



# SPRING·SUMMER TERM COURSES 2015

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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

*After a very successful first year at the Mayo Recovery College I want to say welcome back and extend a warm welcome to all new students.*

*Based on student feedback we co-produced and reconfigured the curriculum for this Spring/Summer semester 2015. In line with our ethos, the courses will be co-delivered by professionals and people with self experience of mental health challenges.*

*I am confident that you will be inspired to enrol into courses that will empower you to achieve your personal goals and/or support others on their recovery journey.*

*The college is open to anyone with an interest in mental health recovery.  
Looking forward to meeting you soon*

Jutta



# 2015 Prospectus

The primary goal of Ireland's first recovery college is to empower people with mental health difficulties, their families, friends and the broader community, to improve quality of life and to promote community involvement through the provision of unbiased, co-produced and co-delivered learning and dialogue. The college recognizes the equal importance of professional expertise and lived experience, so each of the modules is co-produced and co-delivered by health professionals and people with personal experience of mental illness

Mayo Recovery College uses a collaborative approach based on adult education principles as a key tool to influence and empower personal recovery.

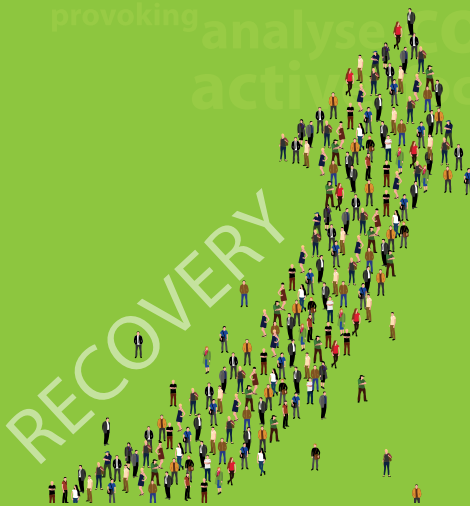
"Our students are quite mixed. They include people with lived experience, family members, professionals and anybody with an interest in mental health. There is open dialogue around mental health or mental illness themes.



(Higgins, 2008)

This is not therapy; it's something different and socially innovative. We try to use the very best that the clinicians and psychiatry have to offer while also attending very carefully to the powerful narrative of the lived experience" "Having a mental health problem can be a very lonely, isolating place so hearing that somebody has been there and understands what it feels like can help to take you out of that lonely spot and connect with others which is so important in recovery."

"Recovery education can really support and augment the best work of the clinicians. When individuals begin to build a life beyond their illness, when they take control and realise they have a lot of other social roles and are not defined by their illness, this can be very liberating and empowering for them." (from article published in the Irish Times Health Supplement, October 7th, 2014)







# MAYO RECOVERY COLLEGE

## COURSE TIMETABLE 2015

### SPRING/SUMMER AT A GLANCE

[www.refocus.ie](http://www.refocus.ie)

**Contact: Jutta at 086 0294901**  
**Email: [mayorecoverycollege@gmail.com](mailto:mayorecoverycollege@gmail.com)**

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

RECOVERY SKILLS & SELF MANAGEMENT					
MODULE	MONDAYS 10am-1pm BALLINA	Tuesdays 10am-1pm GMIT Castlebar	Wednesdays 10am-1pm GMIT Castlebar	Thursdays 6-9pm GMIT Castlebar	
Let's talk about Recovery <i>4 modules</i>		February 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>		April 16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> and May 7 <sup>th</sup>	
Your Rights, Empowerment and Self-Advocacy <i>3 modules</i>			April 22 <sup>nd</sup> and May 6 <sup>th</sup> and 13 <sup>th</sup>		
Let's WRAP <i>1 module</i>				April 2 <sup>nd</sup>	
Spirituality. Mindfulness <i>2 modules</i>				February 12 <sup>th</sup> and 19 <sup>th</sup>	
Recovery and the family <i>2 modules</i>			March 11 <sup>th</sup> and 18 <sup>th</sup>		
DEVELOPING LIFE AND SOCIAL SKILLS					
Self- Esteem <i>2 modules</i>	April 20 <sup>th</sup> and May 11 <sup>th</sup>		April 1 <sup>st</sup> and 15 <sup>th</sup>		
About managing Stress, Motivation and bouncing back (Resilience) <i>4 modules</i>	February 9 <sup>th</sup> and 23 <sup>rd</sup> and March 9 <sup>th</sup> and 30 <sup>th</sup>		February 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> and March 4 <sup>th</sup>		

GENERAL MENTAL HEALTH AND MEDICAL ISSUES

Living with Depression and beyond <i>2 modules</i>		April 28 <sup>th</sup> and May 5 <sup>th</sup>	
Living with Bi-Polar and beyond <i>2 modules</i>		March 24 <sup>th</sup> and 31 <sup>st</sup>	
Living with Psychosis/ Schizophrenia and beyond <i>2 modules</i>		April 14 <sup>th</sup> and 21 <sup>st</sup>	
Living with Dual Diagnosis and beyond <i>2 modules</i>		March 3 <sup>rd</sup> and 10 <sup>th</sup>	
<b>GETTING INVOLVED</b>			
Back to Education <i>1 module</i>			March 26 <sup>th</sup> or May 14 <sup>th</sup>
Volunteering <i>1 module</i>		May 12 <sup>th</sup>	
Collaboration <i>1 module</i>			February 5 <sup>th</sup>
Telling your Story <i>4 modules</i>			February 26 <sup>th</sup> and March 5 <sup>th</sup> , 12 <sup>th</sup> and 19 <sup>th</sup>
Student forum, opportunities to discuss and feedback to MRC			February 25 <sup>th</sup> , March 25 <sup>th</sup> , April 29 <sup>th</sup>

We are having a public information evening on **January 15<sup>th</sup> from 7 - 9 pm** in the GMT Campus Castlebar.

Please come along and join, all are welcome.

Enrolment days are on **January 20<sup>th</sup> and 21<sup>st</sup>** in GMT Campus Castlebar from 11am to 6pm or contact us directly.



MAYO RECOVERY COLLEGE



## All Courses Are Free

### There is a once off payment per term of €5 to enrol.

In addition students of Mayo Recovery College can purchase a student card for €5, which entitles students to access **GMIT** college library service, student activities and the chaplin.

**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)*

[www.refocus.ie](http://www.refocus.ie)



The Mayo Recovery College is one of the main pillars of Refocus which is a partnership project between the HSE and Rehab Care 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 the key concepts of Recovery and will also try to define what well being/health actually is. What it means to you, your family, professionals and the wider community. As always we are hoping for a lively discussion – join in/or just be present.

## **YOUR RIGHTS, EMPOWERMENT AND ADVOCACY**

Everybody has rights! We will outline what they are and where and how they can be accessed. One part will be dedicated to the Mental Health Act in Ireland. We will also discuss what taking back control of your life entails - keeping in mind that with rights come responsibilities - and where to go for support. We are hoping for a lively interactive 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 journey. Many now feel that everybody should have a WRAP plan. In this introductory session we will discuss this simple system which could help you to identify triggers, solutions, early warning signs and a crisis plan to help you to get back on track

## **SPIRITUALITY AND MINDFULNESS ON THE RECOVERY JOURNEY**

This course will explore the term “Spirituality” as a very personal yet universal theme. How can we tap into our inner resources to become more alive, aware and real? Recovery is the journey of Discovery. Recently “Mindfulness” has become a much discussed practice to help people to centre themselves in day to day living. We will present and discuss origins, background and theories and will introduce some very basic tools. Practice and share your experience with the group if you feel comfortable to do so! Open to everyone regardless of background, faith, belief or non-belief!

## **RECOVERY AND THE FAMILY**

When a loved one becomes unwell it can have a huge effect on family members and/or friends. This course will explore the implications and discuss pathways for wellness and empowerment for all



# Developing Life and Social Skills

## Self-esteem

Firstly we will explore the term “self-esteem”, how can it be defined and what influences it. What are the connections? Then we will focus on solutions and what one can actually do to develop authentic self esteem. Some tools and exercises will be introduced.

## Bouncing Back and Motivation

Excessive stress is universally accepted as an obstacle to wellness, therefore it is well worth to have a closer look. We will discuss definitions, possible causes and symptoms. This will be followed by looking at aspects of stress management and strategies to help us to cope better with the ups and downs of life.

Life happens and can bring unexpected challenges, which can feel discouraging and devastating. The trick is to foster resilience and bounce back! We will explore this important topic.

Everybody can feel the lack of motivation sometimes. This part will look at factors and ingredients to get us back on the road and into action.

## Student Forum

This will provide an informal opportunity for feedback, discussion, questions and answers and any other topic that may arise within the college or for individual students. All welcome (no enrolment needed)



# General Mental Health and Medical Issues

## Living with Depression and beyond

This course will 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 some people found helpful in managing this experience. Please feel free to share 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, medication and tools that claim to be effective. This course might help to develop strategies to take back control of the individual's life and manage challenges. If you have self experience and feel ok about it please share your story with us.

## Living with Psychosis / Schizophrenia and beyond

This course will start to explore the different aspects from diagnosis and medication to recovery tools for self-management. Psychosis/Schizophrenia does not have to stop people from living a fulfilling and meaningful life. This course could be a step towards developing effective strategies for managing symptoms and ways to take back control and manage challenges. Students with self-experience are very welcome to share their story if they feel safe to do so.

## Living with a dual diagnosis

A dual diagnosis (mental health issue and addiction) throws up its own challenges. We want to discuss the implications with you and explore ways to empower people to find tools for increasing self-management and solutions.

# Getting Involved

## Back to education

Due to a diagnosis of mental health issues a person's life can be severely interrupted and sometimes it is hard to imagine how to pick up the pieces and move forward. In this course we will present and explore the possibilities of getting back to education.

## Volunteering

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

## Collaboration

This session reflects the "why" and "how" of the collaborative approach/co-production

as demonstrated in the recovery college - and explores the benefits of collaboration in everyday life and the work place. Feel free to share your views if you wish

## Telling your story

Nothing is more powerful than listening to somebody telling their story with all its ups and downs. Your story could be told through writing, poem, song or visuals! This course aspires to provide you with some tools to express yourself in the most authentic way. We will discuss reasons for telling your story, the appropriateness and effectiveness for the different settings and consider safe guards for yourself and your privacy.



Jutta Kirrkamm  
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Rehab Care

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