

**Our courses are advertised on the  
following websites:**

# Belfast Trust

## Recovery

## College



Belfast Health and  
Social Care Trust

[www.belfasttrust.hscni.net/about/BHSCTBelfastRecoveryCollege](http://www.belfasttrust.hscni.net/about/BHSCTBelfastRecoveryCollege)

[www.bwellbelfast.hscni.net](http://www.bwellbelfast.hscni.net)



<http://www.communityni.org/events>



**Course Prospectus 2016**

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# Contact Us

## Phone

02895043059 (*Tues, Wed, Fri between 9.30am-4.30pm*)

## Email

RecoveryCollege@belfasttrust.hscni.net

## Post

Recovery College

318-322 Ravenhill Road

Belfast

BT6 8GL



*If there are any courses that have not yet been developed that you would like to attend or if you are interested in becoming a peer trainer and co-delivering a course then please contact the Recovery College*

*Coordinator 028 950 46985 OR email*

***Helen.Anderson@belfasttrust.hscni.net***

# Course Feedback...



*"I would encourage any friends, family or carers to attend these sessions. You are in a friendly, non judgemental environment with people who have seen it all and helped countless people through what is happening to you and those you love. I found it helped me understand the thought process and the stages the addict goes through. The effect different substances had on the body and brain - scary stuff was explained in language I could understand. There are people who can help you through this difficult time when you don't know what to do or say for the best. It's up to you to take this opportunity, you won't be disappointed."*

*"This was a very useful opportunity to take time out to reflect on my experiences as a social worker and a carer."*

*"Really excellent, tutors were very friendly, respectful, informative and genuine and honest when they weren't sure about something and then asked clarification. Tutors were very articulate."*

# What is a Recovery College?

A Recovery College is a wellbeing and mental health recovery training provision which provides a range of courses for service users, families, friends, carers and all trust staff. The focus is to provide the opportunity to learn together to help increase understanding of each other's journey in promoting recovery.

All of the courses are co-produced and co-delivered by both a practitioner with professional experience and a peer trainer who has lived experience of a mental health condition.

**ANYONE** can enrol on a course and they are **FREE** so whether you are experiencing mental illness, are a carer or a staff member working in mental health or you have a special interest in mental health you may find a course that interests you.



# Meet the team...

## Who's who?

### Recovery College Coordinator

Helen Anderson

*Helen.Anderson@belfasttrust.hscni.net*

028 95046985



### Recovery College Admin

Lucinda Toal

*Lucinda.Toal@belfasttrust.hscni.net*

028 95043059

### Recovery College Intern

Rachel Martin

*RachelX.Martin@belfasttrust.hscni.net*

028 95043068



# Steps to Enrol

Contact the Recovery College to express your interest in a course by either email [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net) or phone  
**028 95043059**



If you would like to attend a course please contact us either by email or phone.



We will ask you to complete an enrolment form so that we can register you with the Recovery College and to keep you updated about upcoming courses.



You will receive a text and/or an email reminder 1 week before the course. Please let us know if you are unable to attend.

# What to expect at a course...

## Exploring Attitudes to Mental Illness

9 in 10 people with mental illness experience negative attitudes from others which results in feelings of isolation and may even prevent people from seeking help. This 3 hour course will allow you to reflect and explore your own and others attitudes to mental illness.

## Getting a Good Night's Sleep

Getting a good night's sleep is an important part of mental health recovery. This 2 hour course will explore the benefits of getting a good night's sleep, some of the issues that can prevent us from getting a good night's sleep and strategies that can be used to promote a good night's sleep.

## Living with Psychosis

**1 in 4 people** will experience a mental health disorder at some point in their lives, such as Psychosis. This 3 hour course will explore what is Psychosis? It will discuss the symptoms and causes of Psychosis as well as the range of treatment options available for this mental health disorder. Psychosis will be discussed from both a lived experience and an educational perspective. The aim of the session is to gain or revise knowledge and understanding of psychosis , so that participants will reflect and engage positively in an individual's recovery journey.

## Living with Autism in Adulthood

Autistic Spectrum Condition (ASC) otherwise known as autism, affects 1.1% of the population in Northern Ireland. ASC is a developmental condition and will be present throughout a person's lifespan. Many individuals are now receiving a diagnosis in adulthood due to improved awareness of the condition and improved access to assessment services. This session will consider specifically, the adult experience of ASC; dispel the negative stereotypes of ASC; and highlight the value that individuals with the condition can bring to the world. A professional practitioner will explain the clinical features of ASC, which include difficulties with social communication, repetitive behaviours and restricted interests. A service user who received an adult diagnosis will reflect on what life has been like having the condition without knowing. The experience of the assessment process and post-diagnostic journey will be discussed. Supports available to adults with ASC (within the Belfast Trust area) and their families and carers will be identified.

- Learning about a specific area of mental health, well-being and recovery

- Hearing different perspectives from a range of people including service users, carers and staff



- Meeting new people



- Feeling more hopeful about your recovery journey



# Upcoming Courses



Course	Date	Venue
<b>Exploring Attitudes to Mental Illness</b>	8 <sup>th</sup> June 2016 10am-1pm	Girdwood Community Hub 10 Girdwood Avenue Belfast BT14 6EG
<b>Getting the Most from your Appointments</b>	27 <sup>th</sup> June 2016 10am-1pm	Woodstock Library 358 Woodstock Road Belfast, BT6 9DQ
<b>Living with Autism in Adulthood</b>	21 <sup>st</sup> Oct 2016 10am-11.30am 9 <sup>th</sup> Dec 2016 2pm-3.30pm	Finaghy Library Chichester Library
<b>Living with Psychosis</b>	16 <sup>th</sup> Nov 2016 1pm-3pm	Meeting Room Woodstock Library 358 Woodstock Road BT6 9DQ

\*Please note we are currently developing new courses which will hopefully begin in Autumn 2016.

**PLEASE NOTE:** Some of our courses require a minimum number of people to run, otherwise the course may be cancelled.

## Understanding Psychological Therapies

Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with. Participants on this course can find out what psychological therapies are available, how to access them and what to expect.

## Wellness Recovery Action Plan (WRAP)

WRAP is a self management tool, designed to support people to understand and manage their mental health condition. WRAP can be used in challenging situations to help support people overcome these situations. This 3 hour course we will help assist you to identify what wellness tools work best for you, to help you establish your own personalised Wellness Recovery Action Plan. This course will run for 5 consecutive weeks in the same venue.

## Mindfulness

Mindfulness introduces people to meditation techniques and teaches lifelong skills that can be helpful for everyone in coping with the large and small stresses and struggles of everyday life. It is also useful for physical and mental health conditions. The taster sessions will give an insight into what the 8-week Mindfulness course will entail.

## Understanding Addictions

The 5 week course will cover discussions on aspects of alcohol dependence under the following five topics: process of addiction, physical effects, psychological effects, social effects and change and recovery.

The one day course will be a summarised version of the above five topics and further aspects of addiction, with a focus on other drugs and treatment options.

## Embedding Recovery in Day to Day Lives

Recovery is something worked towards and experienced by the person with mental illness. It is not something services can do to the person. The contribution of staff is to support the person in their journey towards recovery. This journey towards recovery is individual and the best way of supporting an individual's recovery varies from person to person. This course looks at how day to day decisions can impact on recovery and what each person can do for their own recovery and how to support others to do the same.

# Course Synopsis

## The Importance of Carers in Recovery

Carers provide an amazing amount of support to family and friends but often don't get the appropriate support themselves. This course explores how to improve understanding of the needs of carers and provide support whilst maintaining relevant boundaries in relation to confidentiality.

## Getting the Most from Appointments

Making the most of the time you have in an appointment is important for service users, carers and staff. This course explores barriers to communication, how to prepare for appointments and how to maximise communication during the appointment. This course will also implement the DVD created by service users and ESC Productions 'How to get the most from your appointments' that was launched in the Black Box on 23<sup>rd</sup> November 2015. We especially **recommend attendance to this course from junior doctors.**

## Compassion Fatigue

Self care is a key priority for anyone who cares for a vulnerable other; this might be a relative, friend or client. This course explores the impact of the caring role on yourself and how you can look after your own psychological and emotional needs.

## Developing Friendships & Social Support Networks

A social support network is made up of friends, family and peers. It is comforting to know that people are around if needed for a phone call or a cup of coffee. Having a support network gives you a sense of belonging. This course will help you to consider how to build or improve your support network and relationships.

Staff will find it useful to advise patients/clients in establishing a social support network.

## What is Trauma?

In our everyday lives any of us can experience events that are overwhelming, frightening and beyond our control. We could find ourselves the victim of a personal assault or witness to a tragic event. This course will help you understand the normal responses to trauma and Post Traumatic Stress Disorder (PTSD). It will explore ways to help yourself cope or to help others by providing relevant support.

# Other Courses

Living with Depression

Living with Anxiety

Living with Bi-Polar Disorder

Understanding Self-Harm

Living with Personality Disorder

Smoking Cessation

The Importance of Exercise & Healthy Eating

Telling the Story of your Experience

Understanding Eating Disorders

Living with Autism in Adulthood

Growing our Confidence with Assertiveness Skills

**IF INTERESTED IN THE BELOW COURSES PLEASE CONTACT THE RECOVERY COLLEGE ON 028 95043059**

