



Life stuff that works!

# discovery college.



*Welcome to*

Life stuff that works!  
**discovery**  
college.

**discovery college** is a place where people come together to learn from each other, share experiences, and reach new understandings of mental health.

We run courses for anyone who wants to learn more about mental health.

Our courses are made, run, and attended by people with varied experiences in mental health, who share their knowledge of what works.

**discovery college** is an initiative of Alfred Health and works in partnership with headspace National to deliver and create courses for and with young people, professionals, and the community.

## Acknowledgement of Country

**discovery college** acknowledges the traditional custodians of the land we gather on. We would like to pay our respects to the Elders past, present and emerging.

# How to use this course guide

In this guide, you'll find:

**Info about discovery college**

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**A list of all our courses**

**PAGE 6 – 15**

*To help you decide what to attend*

**A list of our Recovery Educators**

**PAGE 16 – 20**

*Find out who co-facilitates and builds our courses*

You'll also need an **enrolment form**  
And our **current timetable**

There should be copies included with this course guide  
but if not, just email us and we will send you some!

*We run different courses at various locations in community spaces (like headspace) throughout the year. Our new timetable usually comes out 3 or 4 weeks before the start of the new term.*

If you need a hand, feel free to get in touch!  
Email **info@discovery.college** or call **(03) 9076 9476**

## Who can come to a course?

young people – caregivers – professionals – queer people – neighbours – parents -  
aboriginal people - someone who feels isolated - social workers – students - new Australians  
- people with disabilities – teachers - community members – siblings - people without a  
diagnosis – psychiatrists - people  
with a learning difficulty – refugees -  
non-binary people – tradies - someone  
who’s been through the system –  
grandparents - people without jobs –  
artists - hospitality workers - policy  
makers - people who have experienced  
loss – community development workers  
- people diagnosed with bipolar -  
someone who’s experienced trauma – cousins – receptionists - aunts and uncles –  
psychologists - people with social anxiety – posties – GPs – backpackers – lawyers - fire-  
fighters – principals – soldiers – athletes - people who got diagnosed and feel lost -  
ministers... anyone – and it’s free!...

**Anyone!**  
**And it’s free!**

***NOTE for Under 18s:*** We might need someone to co-sign your enrolment form. Give us an email or a call to chat about it!

Life stuff **that works!**  
**discovery**  
college.

# Why come to a course?

## You tell us

- Have you tried mental health stuff that hasn't worked for you?
- Just want to learn some new things about mental health?
- Are you interested in hearing lots of different ideas about mental health?
- Do you hate it when you're told what the "right" answer is?
- Ever felt that your ideas about mental health are weird or wrong?

## Find what works for you

We reckon there are lots of different ways of thinking about mental health – there are no rights or wrongs, only what works for you!

**discovery college** is a place where you can hear about and explore the topic from lots of different perspectives (and bring your own) and then decide for yourself what you're going to take with you and what you can leave behind.

## Co-Production (*Different kinds of people working together!*)

We equally value the knowledge of people who have lived through mental health challenges and the knowledge of professionals. That's why our courses are made and run by people with lots of different experiences with the topic.

Our courses are always run by at least one  
**expert by experience**  
and  
**expert by profession**  
in equal partnership.

*I'm still not sure this is for me...*

Feel free to give us a call or email to chat about what you're thinking. Or don't – you choose!



## How do I get involved?

1. Choose the course / courses you're interested in
  - Look at the current timetable – pick a topic and pick a time
  - Look at the course list for more information on the course
2. Fill in an enrolment form
  - Paper version - *should be folded in this course guide!*
  - Online version - [www.discovery.college](http://www.discovery.college) or email [info@discovery.college](mailto:info@discovery.college)
3. Email form to [info@discovery.college](mailto:info@discovery.college)

*Or just give us a call!*

We can enrol you over the phone!

Call or email us to organise

**(03) 9076 9467** [info@discovery.college](mailto:info@discovery.college)

# Courses

*These are the courses we offer!*

Note: Not all courses are offered every term – see the current timetable for more info!

## REFRAMING

- Breaking the Taboo: Giving a voice to the topic of suicide
- In Someone Else's Shoes: Different ways of understanding
- Mind + Body: Nutrition
- Taking the Edge Off: Let's talk about drugs and alcohol
- Understanding Self-Harm
- What is it About Medication?
- What is a Diagnosis?

## EXPLORING

- Taking Charge of Your Own Health

## DEVELOPING

- In Your Write Mind: Exploring creative writing and recovery
- Making Sense of Your Senses
- Mind + Body: Exercise
- Mindfulness
- What is Creativity?

## SUPPORTING

- Managing the Ripple Effect of Mental Health: Strategies for friends, family, and the health care team

# REFRAMING

*How can we think differently about our experiences?*

These courses approach mental health topics with curiosity – their aim isn't to present one fixed view on mental health, but to REFRAME mental health through the many different perspectives and experiences that are present in each topic.

*This course is great if you...*

**Breaking the Taboo:**  
Giving a voice to the topic of suicide

- Think it's time to start having open and honest conversations about suicide:  
This is a topic we often feel like we're unable to talk about, so we're opening up a safe space to gently and compassionately discuss the different experiences and perspectives related to suicide
- Want to hear from people who have been affected by suicide or suicidal thoughts:  
The facilitators will share some of their own experiences, but you'll also get to hear different perspectives from different people who have been impacted by suicide or suicidal thoughts.
- Are looking for ways to start your own conversations about suicide:  
The course will explore the impact of suicide for individuals, friends, and families, health professionals, and broader community. We'll have a think about how we feel supported and how we might support others by opening up communication.



**In someone else's shoes:  
Different ways of understanding**

- Think that there are a lot of different ways to think about mental health:  
Everyone has a different perspective and experience of mental health and all of them are welcome in this course. You will have the opportunity to draw on different frameworks to develop your own unique understanding of mental health and wellbeing.
- Sometimes feel challenged by other people's views on mental health:  
We are beginning to understand the value of exploring and being open to different ways of interpreting people's experiences. The course offers space to listen to others ideas, to express your own, and consider helpful ways to communicate ideas about mental health.
- Want to know more about discovery college:  
All our courses look at different ideas in mental health, but this is a great one to try if you're still not sure what that really means.

**Mind + Body: Exploring health from head to toe  
NUTRITION**

- Wonder where our ideas about food and nutrition come from:  
Our ideas about nutrition can be influenced and shaped in many ways. We will examine the many different factors that contribute to how food makes us feel and the choices we make.
- Think there might be a relationship between food and feelings:  
We will consider the impact of emotions, stigma, and values have on the way we relate to food and nutrition. We'll reflect on the evidence surrounding nutrition for health and wellbeing as well as stories of people who have experienced a link between their mental health and their relationship with food and nutrition.
- Think there might be more to nutrition than GOOD or BAD food:  
We're going to consider multiple ways of thinking about nutrition. Everyone will have the chance to share in their personal values and experiences, and connect with others around their similarities as well as their differences and consider if there really is one right way to think about nutrition or many.

**Taking the Edge Off:**  
Let's talk about alcohol and other drugs

- Are keen to explore diverse experiences around drugs and alcohol:  
There is a lot of stigma and judgement around drugs and alcohol. This course hopes to open up a space to discuss openly emotional, physical, cultural and societal ideas around drugs, alcohol and what it all means in relation to mental health.
- Could find meaning from hearing other people's experiences:  
By bravely sharing in a variety of lived and professional experiences, we hope to explore ways to have more compassionate conversation around drugs and alcohol, whether you are facing your own challenges, or supporting or working with someone who is.
- Would like to explore ideas about how to treat, manage or support drug and alcohol use:  
Through valuing the lived and professional experience voices in relation to substance use, we open up a space to explore tools, techniques and strategies for treating, managing or supporting the experience of addiction and dependency.

**Understanding Self-Harm**

- Would like to have more open and compassionate conversations about self-harm:  
It can be difficult to explore self-harm but by creating a space to safely share in different perspectives around language, stereotypes and experiences we can be hopeful in doing so in our own lives.
- Are interested in hearing a range of perspectives about self-harm:  
This course will explore facts, myths and functions of self-harm from a range of lived and professional experiences to encourage a broader and gentler understanding of self-harm.
- Would like to explore ideas about how to treat, manage or support self-harm:  
Through honouring the lived and professional experience voices in relation to self-harm, this course will open up a space to explore tools, techniques and strategies for treating, managing or supporting the experience of self-harm.

*This course is great if you...*

## What is it About Medication?

- **Have got some thoughts about medication and mental health, but are open to hearing some different ones:** This course gives you the chance to hear different lived experience and professional views on medication. The conversation will be had in a way that is open and respectful, but also engaging and interactive!
- **Feel confused about the choice to take medication:** We want to recognise that there is no single view on the role of medication in mental health. Hopefully by hearing some different perspectives, you'll be able to find some ideas that work for you.
- **Want to learn about medication and mental health:** We're going to explore the role of medication in mental health. We probably won't look specifically at individual medications, but we will share in different ideas about how and why medication is and isn't used by individuals.

## What is a Diagnosis? Panel discussion

- **Want to hear what diagnosis means to a range of different people:** In this panel discussion, we'll open up a space to explore the value, meaning and worth for those impacted by diagnosis and those working with or supporting them.
- **Wonder what a diagnosis even means:** Diagnosis can be grounding, confounding, confusing or scary. Is it fixed or does it change over time? What is the actual role of diagnosis? Is it fact or opinion? This space will explore many of these questions by looking at the value, impact or meaning that diagnosis can have for people.
- **Wonder how we might get a better understanding of diagnosis for the future:** The panel members will consider the future of diagnosis in mental health, and what we can do in the meantime to get a better or different understanding of a diagnosis.

# EXPLORING

*How do we live a meaningful life?*

These courses provide a space to EXPLORE topics about personal meaning and identity through various different perspectives and frameworks. They invite you to think about strengths-based approaches to mental health and well-being, and look at spaces for growth and development.

*This course is great if you...*

## Taking charge of your own health

- Want to talk about who is responsible for someone's health:  
Who gets to make health decisions for us? What role does a support network play in making choices? What is the responsibility of doctors and health workers? We're going to talk about the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for
- Are interested learning about how health and wellbeing support tools can be used:  
The facilitators will talk about some strategies and skills they know of and have found useful, so that you can walk away with some ideas about where to start taking charge.
- Think people should get to make choices about the best way to support their own health and wellbeing:  
**discovery college** is all about finding what works for you, so we'll also talk about how feeling empowered and like you have control over what happens to you and how you look after yourself can be valuable.



# DEVELOPING

*Skills and strategies, stuff to do and try*

In these courses you'll explore and DEVELOP new skills and strategies that can support mental health. Each course invites you to play and experiment to find out what works for you while hearing about experiences of those who have worked with the techniques.

*This course is great if you...*

**In Your Write Mind:**  
Exploring creative writing and recovery

- **Are looking for a new tool for self-expression:**  
We're going to think and talk about how writing can be a powerful means of self-expression and communication of thoughts, ideas, sensations and feelings.
- **Want to give some creative writing a go and learn how it might be linked with recovery:**  
Through creative and practical experiences within the learning space we want to explore and recognise how writing can be a tool to develop a greater understanding of ourselves, others and mental health and wellbeing.
- **Care about sharing in stories of hope and recovery:**  
This course aims to create a safe and comfortable space to explore and share diverse perspectives, perceptions and stories through writing. The facilitators will all bring their experiences to share and explore.

*This course is great if you...*

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## Making sense of your senses

- **Want to know how what's around us affects our health and wellbeing:**  
We're going to build an awareness of how environments and external influences can impact us. You will also get some insight into the science behind sensory modulation.
- **Have ever wondered about the different ways people experience the world:**  
This course might change the way you see yourself and others! You will get to explore your personal sensory preferences through some practical activities. We'll also examine and discuss how our preferences can be very different from person to person, and what this can mean for how we live our lives.
- **Want to change something in your house or workplace to support health and wellbeing:**  
You will get some hands on experience with different sensory techniques, and will walk away with some practical tips for building your sensory toolbox.

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## Mind + Body: Exploring health from head to toe

### EXERCISE

- **Want to learn more about exercise for yourself or someone you know:**  
There will be lots of opportunity for reflection about your own relationship with exercise, with some practical skills as well.
- **Are interested in the link between mental and physical health:**  
The course will cover some of the emerging research and personal experience on exercise as a strategy for recovery.
- **Are a star athlete OR a beginner:**  
We'll do some gentle exercise – think stretching and technique work – but we'll also be talking about different perspectives to do with exercise. The focus on finding out what works for YOU!

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## Mindfulness

- **Aren't really sure what mindfulness is:**  
Mindfulness is about bringing our attention to the present moment with openness and acceptance. You'll learn all about it in this course.
- **Are looking for strategies for managing your thoughts:**  
In this course, you'll get to have a go at some of the mindfulness strategies and practices that are out there. The facilitators will talk you through the strategies, and you'll have the chance to talk about it with others in the room.
- **Want to hear a bit about how mindfulness works for others:**  
There is a fair bit of research out there that shows the benefits of mindfulness. You'll get to explore some of this information, as well as hear stories from people who have found value in mindfulness practices

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## What is creativity?

- **Wonder how creativity might be useful for you or someone you know:**  
We'll talk about what creativity is, the value it brings and how people have found ways to welcome creative into their lives.
- **Are interested in the link between mental health and creativity:**  
The course will playfully explore techniques and examples of creativity as a tool for wellbeing.
- **DON'T feel creative at all:** We're going to talk about the different forms of creativity, and you might be surprised at the creativity that already exists in your life

# SUPPORTING

*How can I use my experiences to support others?*

These courses explore the experiences of people who SUPPORT others with their mental health.

COURSE  
NAME

*This course is great if you...*

Managing the ripple effect of mental health challenges:  
Strategies for friends, family and the health care team

- **Would value hearing about the experience of caring for someone who has supported someone with their mental health:** Lots of people can be connected to someone who is experience a mental health challenge – this might be family members, friends, professionals, or people in the surrounding community. In this course you'll get to hear from some of these different perspectives and have an opportunity to learn from one another.
- **Are looking for new insights into how we support ourselves to support others:**  
At **discovery college** we try to acknowledge the expertise in all of us. In this course, we're hoping to bring people together to share in what they have learned about the impact of supporting someone with their mental health.
- **Think that there is hope in coming together as a community to talk about mental health:**  
In coming together, we want to support you to build a sense of community and inspire a sense of hope for the future.



## Our Recovery Educators

All our courses are co-facilitated by **Recovery Educators**. In any course there will be at least two facilitators. These facilitators come from two different perspectives:

### Expert by Experience

has a lived experience connected to the topic of the course. What makes them powerful facilitators is not only their educational skills in the classroom but how they readily and meaningfully share what they have learned through their personal experiences to enhance the learning experiences of everyone in the room.

### Expert by Profession

has studied and/or has professional experience connected to the topic of the course. They offer their professional expertise in the spirit of exploration – connecting to and making room for various different perspectives, encouraging students to come to their own personal understanding of each topic.

#### **Karen Barnett**

##### **Expert by Profession**

Karen is an accredited mental health social worker with over 10 years' experience in clinical mental health settings. She is passionate about working side by side with young people, their families, and friends, to connect with their inner wisdom, and allow this wisdom to guide and nurture them through the recovery process.

#### **Bek Beddoe**

##### **Expert by Experience**

Rebekah Beddoe was studying Professional Writing when she suffered postnatal depression. What began as a major assessment task, documenting living with and recovery from PND, became her book, *Dying for a Cure - a memoir of antidepressants, misdiagnosis and madness* (2007). Rebekah continues to write, and presents about challenges of medication in psychiatric treatment, including at the Annual Congress of the ANZ College of Psychiatrists in 2017. She really enjoys that her role at Discovery College allows for greater connection with people in a supportive, relaxed, learning environment.

#### **Case Bosdorf**

##### **Expert by Experience**

Case Bosdorf is developing an understanding and appreciation of how to help and look after herself and wants to help others understand, work through and develop some understanding of their own emotional and mental needs, finding ways to challenge but support the mind and heart. She aims to share in her experiences with organisations and programs she's participated in, the mental struggles she's faced, different ways and techniques of managing through them, and how living with mental health issues affects her life and faith.

## **Troy Bryden**

### **Expert by Experience**

Troy is a peer youth worker at headspace Narre Warren and Dandenong. He enjoys fitness activities, yoga and meditation. Troy first discovered mindfulness as a tool to help him deal with VCE stress in high school and has since cultivated his interest over time with a personal practice, involvement in groups and has had experience leading groups as a volunteer.

## **Michael Cameron**

### **Expert by Profession**

Michael is a Youth Drug and Alcohol Outreach worker with YSAS who supports young people to address drug and alcohol related issues in a safe, secure and youth-friendly environment.

Michael, like the Discovery College model, aims to engage young people in an environment where they can be heard and understood through a non-judgemental and welcoming approach. Michael has a passion for advocacy as he is a firm believer that every young person should be provided with the resources and opportunity to live fulfilling lives.

## **Lindy Chaley**

### **Expert by Experience**

Lindy has worked as a Family Peer Support Worker and Carer Consultant in youth and aged mental health over the past five years. She uses her own lived experience of mental illness in her family so that families can make sense of their often new involvement with mental ill health. Through sharing and discussion Lindy endeavours to assist families to live with less guilt, shame, grief and isolation.

## **Rebecca Cook-Hamilton**

### **Expert by Experience**

Rebecca has devoted the past 10 years to a journey towards greater wellbeing.

She utilises what she has learnt through her own life experiences, therapy, and strategies to manage her mental health challenges. Her toolkit includes a combination of self-awareness, sensory modulation techniques and mindfulness. She is passionate about working to encourage others to engage in their own journey towards wellness and successful management of their conditions

## **Andrew Cookson**

### **Expert by Experience**

At Discovery College, Andrew has a keen interest in bringing together his lived experience with mood disorders and a professional expertise as a mental health educator. He does this most notably in his work with young people. Andrew believes that the use of recovery models provides important steps for young people in dealing with their mental health challenges.

## **Paul Denborough**

### **Expert by Profession**

Paul has worked as a child and youth psychiatrist for over 20 years and has been in his current role as clinical director of Alfred CYMHS and headspace for 15 years. He is passionate about improving the accessibility and quality of mental health services for young people and their families. In his role as Recovery Educator he hopes to use this experience to foster collaboration between young people, families and professionals to help improve outcomes and minimise stigma and discrimination.

## **Sophie Dight**

### **Expert by Profession**

Sophie has been working as a Social Worker for the past 18 years, and has extensive experience in supporting individuals in mental health recovery.

Sophie has been working with headspace for the past two years and is passionate about early intervention and preventative support work. Sophie is looking forward to being part of the Discovery College and having the opportunity to empower individuals through education and self-discovery.

## **Andrew Foster**

### **Expert by Experience &**

### **Discovery College Coordinator**

Andrew combines 20 years of working in specialist education focused roles and his own experiences with mental health challenges and overcoming addiction. At Discovery College he brings these two areas of expertise together in a way that can help others to make sense of their own experiences in a way that is engaging, interesting and inspires hope. He has a passion for people to be able to find their own unique voice and to be able to understand their life experiences in a meaningful and empowering way.

## **Zane Friedman**

### **Expert by Experience**

For several years Zane has devoted his time to the headspace Elsternwick YAC, and previously co-facilitated peer groups as a volunteer, now doing so on a contract basis. Zane is an avid reader, writer, storyteller, and advocate for all people. Favouring the person-focused and diverse, Zane was drawn to Discovery College by its communal approach to mental health and wellness education. He believes his own education in these areas to be lifelong, and is jumping at the exciting opportunity to grow and share his expertise.

## **Samara Gray**

### **Expert by Profession**

Samara is passionate about mental health and suicide prevention, and since 2005 has sought various paths to pursue her passion and knowledge to help others impacted by mental health and AOD concerns. At the Discovery College she draws on her passion and her knowledge of suicide prevention research in the hopes of creating an opportunity to have open conversations about suicide. By creating a non-judgemental environment and encouraging sharing, she wants everyone to feel heard, respected and empowered in their own narrative.

## **Jacinta Halloran**

### **Expert by Profession**

Jacinta has worked for many years as a GP (now with headspace) and is also the author of three published novels. At Discovery College she combines these two areas of expertise and passion to support and inspire young people who would like to use writing as a means of expression in their mental health maintenance and recovery. She believes that creativity in all forms can help generate new insights and understanding, and makes the world a better place for everyone.

## **Claire Harcla**

### **Expert by Experience & Discovery College Learning Consultant**

Claire is an individual passionate about education, the arts, mental health and fostering positive collaboration within communities. She has 10 years of educational experience, working across various roles, contexts and continents and is undertaking her Masters in Narrative Therapy. Claire believes that learning spaces should be a place for comfortable and open conversations where individuals are able to share their stories, changing the monologue into a dialogue. She feels that through the sharing of perspective, within an educational space, individuals are able to feel agency, connectedness and empowerment to be experts in their own story.

## **Issy Holledge**

### **Expert by Experience**

Issy is hugely passionate about educating the community around her and about connecting the different parts of community. Her passion extends to Discovery College, to learning, and to educating. She combines professional experience as a peer support and youth worker with her lived experience of mental health, addiction and identity challenges.

In an engaging manner, she speaks insightfully using raw, real language, believing that the practice of taking charge of our own health changes our recovery paths and our lives for the better. With an encouraging and warm manner, she holds a safe and strong presence and energy.

## **Prunella Howell-Jay**

### **Expert by Experience**

Prunella has lived experience with her own mental health challenges and finding herself within her recovery. She came involved with Discovery College through originally volunteering within the Youth Advisory Committee before becoming employed in a Youth Peer Position. She is passionate about giving young people a voice and autonomy within their mental health experiences. Prunella hopes that through Discovery College, young people and families can learn more about themselves to support their own and their loved one's journey through recovery.

## **Tim Hulett**

### **Expert by Experience**

Tim became involved with Discovery College via his involvement with Headspace Frankston as a member of their YRG (Youth Reference Group). He attended our courses as a student and developed a real passion for this style of education. Tim combines knowledge of his own mental health recovery with the ability to communicate his experiences in an engaging and relatable manner. He is actively engaged with headspace centres Bentleigh & Frankston and is training to become a full time peer support worker.

## **Olivia Hunt**

### **Expert by Profession**

Olivia is an Occupational Therapist with experience in working in adult and youth mental health. She has provided psychosocial and clinical case management, with intensive interventions for people with varying mental health challenges using her occupational focus. Olivia has worked across residential services and assertive outreach; she is an advocate for hope in people's recovery and has a passion for sensory work.

## **Trent Katelas**

### **Expert by Experience**

Trent brings his experience of his own mental health to Discovery College. He has a passion to help out youth through the Discovery College courses. He brings his past of mental challenges to the table, particularly the way he coped, which gives a new perspective on coping strategies. He likes to use those coping strategies to inspire others to explore new coping strategies they can use. Trent gets people thinking about things through open ended questions. In doing so, what people learn is from a knowledge provided from the wisdom of others, giving a deeper level of understanding

## **Lucy Mahony**

### **Expert by Experience**

Lucy has lived experience with mental health challenges. She strongly believes that finding inner peace and happiness begins with changing our inner workings- our minds, attitude and perceptions of our exterior world. Amongst other methods, Lucy particularly advocates mindfulness and meditation and hopes sharing her own experience with mental health and different coping strategies will help others improve, and feel a greater sense of clarity in our daily lives

## **Josh Mardan**

### **Expert by Experience**

Josh was drawn to Discovery College because of its different approach to education. He firmly believes that through education, you can fight adversity. Josh brings his knowledge of mental health through lived experience to the classroom. He feels that experience is a priceless commodity, and should be utilised to its fullest, helping others to gain a better understanding and knowledge of mental health.

## **Rebecca McCabe**

### **Expert by Experience**

Rebecca has worked in the mental health field for the last two years. Previously she was working with adults, but has always had a passion for child and adolescent mental health. Rebecca has also overcome her own mental health issues, dealing with depression and anxiety when she was younger. Rebecca brings her program development and counselling knowledge to Discovery College, helping the team to devise programs for people engaged with the Discovery College education program. She finds enjoyment in interacting with and learning from others experiences with mental health.

## **Liam McCluskey**

### **Expert by Experience**

During my experience with Discovery College I wish to exemplify someone who is open to investigating and contemplating the existence of my own subjective and objective experience. The curiosity I express contributes to an expansive perspective and philosophy which broadens my outlook. From this introspection, I wish to share my own ideas and look to form a synthesis with a collaborative group at Discovery College. My personal experience of mental health challenges has brought up the idea of quintessential elements of awareness and education in mental health and in the community.

## **Tara McRae**

### **Expert by Experience**

Tara is currently studying psychology at university with the intention to continue post graduate studies in occupational therapy. She also has a lived experience of mental illness, and aims to incorporate this expertise in her future career. She has a passion for supporting youth in their journey of recovery, and to assist them to find a voice that is empowering and hopeful. She aims to achieve this through Discovery College and in her future career as an occupational therapist

## **Bianca Otto**

### **Expert by Experience & Expert by Profession**

Bianca comes to Discovery College with 7 years of personal Mindfulness practice and 4 years teaching. She has experienced many issues with her own mental health and understands the challenges that this can bring. Bianca has taught a broad range of students from Prep – Year 12 to adults, and understands that different ways are required to engage her students. Her approach is more of a gentle teaching style and her intention is for students to find the way to use the techniques to support them in their lives, for them to find their own unique formula

## **Sarah R**

### **Expert by Profession**

Sarah is an Occupational Therapist who has a passion for working with young people experiencing challenges related to their mental health and wellbeing. She has worked across a range of different settings. For the past three years she has been with hYEPP working across the Mobile Assessment & Treatment Team and the Recovery Program. She has a passion for developing collaborative working relationships with young people and their networks, to support a transition back to engaging in meaningful activities.

## **Michelle Roberton**

### **Expert by Profession**

Michelle is a dietitian who has worked extensively in mental health over many years involved in treatment services & more recently in consultation support and training for health professionals primarily in the eating disorders field. She is enthusiastic to contribute to empowering people becoming experts in their own self care through Discovery College.

## **Anita Schep**

### **Expert by Profession**

Anita is passionate about helping others find creative ways to express various life experiences and emotions, and about helping others find hope, meaning and purpose. She has been personally touched by mental ill-health in her family. Anita began as a Secondary School Art Teacher, before retraining as an Art Therapist. Since then she has worked as a Community Mental Health Professional.

## **Campbell Thorpe**

### **Expert by Profession**

Campbell is a psychiatrist who has worked in child and youth mental health for 15 years. He has an enthusiasm for contextualising mental health difficulties within a broader social perspective and strongly believes in the importance of positive social connections in recovery. Campbell is passionate about developing services that place the young person in a central directing role in their care, working collaboratively with young people, their families and social networks. He enjoys the open exchange of ideas and building new ways of understanding together in Discovery College. Campbell also loves riding bicycles and owns seven - one for each day of the week.



## **Lauren Van Krimpen**

### **Expert by Experience & Discovery College Learning Consultant**

Lauren weaves together many threads of her life at Discovery College – she loves being in the classroom, has a Psychology degree under her belt, has a lived experience of anxiety and depression (and as a family member of friend of people with mental health experiences, can format that hell out! She strongly believes in the power of personal connection when it comes to both education and navigating mental health experiences. As such, Lauren finds satisfaction and joy in building safe and dynamic learning environments in which people can meet and share in their own expertise.

## **Shifra Waks**

### **Expert by Experience**

Shifra is passionate about working with consumers and health professionals to shift people's perceptions, to know there's no one way of looking at these complex issues. She wants to help other consumers find their voice and their way to make their own choices in life. Shifra draws on her experiences as a Peer Education co-facilitating and co-designing numerous courses at South East Sydney Recovery College and from her research background in public health and psychology.

## **Claire Wilson**

### **Expert by Profession**

For more than 10 years Claire worked in the health field. Since beginning a Bachelor of Occupational Therapy, Claire has naturally found herself moving into the field of mental health. With her years of experience promoting physical health and well-being, Claire is looking forward to combining her skills and knowledge from both areas to support individual experiences of mental health challenges in a balanced and nurturing way.

## **Katie Wilson**

### **Expert by Profession**

Katie Wilson is a social worker with 12 years of experience working with young people and families experiencing a range of challenges including chronic illness, bereavement and mental health.

From both her professional and personal experiences, she is strongly aware of the central role that hope can play in navigating life's challenges. Katie seeks to engage in authentic relationships with young people to support them through their own individual recovery journey, working towards their goals and aspirations

## **Lauren Zelunka**

### **Expert by Profession**

For the last 4 and a half years, Lauren has worked in the Youth or AOD sector space after completing her Counselling degree. She has worked in both residential and community settings.

Prior to this, Lauren worked for 10 years in the legal field, both local and overseas, with 7 of these being at Victoria Legal Aid (vulnerable clients). She now works in the prevention space with Taskforce. Lauren has a strong interest in early intervention and positive psychology for both AOD and MH, and is looking forward to bringing this to her work with Discovery College.









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