

Working to Recovery Online Open Recovery College



PROSPECTUS

2016 - 2017



A virtual learning and resource centre

Learning for everyone - wherever you are, whenever you want

Welcome

The Working to Recovery Online Open Recovery College has been a vision of ours for a number of years. Unlike other Recovery Colleges that have a geographical basis, this online college is open to anyone, anywhere. Students are able to share and learn from each other from around the world, learning whenever they want, were ever they want.

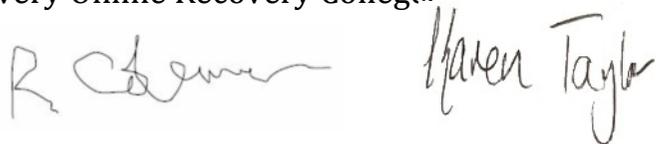
Recovery is about living not existing, enabling people to take up their lives again.

It is important for us all to be supported in our recovery journeys by effective and committed people, whether consumers/service users, mental health workers, family members, friends, local communities and services. The challenge is to ensure that the opportunity to benefit from recovery is available to all.

Most people agree there is a need to change the current system in order to be more recovery orientated. Our vision is that this Recovery College will act as a catalyst in achieving this, enabling people to share their commitment, knowledge and experiences of good practices, with others and the wider community.

The Recovery College is open to anyone interested in mental health and recovery.

We look forward to welcoming you to the Working to Recovery Online Recovery College.



What we Offer

The Recovery College offers a range of resources forming different learning and sharing platforms.

Courses

We have a range of different courses, ranging from our **Foundation Courses**, to **Short Courses** and **Longer Courses**. All our courses have been specifically designed to give the student knowledge, skills and confidence in a specific area of recovery, fitting with the student's background, experience and learning needs. Certificates that demonstrate a student has completed a course is available, which can be used in portfolios.

Recovery College

The Recovery College has an extensive **library, video and audio library**, discussion **forum** and **seminar room**. In addition, there are many **instructional videos** to help students navigate round the College and can gain email support whenever needed.

Membership

We have developed two different types of membership, depending on people's needs. The **Individual Membership** is for individuals wanting to purchase specific courses and access to the College. Our **Organisation Membership**, provides multiple students access to the College, tailored specifically to the organisational needs.



Feedback

“Congratulations on developing the Recovery College. It’s a fantastic learning opportunity for us all”.

“This was a great learning experience and I think has definitely assisted me to look at my role as a worker in a very different light”.



“Great course and listening to Karen and Ron speak during the seminar was great”.

“In order to continue our service, change needed to occur. It was necessary for [our organisation] to become recovery focused...and allow change to occur. During this process I have seen content from

the course naturally being brought into conversation and it has begun to change how we work together”.



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Online Open



Recovery College

Foundation Courses



Responding Effectively to signs of Mental Distress

This course will help you develop skills, knowledge and confidence in recognising and responding to people who are experiencing mental distress in an effective, humanistic and compassionate way.

The first half of the course uses exercises and self reflection to enhance and deepen the learning. The second part, builds on the learning, turning to the practical approach of responding to someone experiencing mental distress during referral, enquiry, disclosure, closure and sign-posting. Skills are developed in active listening and respectful responding.

The course has 4 Modules and will take students up to **21 ½ hours**, to complete.

The course leaders are **Ruth Griffiths** and **Jim Campbell**.

Understanding Recovery, Theory into Practice

This course will provide you with the knowledge, understanding and thinking you will need to start developing recovery practices.

Drawing on lectures and discussions from both the course leaders, you will begin to understand recovery and address the challenges that are currently stopping recovery developing in services.

Areas explored include, what is meant by recovery, the maintenance model, the recovery process and how to take your learning into your own life and practice.

The course has 6 Modules and will take students up to **34 ½ hours**, to complete.

The course leaders are **Karen Taylor** and **Ron Coleman**.

Psychosis in Practice: Making Recovery Happen

Recovery from psychosis is often approached with caution, due to issues around risk, boundaries and the misconception that schizophrenia is complex.

This course will expose these issues and more, showing how to create the right environment to ensure recovery from psychosis will happen.

This course is for anyone who is interested in understanding psychosis and making recovery happen, whether you have experienced psychosis yourself, a family member/friend or a practitioner/worker.

The course has 6 Modules and will take students up to **33 hours**, to complete.

The course leaders are **Ron Coleman** and **Karen Taylor**.

Male Survivors of Sexual Abuse: Beginning the Recovery Process

Statistics show that up to 1 in 6 males have experienced sexual abuse and are living with the consequences. This reality is often not acknowledged but is apparent in high levels of suicide attempts, heavy alcohol and drug use, aggression, prostitution, homelessness and criminal offences amongst male survivors of sexual abuse.

Drawing on the direct experiences of male survivors of sexual abuse, this course has been designed for both survivors themselves and practitioners, family members and friends who want to understand and help survivors begin the recovery journey.

The course has 6 Modules and will take students up to **31 ½ hours**, to complete.

The course leader is **Jim Campbell**.

Foundation Courses



Introducing Person Centred Planning to Recovery

This course has been designed to enable person centred planning techniques, tools and approaches to be explored and understood in a way that will allow you to both gain knowledge and pass that knowledge on to others as a means of delivering support.

This course is for anyone wanting to begin to learn about planning for the future in a more recovery orientated way. You will reflect on your own life/practice and how to make changes both personally and professionally.

This course has 6 Modules and will take students up to **33 hours**, to complete.

The course leaders are **Ron Coleman** and **Karen Taylor**.

Part One: An Introduction to the Hearing Voices Movement

Today in twenty-six countries across the world, voice hearers, family members, nurses, psychiatrists and psychologists are developing ways to assist people who hear voices focus on their experiences, get to know their voices and learn to cope with them.

This course concerns the development of the hearing voices movement and the underpinning values and theories that inform the hearing voices approach. The course can be taken on its own or if you wish, can be completed as Part One - of a Two Part Course.

The course has 6 Modules and will take students up to **34 ½ hours**, to complete.

The course leader is **Paul Baker**.

Part Two: An Introduction to Accepting Voices

Research has shown that many people continue to hear voices even after prolonged use of medication. As a consequence, many voice hearers live lives that are poor quality and high in distress. In the last two decades new ideas and strategies have been formed that are more effective.

This course has been designed to bring these ideas and strategies to practitioners, voice hearers, family members and friends, so you can understand the experience of hearing voices and enable the voice hearer to take control of their experiences. The course can be taken on it's own or in conjunction with Part One.

The course has 6 Modules and will take students up to **31 ½ hours**, to complete.

The course leader is **Paul Baker**.

Introduction to Community Development and Recovery in Mental Health

Community Development is not a very well understood way of working in mental health.

This is probably because in the last 30 years mental health has become about individuals, their pathology, their illness. There is little emphasis on justice or human rights and as a consequence we under value lay the importance of community.

This course explores mental health and recovery from a community viewpoint, looking at how to form resilient communities, strong family bonds and capable individuals.

The course has 6 Modules and will take students up to **33 hours**, to complete.

The course leader is **Paul**

Foundation Courses



Setting Up, Supporting & Developing a Hearing Voices Group

This course will provide you with all the information you need to consider setting up a Hearing Voices Group. Drawing on the experiences of others who have been in the same situation, you will begin to understand how a hearing voices group works and what is needed to set one up.

The course will help you understand how hearing voices groups have helped others and be able to consider for yourself some of the potential challenges in developing a group. You will also explore how to maintain a hearing voices group, where support is available and develop a vision for the future.

This course has 6 Modules and will take students up to **27 hours**, to complete.

The course leader is **Ron Coleman**.

About these Courses

All our Foundation Courses were accredited in 2015. This brought them up to a high standard. In line with that, when a student successfully completes any Foundation Course, they will receive a signed Certificate which they can use in their Portfolio. The certificate includes the number of learning hours completed for the course.

All the Foundation Courses have a range of learning materials in different formats, to meet the different types of students' learning styles. Different courses use different learning formats, depending on the material covered. All learning formats used in the different Foundation Courses:

- Exercises and Activities
- Videos and Podcasts
- Lecture Notes, Information Documents and Further Reading
- PowerPoint Presentations
- Forum Discussions
- Course Test / Assignment

Every Foundation Course has a Course Handbook, Course Description and Course Summary, which is sent to students once enrolled on the course.

With so many courses to choose from, we have designed a pre-course questionnaire to guide you to a course that best fits your background, knowledge, experience and learning needs (For more details see 'Contacts', Page 21).

Short Courses



Preparing for Recovery

It is very common that consumers/service users, families and organisations lack a preparation and readiness to begin recovery. This includes accepting, delivering and practicing recovery focused ways of working and being.

Based on our longer 'Three-Month Program' course, this shorter course strips back the underlying recovery concepts, enabling students to understand the theory behind the techniques, gain the ability and confidence to use these techniques and learn how to develop new ways of working and being.

This course has 4 Modules and will take students up to 19 **hours**, to complete.

The course leaders are **Ron Coleman** and **Karen Taylor**.

About this Short Course

This course has been specifically planned, designed and developed for organisations as a whole. Acting as a foundation, this powerful course will enable teams and organisations bring about change and move towards becoming recovery orientated.

The course is structured round three seminars, by Ron and Karen, guiding the student to a place where they can prepare for recovery. The three seminars are, *Preparing for Recovery*, *You are not the Problem* and *The Illness Trap*.

Through an interactive learning environment, students will be able to learn from others taking the course.

Drawing on these seminars, readings, exercises, developing a personal development plan and writing a journal, the course will provide students with all the materials required to prepare for recovery.

“In order to continue our service, change needed to occur. It was necessary for [our organisation] to become recovery focused, therefore the course content has helped staff share an understanding of recovery and allow change to occur.

During this process I have seen content from the course naturally being brought into conversation and it has begun to change how we work together”.

(St. Bartholomew’s House, Western Australia)

This course is only available to Groups and Organisations who have an Organisation Membership within the Recovery College.

Long Courses



Recovery from Psychosis: A Ten-Week Program

Over the last few years Ron and Karen have been asked by a great many families and people with mental health problems if they could work with them on their recovery. Though they have been able to offer a few places at their Recovery Houses, it has not been enough.

This course has been developed from their learning in Scottish, Italian and Western Australia Recovery Houses.

Structured round weekly seminars, students work together with their families, workers and supporters. Drawing on reading, exercises, a personal development plan, writing a daily journal and a private chat room students can begin their recovery journeys.

This course has 10 Modules.

The course leaders are **Ron Coleman** and **Karen Taylor**.

About this Long Course

This is a comprehensive 10-week program in recovery from psychosis.

Program Structure

- **Online Seminars** each lasting 30-60 minutes, presented by Ron and Karen provide a basis of work to be covered.
- **Other Materials** is provided to supplement the learning from the seminar, including reading, exercises, personal development plan and a daily journal.
- **Private Chat Room** is available specific for this course, to share, learn and support.
- **Personal Mentor** is available to help students deepen their learning as they progress through the program.

Who Will Benefit from the Course?

The course will be useful for families, consumers, service users and for workers wishing to work with those they support. We encourage consumers/families/workers to progress through the program together, having discussions and recovering together. Each Family member and supporter will be given their own account within the course.

This course is suitable for Individual Membership and Organisation Membership.

Organisations can progress through this course in groups, watching the weekly seminars over consecutive weeks, followed with face-to-face discussions.

Coming Soon

Understanding Self Harm: Values, Empowerment and Relationships (Foundation Course)

Self-harm and suicide risk are faced by practitioners and workers every day. It is common that due to lack of understanding workers act in an unhelpful way, often seeing the person who has self-harmed as “attention seeking”.

This course will look at values, ethos, empowerment, support and risk in relation to people who self-harm, enabling the student to take their learning forward into their lives and practices in the future.

This course will have 6 Modules.

The course leaders will be **Jim Campbell** and **Karen Taylor**.

Coming Off Psychiatric Drugs: Making an Informed Decision (Short Course)

Many people find psychiatric drugs helpful and choose to continue taking them. At the same time, psychiatric drugs carry great dangers and can sometimes do harm, becoming a bigger problem than the conditions they were prescribed to treat. Too often, people who need help to reduce or get off psychiatric drugs are left without guidance.

This course will present ideas and information for people who are considering reducing or coming off their medication. Exploring the different areas students will be guided through this complex labyrinth and will examine how to make an informed decision.

This course will have 4 Modules.

The course leader will be **Karen Taylor**.

Access the College

The Recovery College can be accessed on a computer, or via the ‘Moodle App’ for tablet or smart phone access (please see Instructional Videos for more information, details below).



Enrolment Process

To access the Recovery College and courses you will need to complete a Student Enrolment form and send to Jim Campbell, the Recovery College Manager. If you have an Individual Membership Jim will send you this form direct. If you have an Organisational Membership, your Organisation Coordinator will tell you how to access the enrolment form.

On receiving the completed enrolment form, Jim will send you a personalised email and welcome letter with all the details you require to access the Recovery College. The email will also include a Course Handbook, Course Description and Summary of the first course you are enrolled on.

Following this personal email from Jim, you will receive an automated email with your login details and how to access the college.

Instructional Videos

There are a number of instructional videos which provide you with a step-by-step guide on how to access the College and many other areas to ensure you can navigate round the College with ease.

You can access these videos at -

<http://www.workingtoorecovery.co.uk/recovery-college/navigation-round-recovery-college.aspx>

Frequently asked Questions...



When do courses start?

You can start a course whenever you want. Students can enrol and get started right away. Organisations/Groups with our tailored Organisation Membership can set specific start and end dates.

I am not very confident using computers and online resources

We recognise that people have different knowledge, skills and confidence in using online resources. We want to make sure that everyone gets the most out of the Recovery College. With this in mind, we have developed many Instructional Videos for students to watch, which provide step-by-step guides (Please see 'Access the College', Page 17). In addition, there is email support available from the Recovery College Manager, Jim Campbell. If you have a question, just ask, he is here to help.

English is not my first language, will I find it hard to follow and understand the content in the videos?

Some students worry that they may find it hard to understand videos. Each video can have subtitles in any language, ensuring students get the most learning out of the videos. There is an Instructional Video on how to switch the subtitles on and off (Please see 'Access the College', Page 17).

I don't know which Foundation Course to take?

With so many courses to choose from, we have designed a pre-course questionnaire to guide you to a course that best fits your background, knowledge, experiences and learning needs.

I am worried I will not pass the Course Test/Assignment

The course test or assignment has been predominately developed for the student to reflect on their learning at the end of the course. If you progress through all areas of the course, you will not have any problem completing the test or assignment.

Do I have to post in the course forums to pass the course?

Students are often worried about posting in the course forums. The course forums have been developed to enhance everyone's learning. They are a great way to exchange ideas and share your thoughts and reflections, which would be captured in a face-to-face course. Please do not worry, by posting in the forum, others will learn from you and you will be able to learn from others. Although it is not essential to post in every forum to pass the course, you need to post in some.

I have a disability. Will the Recovery College meet my needs?

During the enrolment process you will be given the opportunity to tell us about any disabilities you have and how we can help. We want to make sure that everyone can fully participate in the Recovery College.

I can't afford to pay for courses or the Recovery College

The Recovery College and its courses have two rates for people who are waged and un-waged. If you can't afford this, we have some Scholarship Places. Please see 'Contacts' (Page 21) for more details.

Can I get a Certificate at the end of the course?

On successful completion of a course you will be sent a certificate.

Joining



Joining the Recovery College and enrolling on courses couldn't be simpler.

Simply purchase membership and/or courses, complete an enrolment form and return to Jim Campbell, Recovery College Manager (for website pages and email address, see 'Contacts', Page 21)

Recovery College Membership (Individual Member)

- £25 - waged, annual membership, for 12 months
- £10 - un-waged, annual membership, for 12 months
- £100 - life membership, one off payment

Recovery College Courses (Individual Member)

Foundation Courses

- £25 - waged, for 12 months
- £10 - un-waged, for 12 months

Recovery from Psychosis (Long Course)

- £750 - full course with 10 mentor sessions
- £250 - full course with no mentor sessions
- £60 - per individual mentor session - pay as you go

Organisation Membership

This membership is for organisations and groups who want multiple student membership within the Recovery College and courses. This is tailored specific to organisation/group needs. Once a Memorandum of Agreement is agreed and signed an Organisational Enrolment form will need to be completed. Please email Ron Coleman to discuss your specific needs - ron@workingtorecovery.co.uk

Contacts



Please see email addresses to contact specific staff within the Recovery College. There are also some useful website addresses.

Email

Jim Campbell - jim@workingtorecovery.co.uk

(Jim is the Recovery College Manager, any question, just ask)

Karen Taylor - karen@workingtorecovery.co.uk

(Please email Karen to enquire about Scholarship Places)

Ron Coleman - ron@workingtorecovery.co.uk

(Please email Ron to enquire about Organisation Membership)

Useful Website Addresses

For full details of the **Recovery College**. Please see the drop down menu to explore the specific areas of the College.

<http://www.workingtorecovery.co.uk/recovery-college.aspx>

To **access the Recovery College**

<http://moodle.workingtorecovery.co.uk/login/index.php>

Joining the Recovery College with an Individual Membership

<http://www.workingtorecovery.co.uk/recovery-college/join-us-membership.aspx>

For more information on **Foundation Courses**, how to purchase a course, course descriptions on each course and the **Which Course Should I Take** pre-course questionnaire

[http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-\(1\).aspx](http://www.workingtorecovery.co.uk/recovery-college/join-us-membership-(1).aspx)