



Recovery College

Share | Learn | Grow



Tasmanian
Government

Course Guide

Autumn Program 2024

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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.



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 College 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-centred 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

Join Us

Enrolment is easy:

- All students are required to enrol before attending Recovery College.
- Complete the digital enrolment form on our webpage, or
- Contact us to request an enrolment form.

Please let us know if you need help filling out your enrolment form and our staff can assist.

Phone: 1300 793 011

Email: recoverycollege@ths.tas.gov.au

Website: www.health.tas.gov.au/recovery-college

Once enrolled, students will receive an acknowledgement and confirmation of enrolment.

Attend Our Sessions

Students are required to register for each session, as seats are limited at each location. Simply call or email.

Students can enter the classroom at the designated start time and not before.



Our Core Principles

Education

Students are encouraged to be responsible for their own learning, with goals and aspirations that may extend beyond the college.

Co-production & 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 & person-centred

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

Recovery-focused

Recovery Colleges focus on recovery at multiple levels: personally, for individual students as a learning community focussed on recovery and promoting recovery focussed 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.

COVID-19 Safety

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

Please see:

[Keep-it-COVID-safe-Behaviours-A4.pdf](https://www.health.tas.gov.au/sites/default/files/2022-12/Keep-it-COVID-safe-Behaviours-A4.pdf)
([health.tas.gov.au](https://www.health.tas.gov.au))

<https://www.health.tas.gov.au/sites/default/files/2022-12/Keep-it-COVID-safe-Behaviours-A4.pdf>



Personal Learning Plan

Students may be provided with access to a Peer Learning Advisor/Educator to assist in creating a Personal Learning Plan (PLP). The PLP is based on a student's individual aspirations and recovery goals. Please ask the team if you require education support.

Teaching & Learning

Recovery College provides free community-based mental health education to adult learners. The curriculum is clustered into different learning areas co-designed with community needs, goals, and requests. Timetables will be released seasonal.

The Autumn program will include the following education sessions:

What is a Recovery College?

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

Self-care

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.

Food & Mood

Explores the relationship between what you eat and how you feel; including tips on how to incorporate healthy eating into your life.

Mind Pictures

A lived experience writing group that enables students to connect through mixed media, storytelling, and poetry with opportunities to contribute to the Recovery College yearbook.

Hope & Possibilities

When we think about recovery, it's all about exploring the hope and possibilities for the future. Recovery is different for everyone. In this class we can discover and share our dreams and goals together.

Nurturing Self-worth through Creativity

Self-worth is our sense of being good enough and worthy of love and belonging from others. We explore how to build self-worth through creativity.



Trauma & Hope | Introduction

Introduction to understanding trauma and hope and its impact on our lives.

Trauma & Hope | Chronic Pain

Chronic pain and the affect it has on our mental health.

Trauma & Hope | Alcohol & Other Drugs

Alcohol and other drugs – identifying the impact of addiction on self and others.

Trauma & Hope | Grief & Loss

Grief and loss and how we maintain hope.

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

Exploring Bipolar Disorder

We explore, 'What is Bipolar?' We learn about some of the treatments available, as well as some strategies for keeping well.

Exploring Depression

In this course we can share our experiences with depression. Together we can learn about strategies and the resources available.

Exploring Schizophrenia

We explore, 'What is Schizophrenia?' We learn about the common symptoms. Together we can share about the stigma surrounding Schizophrenia. We learn about common treatments available, as well as some strategies for keeping well.

Exploring Anxiety

We explore, 'What is anxiety?' We learn about the affect it has on our everyday lives. This is an opportunity to share practical coping strategies for everyday life.

Exploring Personal Boundaries

Healthy boundaries are necessary components for self-care. Come along and let's discuss why it is helpful for us to set boundaries and the challenges that may arise.



Autumn Program

March					
No*	Date	Day	Time	Session	Location
1	06/03/24	Wednesday	9:30am - 11:00am	Exploring Depression	Recovery College Glenorchy
2			1:00pm - 2:30pm	Exploring Depression	Peacock Centre
3			3:30pm - 4:30pm	Self-care	Peacock Centre
4	07/03/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
5			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
6			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
7	13/03/24	Wednesday	9:30am - 11:00am	Exploring Schizophrenia	Recovery College Glenorchy
8			1:00pm - 2:30pm	Exploring Schizophrenia	Peacock Centre
9			3:30pm - 4:30pm	Self-care	Peacock Centre
10	14/03/24	Thursday	9:30am - 10:30am	Mind Picture	Wilfred Lopes Centre
11			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
12			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
13	20/03/24	Wednesday	9:30am - 11:00am	Exploring Anxiety	Recovery College Glenorchy
14			1:00pm - 2:30pm	Exploring Anxiety	Peacock Centre
15			3:30pm - 4:30pm	Self-care	Peacock Centre
16	21/03/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
17			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
18			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
19	27/03/24	Wednesday	9:30am - 11:00am	Exploring Bipolar	Recovery College Glenorchy
20			1:00pm - 2:30pm	Exploring Bipolar	Peacock Centre
21			3:30pm - 4:30pm	Food & Mood	Peacock Centre
22	28/03/24	Thursday	9:30am - 10:30am	Food & Mood	Wilfred Lopes Centre
23			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy

24			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
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April					
No*	Date	Day	Time	Session	Location
25	03/04/24	Wednesday	9:30am – 11:00am	Exploring Personal Boundaries	Recovery College Glenorchy
26			1:00pm - 2:30pm	Exploring Personal Boundaries	Peacock Centre
27			3:30pm - 4:30pm	Self-care	Peacock Centre
28	04/04/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
29			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
30			3:30pm - 4:30pm	Self-care	Recovery College Glenorchy
31	10/04/24	Wednesday	9:30am – 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
32			1:00pm - 2:30pm	Nurturing Self-worth Through Creativity	Peacock Centre
33			3:30pm - 4:30pm	Food & Mood	Peacock Centre
34	11/04/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
35			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
36			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy

May					
No*	Date	Day	Time	Session	Location
37	01/05/24	Wednesday	9:30am – 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
38			1:00pm - 2:30pm	Nurturing Self-worth Through Creativity	Peacock Centre
39			3:30pm - 4:30pm	Hope & Possibilities	Peacock Centre
40	02/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
41			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
42			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
43	08/05/24	Wednesday	9:30am – 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
44			1:00pm - 2:30pm	Trauma & Hope Introduction	Peacock Centre

45	09/05/24	Thursday	9:30am - 10:30am	Food & Mood	Wilfred Lopes Centre
46			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
47			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
48	15/05/24	Wednesday	9:30am - 11:00am	Nurturing Self-worth Through Creativity	Recovery College Glenorchy
49			1:00pm - 2:30pm	Trauma & Hope Chronic Pain	Peacock Centre
50	16/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
51			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
52			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy
53	22/05/24	Wednesday	9:30am - 10:30am	Food & Mood	Recovery College Glenorchy
54			1:00pm - 2:30pm	Trauma & Hope Alcohol & Other Drugs	Peacock Centre
55	23/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
56			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
57			3:30pm - 4:30pm	Food & Mood	Recovery College Glenorchy
58	29/05/24	Wednesday	9:30am - 10:30am	Hope & Possibilities	Recovery College Glenorchy
59			1:00pm - 2:30pm	Trauma & Hope Grief and Loss	Peacock Centre
60	30/05/24	Thursday	9:30am - 10:30am	Mind Pictures	Wilfred Lopes Centre
61			1:00pm - 2:30pm	Mind Pictures	Recovery College Glenorchy
62			3:30pm - 4:30pm	Hope & Possibilities	Recovery College Glenorchy

Are you interested in learning more about Recovery College? We welcome you to attend one of our informative online sessions.

Informative Sessions What is Recovery College?			
Date	Day	Session	Online Session
08/03/24	Friday	9:30am – 10:00am	Please email for online registration.
15/03/24	Friday	4:00pm – 4:30pm	
22/03/24	Friday	9:30am – 10:00am	
08/03/24	Friday	4:00pm – 4:30pm	
15/03/24	Friday	9:30am – 10:00am	
22/03/24	Friday	4:00pm – 4:30pm	
05/04/24	Friday	9:30am – 10:00am	

03/05/24	Friday	4:00pm – 4:30pm	
17/05/24	Friday	9:30am – 10:00am	
24/05/24	Friday	4:00pm – 4:30pm	



Recovery College Pathways

Lifelong learning and education

- Pathways to TAFE
- Formal education
- Partnered programs

Professional development

- Workforce development
- Jobs skills and readiness
- Employment opportunities

Engaging with the Recovery College and community

- Peer work/engagement
- Community volunteer
- Recovery College educator

Self-care, recovery, friends, and family

- Self-development
- Recovery
- Self-advocacy

- Family and friend's support

Other

- Creativity
- Exploring



Frequently Asked Questions

Who can attend the Recovery College?

Recovery College is an adult education setting and provides 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
- 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 also has a classroom located at Peacock Centre, 10 Elphinstone Road, 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 focussed 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 see page 20.



Students Rights & 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



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 551 800
Beyond Blue (24/7)	Phone support and online chat service and links to local services.	1300 224 636
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

Locations

Recovery College

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

Peacock Centre

Address: 10 Elphinstone Road, North Hobart, 7000 TAS

Contact Us

Phone: 1300 793 011

Email: recoverycollege@ths.tas.gov.au

Website: www.health.tas.gov.au/recovery-college

Facebook: [Recovery College Tasmania](https://www.facebook.com/recoverycollegetasmania/) (www.facebook.com/recoverycollegetasmania/)

