recovery College at 1300 793 011 or email us at recoverycollege@ths.tas.gov.au

Applicant Details:

Title	
Family Name	
Name	
Preferred Name	
Date of Birth	
Country of Birth	
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Non- Binary <input type="checkbox"/> Prefer Not to Say
Preferred Pronoun	
Address	
Suburb, Locality or Town	
State and Post Code	
Telephone	
Email Address	
Preferred Contact Method	<input type="checkbox"/> Email <input type="checkbox"/> Phone

What course/s are you interested in?

--

Emergency Contact Details

Full Name	
Telephone	

Personal Details

Do you speak a language other than English at home? (If more than one language is spoken at home, indicate the one that is spoken most often)	<input type="checkbox"/> No, English Only <input type="checkbox"/> Yes (Please specify)
Would you like to have an interpreter?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Preferred Language
Are you of Aboriginal or Torres Strait Islander origin? (Tick one)	<input type="checkbox"/> No <input type="checkbox"/> Yes, Aboriginal <input type="checkbox"/> Yes, Torres Strait Islander <input type="checkbox"/> Yes, Aboriginal & Torres Strait Islander <input type="checkbox"/> Prefer not to say

Do you have any support needs you would like to make the Recovery College aware of?

--

Do you have a Learning Access Plan you would like to share with the Recovery College?

--

What is your highest COMPLETED education level? (Tick one box only)

- ☐ Never attended school
- ☐ Year 8 or below
- ☐ Year 9 or equivalent
- ☐ Year 10 or equivalent
- ☐ Year 11 or equivalent
- ☐ Year 12 or equivalent
- ☐ TAFE
- ☐ University

Are you still enrolled in secondary school?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Of the following categories, which best describes your main reason for undertaking this course	<input type="checkbox"/> For personal interest or self-development <input type="checkbox"/> To participate and share with others <input type="checkbox"/> To get a job <input type="checkbox"/> Orientation to SMHS/CMO (please circle which one) <input type="checkbox"/> Other reasons: please describe
How would you best describe yourself	<input type="checkbox"/> Consumer <input type="checkbox"/> Family member <input type="checkbox"/> Friend <input type="checkbox"/> Community Member <input type="checkbox"/> Student <input type="checkbox"/> Peer Worker <input type="checkbox"/> Mental Health Worker <input type="checkbox"/> Volunteer <input type="checkbox"/> Other (please provide more details)
How did you hear about the Recovery College?	<input type="checkbox"/> Word of Mouth <input type="checkbox"/> Online/social media <input type="checkbox"/> Recommended by another student <input type="checkbox"/> Recommended by a clinician/worker <input type="checkbox"/> Advertising (Please provide detail)

Privacy and Consent

☐ I consent to my information being collected to ensure the Recovery College educators can meet my learning needs.

Your personal de-identified information (including information contained on this form) may be used or disclosed for statistical, administrative, regulatory and research purposes.

The Recovery College complies with privacy legislation when collecting and storing personal and health information. The Recovery College works in accordance with the Personal Information Protection Act 2004.

Please return your completed enrolment form at recoverycollege@ths.tas.gov.au or submit it by handing it at our Glenorchy campus reception at Level 2, 2 Terry St, Glenorchy.