

Understanding Mental Health

Gain awareness and understanding of mental health challenges

Labels Belong on Tins Not on People

2.5 hour course

Overview

This course will explore recovery in depth including finding and maintaining a sense of positive identity and putting diagnoses into perspective. You will gain an understanding that it is not a person's diagnosis that defines them; it is their strength and determination in living alongside the diagnosis that will.

Develops self-awareness about yourself and your/other peoples diagnosis.

Students will be able to build on their strengths and work towards recovery and self-identity.

Key Learning:

- Identify how mental illness can impact on identity and the 'sense of self'
- Gain an understanding that mental ill health, although significant, only represents a small part of a person
- Develop a good sense of self-belief; gain confidence in accepting yourself whilst having a good relationship with the self

What is Borderline Personality Disorder

2.5 hour course

Overview

Borderline personality disorder is a long-lasting condition affecting the way a person thinks, feels, or behaves. In this course we explore what a personality disorder is and how it may link to past experience. You will also explore effective communication strategies and the role of therapy, medication and support networks.

This course will also enable you to understand behaviours and emotions and how best to support individuals with BPD.

Key Learning:

- What is a personality disorder?
- Understand the link between past experience and current behaviour
- Learn effective communication skills
- Gain broad knowledge on BPD and behaviours of people with BPD
- How to relate and work with individuals with BPD

An Introduction to Diversity and Inclusion

1.5 hour course

Overview

Diversity, inclusion and privilege are widely used terms in our societies but what do these mean and how does it impact on our relationships and lives?

This course will give you a basic understanding of how opinions, values and prejudice can influence people around us and how this can lead to discrimination. Students will gain an insight into the principles of diversity, equality and inclusion and will be able to define these terminologies and embrace individual identity.

Key Learning:

- Understand what diversity is
- Understand what inclusion means
- Understand responsibilities for promoting equality
- How to build good relationships with diverse groups of people

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Discovery of Recovery

2.5 hour course

Overview

Recovery can mean many things to many people. This course looks at what it means when applied to best-practice mental health support. We explore how it can support us in our individual journeys and how it can enhance the service we provide in support of others. As mental health services move towards an approach which aims to empower people to live meaningful lives *alongside* existing conditions, we learn that happy, full lives are possible even if symptoms continue to occur or occasionally reoccur.

Learn about the history and practical application of the recovery movement to find out where it comes from, where it is going and how it can help you. The perfect introductory course if you are looking for a place to start.

Inequalities, Mental Health and Recovery

3 hour course

Overview

Social inequality can be characterised by the existence of unequal opportunities and rewards for different social positions or status. Mental health inequalities are often linked with wider cultural and societal systems of disadvantage which impact a person's wellbeing.

This course aims to provide a better understanding of inequalities associated with mental illness and the impact it can have on recovery. To enable students to challenge contemporary inequalities within their working environment/ personal life and mitigate for historical imbalances.

Understanding Peer Support

2.5 hour course

Overview

Peer support has become an important part of supporting recovery. On this short course we will explore the role of a Peer Support Worker and how this is different from other ward roles; how a Peer Support Worker is integrated onto a ward and how important peer support is to the path of recovery.

Key Learning:

- Understand the history of the 'recovery movement'
- Define the difference between 'clinical' and 'personal recovery'
- Gain an understanding of the 'CHIME' recovery framework
- Identify the three main themes and common features of recovery

Key Learning:

- Define and identify inequality in respect of living with mental illness
- Summarise how inequality associated with mental illness is perpetuated
- Utilise strategies to challenge inequality on a personal level and within the organisation

Key Learning:

- What peer support is and how it can support recovery
- How peer support differs from other relationships
- Explore myths around peer support

Understanding Mental Health

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> The Power of Language

2.5 hour course

Overview

Language has immense power, and its impact depends entirely on how we use it. Because words are so often used automatically and unconsciously, we have learned to treat them lightly. In daily conversation, we speak the majority of our words from habit, convenience and social obligation rather than an intent to cause harm or offense to others.

This course explores how language (verbal and written) can impact positively or negatively on personal recovery and also how language reflects on the culture of an organisation.

Key Learning:

- How language can impact others and recovery
- How language regarding mental illness has evolved over time
- Challenging language that is no longer appropriate
- Impact of written language

> Wellbeing at Work

Full day course

Overview

'Work' can mean different things to different people. For some the work is voluntary and for others it provides the family with their main source of income. For some it is manual labour and for others it means being tied to a desk or working as a full time supporter for someone they love. However work is defined, all jobs come with their own stresses and strains. Managing personal wellbeing in difficult times can be challenging. 'Burnout' has become an often too frequently heard euphemism.

This one day course will explore some of the factors that can affect a person's wellbeing at work and some techniques to better manage these issues.

Key Learning:

- Define what is meant by wellbeing and work
- Describe the main physiological reactions to stress
- Identify factors that can cause stress in different environments
- Explain ways in which stress can be managed in various situations
- Identify 2 other Recovery College courses or resources to assist with your wellbeing at work



Living with/recovering from a mental illness can some times be like a solitary snowflake. A solitary snowflake is vulnerable to its environment, often floating down to earth, with its obvious beauty going unnoticed by all until it dissolves into oblivion upon contact with the earth.

However, nature rarely sends snowflakes on their own; they come with a whole bunch of friends, colleagues and peers. When the snowflakes stick together and work together they accumulate phenomenal power and beauty; they can bring the entire country to a standstill (just think of the chaos on our road & rail networks caused by an inch of snow), or provide awe inspiring splendour as depicted in the picture above.

In the UK it is reported that 1 in 4 people will suffer from a mental illness at some time in their life. The difference between those that thrive and survive and those that succumb to vulnerability, as the lone snowflake does, may be hope. Hope that there is a life with meaning, a life after therapy, a purpose beyond the catastrophic effects of mental illness. Even the smallest nugget of hope will shine brightly to those in a dark place.

Try to be that nugget of hope to someone that needs it. Remember that hope can be reciprocal, when you offer hope to someone you are investing in your future as well as theirs. Give a person hope when they are in need and you will be paid back tenfold when you witness them gaining ground with their recovery.

Remember that it matters not if your glass is half full or half empty, it can always be topped up.

Building Your Life

Grow your confidence and learn skills to take more control of your life

> Finding Hope

2.5 hour course

Overview

Hope is critical to recovery and for leading a fulfilling life. We can often go through life thinking we are either hopeful or hopeless. In reality we can build it up in the same way that we do with skills like self-esteem.

This course introduces students to hope, why it is important and how we can draw it from the world around us and use it as a skill. A fun and interesting introduction into one of the key aspects of recovery and wellbeing.

Key Learning:

- Understand what hope is and why it is important
- Think about where you might find hope
- Consider how you might maximise your hopefulness and minimise your hopelessness

> Holding and Instilling the Hope

2.5 hour course

Overview

Hope is central to a person's recovery; without hope recovery is much more difficult. Hope is also linked to job satisfaction and staff retention. This course explores hope in more detail, discussing how to gain hope and hold the hope for others. This course is ideally suited for people that have completed our 'Finding Hope' and 'Discovery of Recovery' courses.

This course will help students develop a positive self-concept of instilling hope and also develop self-esteem.

Key Learning:

- Understand the role hope plays in recovery and why it is so important
- Describe the attitudes and behaviours of hopeful people and relationships
- Understand the concept of hope and how to instil hope in others
- How to hold on to your hope and that of others until they are able to hold it for themselves
- Identify skills that help you remain hopeful

> What is Empowerment and Agency?

2.5 hour course

Overview

On this course students will learn the benefits of empowerment. The course will explore the benefit for a person's recovery as well as how staff and the charity also gain when people become empowered and more self-determining.

The course will empower service users to take control of their personal recovery needs and care by gaining a sense of control. The course will also enable service users to take control over their own comfort with a focus on self-management and agency.

Key Learning:

- Gain an understanding of Hope, Agency and Opportunity and how they contribute to recovery and empowerment
- How to use a 'recovery filter' to aid empowerment and recovery focussed practice
- Build up on ones sense of control of their own life in the process of recovery

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› Stocking up on Self-Belief

2.5 hour course

Overview

This course will provide the opportunity for you to explore the term self-belief, how it can aid recovery and how to start to improve levels of personal self-belief.

This course will help you gain an understanding of believing in yourself, develop tools that will help build your self-belief and how to start taking steps towards using them.

Key Learning:

- Define what self-belief means
- Gain an understanding of the impact self-belief can have on your recovery
- Explore different ways of developing self-belief
- Gain the ability to work towards achieving goals

› What is Acceptance?

2.5 hour course

Overview

There are times in everyone's life when we wished that things had worked out differently. Often, holding on to the idea can prevent us from moving forward. By increasing levels of acceptance people are able to become 'unstuck', start to develop more meaningful lives and reach their full potential.

This course will enable you to understand the realities of life, how to accept them for what they are and use them to grow as a self-determining individual.

Key Learning:

- Explore what acceptance means to you on a personal level
- Explore how acceptance can benefit your recovery
- Learn more about yourself, how to move forward with recovery and be hopeful for the future

› Basic Life Support

3 hour course

Overview

Have you ever wished you had the ability to help in minor medical emergencies? This short course teaches you basic life support skills and helps to build your confidence around using them.

Key Learning:

- Develop basic life support skills such as resuscitation, the recovery position and identifying signs of choking
- Learn about how even a little bit of this knowledge could make a big difference to somebody in trouble

Building Your Life

Grow your confidence and learn skills to take more control of your life

› My Values, My Recovery, My Life

2.5 day course

Overview

On this course students will explore personal values and the importance they hold for personal recovery. Students will also discuss how connecting with ones values can help plan ones recovery, become more self-determining and have more control over their future.

If anyone has struggled with the concept of 'SMART' goal setting, come on this course and learn how making plans according to values and what is important to the individual can make an enormous difference.

Key Learning:

- Define what personal values are
- Identify what your most important values are
- Understand why personal values are important to individual recovery
- Use personal values to help plan goals for the future

› Presentation and Facilitation Skills

3 day course

Overview

Being able to deliver an effective presentation and having basic facilitation skills, whether for a training session, to talk at a conference, at a tribunal or even to get through a job interview is becoming increasingly important. Being able to do these things well can have a marvellous impact on our self-esteem too!

This 3 day course will equip you with the skills needed to help you develop an effective and dynamic presentation. It will also cover facilitation skills as the two often go hand in hand. At the end of the course each student will have the opportunity to practice the newly learned skills in a safe, supported environment by delivering a personally written presentation to the other students in the group.

It doesn't matter whether you have aspirations to deliver presentations professionally, for future job interviews, if you want to speak at a conference, facilitate groups or if you are a person that would simply like a little more confidence, this course is for you.

Key Learning:

Day 1—Presentation skills theory. All day

- Knowledge of 'the rules of presenting'
- Understand learning styles
- Gain an awareness of the 5 P's of presenting
- Understand of the power of body language when presenting

Day 2—Facilitation skills theory. Half day

- Learn different methods of facilitation
- Gain a good understanding of the roles and responsibilities of a facilitator
- Explore different facilitation styles, helpful attitudes, values and interpersonal skills
- Examine the impact of group dynamics

Day 3—Putting theory into practice. All day.



There is always light,
If only we're brave enough to see it.
If only we are brave enough to be it.

Amanda Gorman 2021

Self Management

A range of self-management courses to help students take control of their wellness

Personal ResponseABILITY

3 hour course

Overview

Taking ownership is the action of not being dependant on others for your recovery and can be the first step towards empowerment, personal freedom and regaining control in your life. The course explores what personal responsibility means in the context of recovery.

This course will enable you to understand the concept of responsibility, taking responsibility for yourself and how to manage your responsibilities.

Key Learning:

- Be able to define personal response Ability
- Understand the benefits of taking responsibility
- Identify what you could take more responsibility for in your life
- Identify hat you are not responsible for
- Understand ways of taking control and responsibility

What Does Wellness Look Like to You?

2.5 hour course

Overview

It is understandable that people often focus on mental ill health as they try to improve their wellbeing. However, this course focuses on what is strong rather than what is wrong. This course will enable you to start to take control of your wellness and utilise inner strengths as you progress with your recovery.

This course will enable you to use your strengths and ability to overcome the challenges of mental ill health.

Key Learning:

- Identify what qualities do you possess that contribute to improving your mental health
- Understand what inner strength means and what using it and developing it looks like
- Understand how to utilise your strengths in overcoming/dealing with mental health

Introduction to Mindfulness

2.5 hour course

Overview

This course will aim to give you an understanding of mindfulness, how it works and the benefits of practicing it.

Often, we are troubled by 'racing thoughts' and everyday problems causing us stress and issues with our wellbeing. Whether you are patient, staff member or care for someone, it is helpful to have the ability to be able to be 'present' and in 'the here and now'.

The course will give you an understanding of how to manage your thoughts, feelings and your wellbeing.

Key Learning:

- Understand what mindfulness is and how it works
- Understand the benefits of practising mindfulness
- Understand the link between your mind, feelings and mental health
- Use mindfulness as a preventive practice in your wellbeing

Self Management

A range of self-management courses to help students take control of their wellness

> What are Wellness Tools?

2.5 hour course

Overview

There are simple, safe and inexpensive things that each of us can do on a daily basis to enhance and enrich our lives and wellbeing. This course will enable you to discuss, plan and put into practice activities and ideas which can become your "wellness tools".

This course will enable you to understand the benefit of wellness tools and how they can play a part in recovery.

Key Learning:

- Identify what wellness tools are
- Explore commonly used wellness tools
- Learn about the 8 dimensions of wellness
- Identify some personal wellness tools to suit you
- Learn how to use wellness tools to keep your 'self' at its best

> WRAP Overview

2.5 hour course

Overview

WRAP (Wellness Recovery Action Plan) is an evidenced-based, self-management tool which helps people to take control of their wellness. WRAP is designed to help individuals maintain periods of wellness and manage challenges.

A well employed self management plan can help you get well, stay well and mitigate decline in well being.

This course will give you knowledge of the basics of self-managing your wellness.

WRAPs can also work for teams/organisations. If you would like to consider building a 'team WRAP' please visit the

REDS **XTRA** page.

> Managing Your Money

4 x 1 hour course

Overview

Gain the skills to manage personal finances, budgeting, debts and financial control. This course is for anyone who wishes to learn more about money and develop tools they need to take control of their money practically.

We understand that money management is a personal matter and as such people may want to complete this training alone or with a personal supporter. This course has been 'revamped' and you can also find a version of the course in the 'Recovery College '@Your Pace' section.

Key Learning:

- Identify own source of income
- Identify key items of expenditure
- Complete a weekly budget plan
- Identify a way of saving money
- Identify ways of paying for items
- Use appropriate calculations when paying for items

Self Management

A range of self-management courses to help students take control of their wellness

› Knowing your needs and how to get them met

2.5 hour course

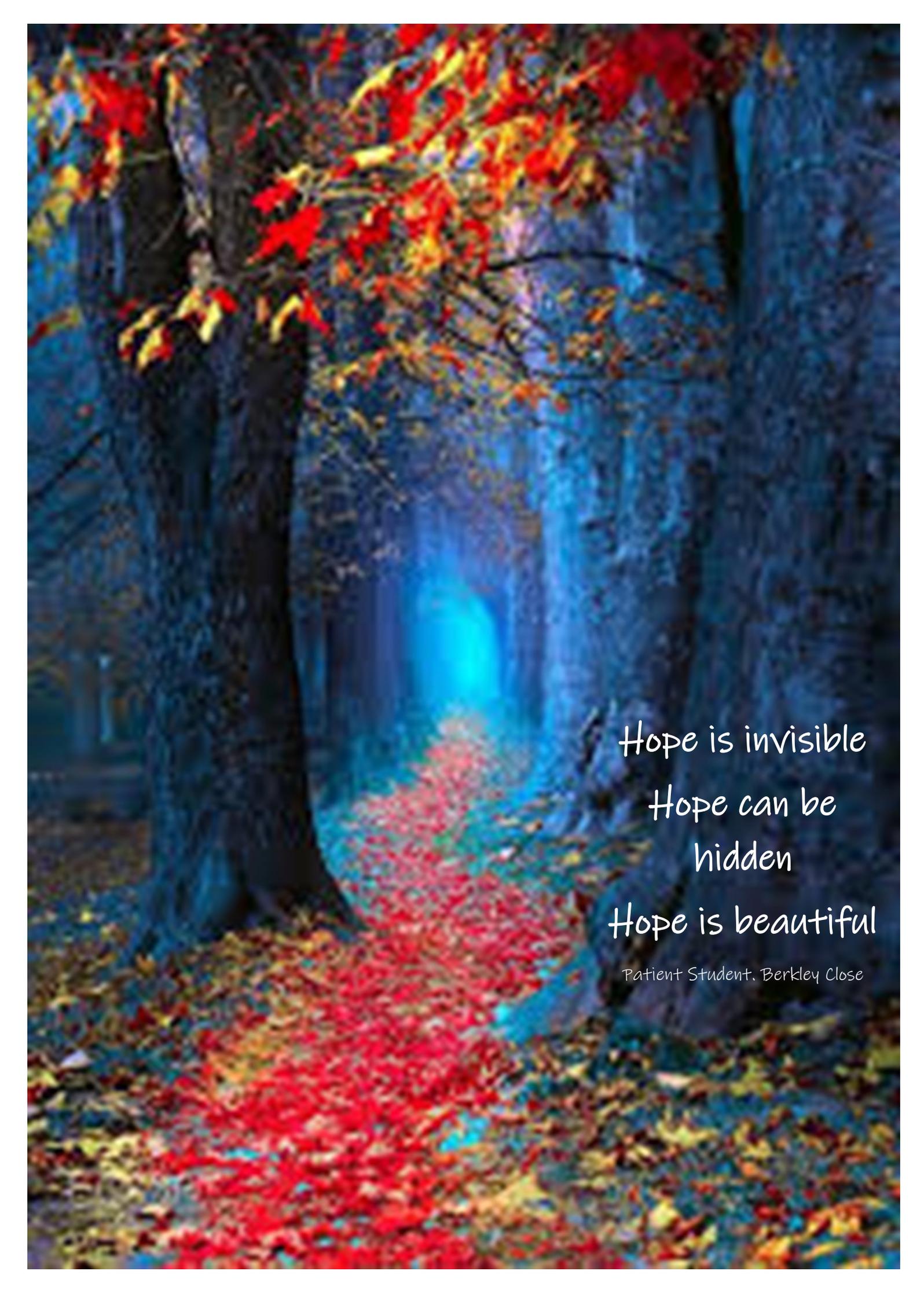
Overview

Being able to advocate or 'speak up' for your self is a key factor in recovery and self management. This is a skill that many people (with or without mental distress) struggle with, but with a little practice can improve.

This course aims to enhance the awareness and understanding of what self-advocacy is, and how to advocate for yourselves and others.

Key Learning:

- A clear understanding of the meaning of self-advocacy
- Explore some of the benefits of self-advocacy
- Learn and utilise a practical strategy when advocating for yourself in making decisions and choices



Hope is invisible
Hope can be
hidden

Hope is beautiful

Patient Student, Berkley Close

Recovery College Bitesize

A selection of short 1 hour courses designed to be delivered on the ward to give an introduction to the Recovery College in a place that is familiar

> Mental Wellness

1 hour course

Overview

We often hear about mental 'illness', but rarely do we hear about mental 'wellness'. At the Recovery College our motto is that we 'focus on what's strong, not what's wrong'!

This bite-size course explores what wellness means to you and how you can use this knowledge pro-actively on your recovery journey. It allows you to celebrate your strengths and use them as the fuel to take ownership of your wellness. And when you own your wellness it is much easier to manage any illness rather than the illness managing you.

Key Learning:

- What qualities do you possess that contribute to improving your mental health?
- What does inner strength mean and what can using it and developing it look like?
- How can your strengths help in overcoming/ dealing with mental distress?

> Mindfulness

2 x 1 hour course

Overview

Often we are troubled by 'racing thoughts' and everyday problems causing us stress and issues with our wellbeing. Whether you are a patient, staff member or care for someone, it is helpful to have the ability to be 'present' and in 'the here and now'.

The course will give you an understanding of how to manage your thoughts and feelings and your wellbeing.

This course is gently paced over two weeks and is perfect for delivery to staff and patients on the ward.

Key Learning:

- Understand what mindfulness is and how it works
- Understand the benefits of practising mindfulness
- Understand the link between the mind, feelings and mental health
- Use mindfulness as a preventive practice in your wellbeing

> Diversity and Inclusion

1 hour course

Overview

Diversity and Inclusion are terms that are everywhere. But what do they mean and how do they affect our everyday lives?

This bitesize course explores these terms and allows us to think more about our own identity. We explore how to create an environment where nobody feels discriminated against but more importantly we get to celebrate the benefits of embracing each other, just as we are.

Key Learning:

- Understand what diversity is
- Understand what inclusion means
- Understand responsibilities for promoting equality
- Understand how to build good relationships with diverse groups of people

Recovery College Bitesize

A selection of short 1 hour courses designed to be delivered on the ward to give an introduction to the Recovery College in a place that is familiar

> What Does Hope Look Like?

1 hour course

Overview

Hope is key to a person's recovery and for those supporting them. But using hope as a skill is something that is rarely taught and it can be confusing working out where to start

This bitesize course provides an interactive and enjoyable first step into finding out what hope feels like to an individual and how this can be used as a tool to improve wellness.

Key Learning:

- Hope is a concept that can be learned
- Hope can be found in the simplest of activities that are free or cost very little
- We can find hope in every day things that we do for ourselves

> Introduction to Recovery

1 hour course

Overview

We use the word recovery all the time, but what does it mean when applied to our mental health journeys? And how do we put that into perspective when building full lives even if some of the symptoms are still present?

This bitesize course lets you hear this from the perspective of someone 'in recovery' who will share their story and put it into context using their first-hand experience. An engaging and inspiring introduction with the take-home message that everyone has the power to build a full life of purpose and meaning no matter what their situation.

Key Learning:

- Students will have the opportunity to hear a recovery story from someone with lived experience
- Hear what helped the individual start to have hope and begin to focus on 'what is strong' rather than 'what is wrong'
- What would make your next 10 minutes a little better than the previous 10 minutes? Sometimes all it needs to be is a cup of tea made by someone who cares

> Wellness Toolbox

1 hour course

Overview

We all have items that improve our wellbeing when we use them. They can be anything from nice things to eat, photos of happy times, spa vouchers or favourite CDs. It's unique to each of us. But when we are feeling low we often forget to use them.

This bitesize course introduces students to the idea of a wellness toolbox. This is a place where we keep all these items so on tough days we know where we can get something that

Key Learning:

- Identify what wellness tools are
- Begin to identify personal wellness tools
- Start to build your own personal wellness toolbox

Recovery College @ Your Pace

A selection of courses and resources designed to be used by individuals on the wards, in the workplace or at home. They can be completed with or without support.

> Managing Your Money

At Your Own Pace

Overview

This is a REDS Recovery Resources workbook (available on request).

Gain the skills to manage personal finances, pensions insurance, budgeting, investments, debts and financial control. This course is for anyone who wishes to learn more about money and develop tools they need to take control of their money practically.

We understand that money management is a personal matter and as such people may want to complete this training alone or

Key Learning:

- Identify own source of income
- Identify key items of expenditure
- Complete a weekly budget plan
- Identify a way of saving money
- Identify ways of paying for items

> You're Hired!

At Your Own Pace

Overview

This is a REDS Recovery Resources workbook (available on request).

The focus of this workbook is firstly on creating a curriculum vitae (CV) that showcases individual skills and stands out from the many that employers receive. Secondly, we concentrate on completing application forms and finally this useful guide has a section on job interviews and how to prepare, manage and learn from them.

This REDS Recovery Resource booklet is suitable for anyone that may be looking to gain employment whether you are a patient preparing for discharge, a carer looking for a job or a staff member looking for promotion or a change of role within the Charity. Learn about applying for jobs and attending interviews, using skills and experience to create success.

Key Learning:

- How to write effective CVs that stand out from the crowd.
- How to complete job application forms competently
- How to prepare for interview to enable you to project yourself from a position of strength and confidence

> Suzi's Preparation to Discharge Booklet

At Your Own Pace

Overview

This is a REDS Recovery Resources workbook (available on request).

Discharge is one of the most exciting times in your journey. Time to move back into the community, come and go as you want and have control over your own keys! It can also be a bit scary as it is a big adjustment, especially if you have been in hospital for a while.

Written by somebody who has moved out into the community and is now living independently, this is a really practical guide full of useful tips for a successful and exciting discharge.

Key Learning:

- Learn about ideas and tricks for anyone moving into the community
- A guide to discharge from the perspective of somebody who has lived it
- Tips for supporters of the person making the transition from hospital to the community.
- A whole lot of hope

Recovery College @ Your Pace

A selection of courses and resources designed to be used by individuals on the wards, in the workplace or at home. They can be completed with or without support.

› Choosing Hope and Recovery

At Your Own Pace

Overview

This is a REDS Recovery Resources workbook (available on request).

This correspondence course is suitable for anyone even if they are unable to come to a REDS course. You will gain an introduction to how you can personally recover and gain hope in the context of mental wellbeing.

This course will help you stay positive and maintain your purpose and role on your journey.

Key Learning:

- Define the difference between clinical and personal recovery
- Develop an insight in to what hope means in recovery and how it can be used in recovery
- Learn from other peoples hope on their recovery journeys
- Learn how to develop personal hope

› Spiritual Needs and Recovery

At Your Own Pace

Overview

This is a REDS Recovery Resources workbook (available on request).

Deeply embedded in being human is the desire to flourish, the drive to become all that we can be. Life is full of ups and downs and finding or renewing hope, meaning and purpose can help us build greater resilience to life's challenges. All human beings have spiritual needs and many would argue that a person's spiritual needs can be central to personal recovery. Many people are able to have their spiritual needs met through interacting with their faith and organised religion while others go in differing directions.

This '@Your Pace' course is the starting point for those who wish to explore spirituality and is suited to people of all faiths and none. This course will provide the opportunity for students to begin to explore what spirituality is and what it means in the context of everyday life and recovery.

Key Learning:

- Explore spirituality; what it means for us and how it relates to recovery
- Compare definitions of spirituality
- Explore spiritual practices that aid recovery
- Think about how we encourage spiritual care within St Andrews Healthcare
- Think about how we can further develop the links between our wellbeing and spirituality as individuals