

SPRING·SUMMER TERM COURSES 2014

RECOVERY SKILLS AND SELF-MANAGEMENT

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Biography

Prior to taking up her position as Peer Educator for the Mayo Recovery College, Jutta worked within the Irish Mental Health services since 2003 as a Peer Advocate.

In that role she got involved in various projects within the MH services, in the community and organisations including the Mental Health Commission and Amnesty International.

She provided courses on advocacy and self-advocacy to service users, spoke at conferences nationwide and was a regular guest speaker at DCU, NUIG, GMIT and The Centre for Disability Law and Policy in Galway.

Personal note by the MRC Peer Educator Jutta Kirrkamm

On behalf of the Mayo Recovery College team I want to welcome you.

I am confident that you will find courses in our prospectus which will inspire, empower and educate you to achieve your personal goals.

The courses are open to all with an interest in Mental Health Recovery. We will do our very best to support every student to get the most out of these unique learning opportunities.

All the courses are co-produced and will be co-delivered by people with personal experience of mental health challenges and professionals.

That's what makes it so unique!

I feel very privileged to be part of this exciting and new initiative and

I am looking forward to meeting you soon

Jutta

Our commitment to you

'I believe this is the way forward in allowing people find their own solutions and restoring the self belief and confidence to become fully functional and equal members of their communities/society'

WE PROMISE, THAT WE...

- Provide you with a professional and warm welcome
- Ensure courses promoting HOPE, OPPORTUNITY and CONTROL
- Provide information on courses and programmes of study
- Provide support in the form of Individual Learning Plans, including monitoring and review of your progress, discussion of special needs if you have a disability or learning difficulty, discussion of your next steps after completion of a course, if you wish to do so.
- Provide a healthy and safe study environment free from discrimination
- Provide you with safe opportunities to feed back to the college and comment on the courses
- Respect your personal beliefs, life choices, religious and cultural practices and traditions

WE ASK YOU TO...

- Provide us with relevant information for enrolment
- Keep to agreed time tables and let us know if you cannot make it
- Talk to us about any matter you are unsure about
- Comply with the Mayo Recovery College' policies and procedures
- Observe the Code of Conduct based on respect and consideration for all

HOW TO ENROL:

We will have enrolment / information days.
Please see insert for details.

To enrol please come along to:

Mayo Recovery College Office
Mayo PCCC
County Clinic
Old Westport Road
Castlebar
Co. Mayo

You are welcome to bring family members or friends along!

The College is for everybody!

Alternatively you can contact the Mayo Recovery College by phone: **086 0294901** or email us at:
mayorecoverycollege@gmail.com

COURSE TIMETABLE 2014 AT A GLANCE

Contact: Jutta at 086 0294901
Email: mayorecoverycollege@gmail.com

Please note, due to demand, courses
 may be subject to change

COURSE TITLE	MODULES	DATES	TIMES
RECOVERY SKILLS & SELF MANAGEMENT			
Lets Talk Recovery	Modules 1 & 2 Modules 3 & 4	Feb 11 th & Feb 25 th March 11 & Mar 25 th	10.30-1pm
Your Rights	Module 1 Module 2	Feb 26 th & March 19 th	2-4.30pm
Let's WRAP	Module 1	March 4 th	10.30-1pm
Spirituality and Recovery	Module 1 Module 2	April 2 nd & June 17 th	2-4.30pm 10.30-1pm
Introduction to Mindfulness	Module 1 Module 2	May 14 th & June 11 th	2-4.30pm
DEVELOPING LIFE AND SOCIAL SKILLS			
Managing Your Doctor's Appointment	Module 1 Module 2	Feb 12 th March 5 th	2-4.30pm
Advocacy /Empowerment	Module 1 Module 2	March 18 th April 9 th	10.30-1pm 2-4.30pm
Self-Esteem	Module 1 Module 2	April 1 st April 15 th	10.30-1pm

	Module 3	May 27 th	
Stress Management	Module 1 Module 2 Module 3	May 6 th May 20 th June 10 th	10.30-1pm
GENERAL MENTAL HEALTH AND MEDICAL ISSUES			
What is Health?	Module 1 Module 2	Feb 18 th March 26 th	10.30-1pm 2-4,30pm
Living with Depression	Module 1 Module 2 Module 3	April 8 th April 29 th May 13 th	10.30-1pm
Living with Bi-Polar	Module 1 Module 2 Module 3	April 30 th May 28 th June 18 th	2-4,30pm
Living with Psychosis/Sc	Module 1 Module 2 Module 3	May 7 th May 21 st June 4 th	2-4,30pm
GETTING INVOLVED			
Volunteering	Module 1	Feb 19 th	2-4,30pm
Collaboration	Module 1	March 12 th	2-4,30pm
Collaboration	Module 1	April 23 rd	2-4,30pm
Telling Your Story	Module 1 Module 2	April 16 th June 3 rd	2-4,30pm 10.30-1pm

Enrolment / Information Days: January 28th, 10am - 5pm and January 29th, 2pm - 7pm.
Enrolment is not limited to these days, so please make contact with Jutta if you are interested.

All Courses Are Free
There is a once off payment per term of €5 to enrol.



Venue: Mayo Recovery College Office, PCCC County Clinic, Old Westport Road, Castlebar, Co. Mayo
Courses will be held in the Mayo Recovery College Office and the GMIT.
(In case of exceptional demand we will try to re-run some of the courses in other parts of the county)



The Mayo Recovery College is one of the main pillars of Refocus which is a partnership project between the HSE and RehabCare and is supported by GENIO, other partners include the GMIT and The Learning Curve.



Recovery Skills and Self-Management

LET'S TALK ABOUT RECOVERY

This course will explore what Recovery is all about! What it may mean for you, for us as individuals, the mental health services and the wider community. We are hoping for a lively discussion on this topic – join in/or just be present.

SPIRITUALITY AND RECOVERY

This course will explore the term “spirituality” as a very personal yet universal theme, which can enhance recovery and wellbeing. How can we tap into our own inner resources to become more aware, alive and real? This is seen as an ongoing process of discovery and learning. Yet when we reflect and look at it together we often find that we have a lot in common on our journeys through life. This course is open to everyone whatever their background, faith, beliefs or non-beliefs.

Some simple tools will be suggested! Try them out and if you feel comfortable feed back to the group if you find them helpful during our follow-up session.

YOUR RIGHTS

Everybody has rights! But what exactly are they, where and how can I access them! If you are interested in this aspect of Recovery, this course is for you! We will provide an overview and discuss with you what taking back control in your life entails. With all rights comes responsibility. We are hoping for an interactive, lively session on this important theme.

LET'S WRAP

WRAP (Wellness Recovery Action Plan) was developed as a tool to support people to become more resourceful and self-directed on their Recovery journey. In this introductory session we will discuss this simple system which could help you to identify triggers, solutions, early warning signs and create a unique crisis plan, to help you take control and self-manage your own life.

INTRODUCTION TO MINDFULNESS

Mindfulness has recently become a much discussed practice to support people to relax and centre themselves in day to day living. What is it? We will present its origins and background, the theories behind it and will introduce some very basic tools to get started if you choose to do so. We suggest practicing a few of the tools of your choice and then share your experiences with us in the follow-up session. Only if you feel comfortable to do so, -no pressure!

Recovery



Developing Life and Social Skills

MANAGING YOUR DOCTOR'S APPOINTMENT

A meeting with a professional/expert can be stressful for anybody. The question is what can I do to make the best out of a time-limited appointment? We would like to hear your experiences, explore with you how one can prepare and find support.

Some tools will be introduced and discussed and if you wish to do so you can put any of these into practice and share with the group about your experience in the follow- up session.

ADVOCACY AND EMPOWERMENT

Here we will present and discuss the term Advocacy, its meaning and process and where to access it! In order to advocate for oneself one needs to be equipped to do so, therefore we will explore in detail the different aspects of Empowerment and discuss how we can start on the journey to take back control over our own lives.

If you decide you want to explore this further through research or testing the waters, you will have an opportunity to feed back at our follow-up session

SELF-ESTEEM

This course comes in 2 parts.

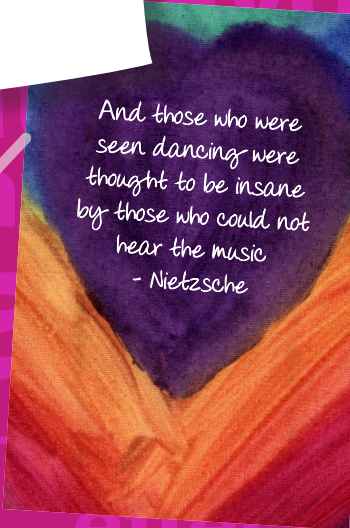
During the first session we will explore the term self-esteem, how can it be defined and what influences it. What are the connections?

The second session will focus on solutions. What can I actually do to develop authentic self-esteem? We will introduce some tools and exercises, which you can try out and comment on during our follow-up session, if you wish to do so!

STRESS MANAGEMENT

Stress is more and more recognised as an obstacles to wellbeing, therefore it is well worth it to have a closer look. This course consists of two parts.

Firstly we will discuss definitions and possible causes and symptoms of stress. In the second part we will look at aspects of stress management and introduce some simple tools. Would you like to share what works for you? In the follow-up session we'll have the opportunity to listen to your experiences!




And those who were
seen dancing were
thought to be insane
by those who could not
hear the music
- Nietzsche

What you said to
us about the
Taster Sessions



"I feel safe
attending these
sessions"



"I feel these taster sessions
are very well presented,
coming from the hearts of
people with experience"



"I thoroughly enjoyed it
... keep talking with us,
rather than at us"

General Mental Health and Medical Issues

WHAT IS HEALTH?

Here we will discuss what “health” actually is? Is it just the absence of measurable symptoms? What are the different components of a satisfying and content existence? We are aiming for an interactive session to hear different points of view, but you are very welcome just to attend and be present.

LIVING WITH DEPRESSION AND BEYOND

This course will start to explore the nature and experience of depression and consider its wide-ranging impact on all aspects of life. We will reflect on diagnosis and medication as well as alternative practical steps that people found helpful in managing their experience. Please feel free to share your experience if you feel comfortable to do so.

LIVING WITH BI-POLAR AND BEYOND

Living with bi-polar can be an emotional roller coaster. We will talk about diagnosis and medication and tools that claim to be effective. This course might help you to develop helpful strategies and explore other ways in which you can take back control and manage your challenges. If you feel ok about it, please share your story with us!

LIVING WITH SCHIZOPHRENIA/PSYCHOSIS AND BEYOND

Psychosis and Schizophrenia do not have to stop you from living a fulfilling and meaningful life. This course will start to explore the different aspects from diagnosis and medication to recovery tools for self-management. This could help you to develop effective strategies for managing symptoms and explore ways in which you can take back control and manage your challenges.

Getting Involved

VOLUNTEERING

In this one session course we will look at the ins and outs of volunteering and how to make the best of this experience!

TELLING YOUR STORY!

Nothing is more powerful than listening to somebody telling their story of self-experience with all its ups and downs. If you wish to share yours we are hoping to introduce you to some tools to express yourself in the most authentic way. We will discuss and consider the safe guards for yourself and your privacy! Simply the “how”, “when” and “where”!!!

COLLABORATION

This course explores the “why” and “how” of the collaborative approach in the Recovery College, and indeed the benefits of collaboration in

everyday living. Feel free to share your views if you wish.

ADULT EDUCATION PRINCIPLES IN THE RECOVERY COLLEGE

An accredited course will be provided in conjunction with the Learning Curve Institute, for those who want to get involved in Co-delivery in the Recovery College. Interested applicants are expected to attend 3 or more courses run by the college. For further information please contact us directly!

PEER SUPPORT TRAINING COURSE

This course will be run again in conjunction with the Learning Curve Institute according to demand. Access to this course will be determined by selection process and interview. Please contact us directly!



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