

Opening Minds



MAYO RECOVERY COLLEGE

SPRING SUMMER PROSPECTUS - 2016

hope control opportunities

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Vision

"The purpose of the Mayo Recovery College is to create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together"

Mission

To awaken **HOPE** as the foundation for ongoing Recovery and to create and foster the belief that people can recover from mental health difficulties.

To enable **CONTROL** through useful information, development of confidence to negotiate and make choices and taking increased personal responsibility through effective self-care and self-management

To de-mystify and share the realities of mental health problems and therefore create **OPPORTUNITIES** and link into the community – so that people with mental health difficulties can take their rightful place as equal citizens.

Mayo Recovery College aims to expand the Mental Health services towards the building of greater quality of life for service users by:

- committing to give equal attention to personal and lived experience of people with mental health challenges, their family members/friends and professional expertise.
- empowering the community to accommodate human distress to ensure full citizenship for all.





Welcome note from
Jutta Kirrkamm -
MRC Peer Educator

I am delighted to welcome you back and present our Spring/Summer 2016 prospectus, confident that you will find something of interest to you.

I want to emphasise that these courses are open to everybody, people with self-experience, family members and friends, professionals and anyone with an interest in Mental Health.

Based on feedback and research previous semesters were very rewarding and empowering to those who attended.

Looking forward to meeting you soon and please do not hesitate to contact me with any questions you might have.

Jutta

road to recovery

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.

- **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.

- **The Mental Health Act :**

By popular demand we will introduce the legislation, as outlined in the Mental Health Act of Ireland in some detail and discuss its implications for individuals

- **Let's talk about CBT:**

CBT - short for Cognitive Behaviour Therapy - is one of the most widely available psychological therapies within the Mental Health Services in Ireland today. This course will give an introduction and overview of its origins, benefits and underlying theory.

Recovery Skills and Self-Management

- **Spirituality and Mindfulness:**
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!
- **Search for Meaning:**
It is safe to assume that most of us, if not everybody, are on a quest for meaning in our lives. What is it all about? In the face of difficulties this can be very challenging. These sessions will be interactive and explorative and will look at the origins of philosophy and if and how this could contribute to personal Recovery
- **Introduction to Story Telling:**
This course aspires to provide you with some tools to express yourself in the most authentic way. Listening to a story - especially a personal experience - can be very powerful. We will discuss reasons for telling stories, appropriateness and effectiveness for different settings and consider safe guards for you and your privacy - we also will look at the use of other media to tell your story. Let's have fun!

Introduction To Community Resources

- **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.
- **Let's GROW:**
GROW in Ireland is a community based support network for people who have experienced, or are experiencing mental health challenges . We will introduce the origin, ethos and the nuts and bolts. One of their mottos is “You alone can do it, but you can't do it alone”. Come along and join us for this informative session and discussion.
- **Let's SHINE:**
SHINE is a long established organisation supporting people with mental health challenges and their families and friends in many ways. Formerly known as Schizophrenia Ireland the name was changed because of the much wider remit of this resource. Come and find out what they can offer you!
- **Let's TOP it, OCD and Phobias:**
A large number of people are effected by OCD or Obsessive Compulsive Disorder and/or phobias and we will have a closer look. Additionally a self-help group, originating in the UK was set up in Sligo in recent years. It's called TOP - which stands for Triumph over Phobia- and we will explore what a group like this could offer.
- **The 12 steps Demystified:**
Ever wondered what the 12 step programmes like AA (Alcoholics Anonymous), NA (Narcotics Anonymous), ALANON (for people affected by alcoholism) etc. are all about? This module will introduce you to its origin, underlying belief systems and purpose. We will try to lift the veil of mystery and are hoping for a lively discussion.

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.

About Managing Stress, Motivation and Resilience

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.

The Stages of Grief

The word Grief is usually associated with a bereavement, but does it also occur in other life-changing situations and events? We often hear about how people have to go through different stages to heal. What are these stages? What is their relevance? Are they written in stone? In this course we want to explore this important topic!

Money Management

This course will look at money management and budgeting and the different ways this can be achieved and where you can go for support, e.g. MABS. Come along if this is of specific interest to you!

Volunteering

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

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 going back to education.

General Mental Health and Medical Issues

Anxiety and Panic Attacks

This course was put together on request of many previous students. Anxiety plays a big role in most mental health difficulties. We want to discuss symptoms and underlying causes and discuss some tools to manage these sometimes crippling feelings and reactions.

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 rollercoaster. 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.

Let's talk about BPD

BPD stands for Borderline Personality Disorder, which is a much disputed and misunderstood term. What does it mean for the individual? We want to shed some light on diagnostic criteria, what it is, what it is not, and discuss some options and therapies for people with this label.

COURSE TIMETABLE 2016 SPRING/SUMMER AT A GLANCE



MAYO RECOVERY COLLEGE

COURSES	Mondays 10am-1pm - BALLINA Recovery Centre	Tuesdays 10am-1pm - GMT CASTLEBAR	Wednesdays 10am-1pm - GMT CASTLEBAR	Thursdays 6-9pm - GMT CASTLEBAR
RECOVERY SKILLS & SELF MANAGEMENT				
Let's talk about Recovery 4 MODULES		March 1st, 8th, 15th and 22nd		
Recovery and the family 2 MODULES			February 17th and 24th	
The Mental Health Act 1 MODULE		February 23rd		
Let's talk about CBT 1 MODULE			April 27th and May 4th	
Spirituality and Mindfulness 2 MODULES	March 7th and 14th			May 12th and 19th
Search for Meaning 2 MODULES				April 21st and 28th
Story Telling 3 MODULES	April 4th, 11th and 18th	February 2nd, 9th and 16th		
INTRODUCING COMMUNITY RESOURCES				
Let's WRAP 1 MODULE				May 5th
Let's GROW 1 MODULE		May 17th		
Let's SHINE 1 MODULE		May 10th		
Let's TOP it, OCD and Phobias 1 MODULE			April 6th	
The 12 steps demystified 1 MODULE				February 4th
DEVELOPING LIFE AND SOCIAL SKILLS				
Self-Esteem 3 MODULES		April 5th, 12th and 19th		
About Managing Stress, Motivation and Resilience 4 MODULES				February 18th, 25th, March 3rd and 10th
The Stages of Grief 1 MODULE		February 10th		
Money Management 1 MODULE		February 3rd		
Volunteering 1 MODULE				February 11th
Back to Education 1 MODULE				March 24th
GENERAL MENTAL HEALTH AND MEDICAL ISSUES				
Anxiety and Panic Attacks 2 MODULES			March 2nd and 9th	
Living with Depression and Beyond 2 MODULES	February 22nd and 29th			April 7th and 14th
Living with Bi-Polar and beyond 2 MODULES			March 16th and 23rd	
Living with Psychosis/ Schizophrenia and beyond 2 MODULES		April 26th and May 3rd		
Living with a Dual Diagnosis and beyond 2 MODULES			May 11th and 18th	
Let's talk about BPD 2 MODULES			April 13th and 20th	

STUDENT FORUM: every last Tuesday of the month in GMT between 2 and 3.30pm

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

Contact: Jutta Kirkkamm - T: 086 0294901 E: mayorecoverycollege@gmail.com


Except for an enrolment fee of €5 per semester, all courses are free!

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 chaplain.

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

College Venue: Courses will be held in GMIT Castlebar.



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Mayo Recovery College is a HSE project run in partnership with RehabCare, other partners include the GMIT and the Learning Curve Institute.

