

course guide **2019 2020**

discover

What works for you.

share

Perspectives on mental health.

learn

Alongside a range of people.





discovery college is...

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.

Artwork credit:  sun_cat._

Our courses are made and run by people with a range of experiences including people who have had mental health challenges, family members and friends, and people who have worked in the mental health and education sectors.

“

It's the idea of learning through multiple perspectives, rather than having one right answer given to you by some expert. Being a student in a course can open your eyes to a new way of thinking, rather than being told what the answer is.”

recovery educator and student

“

DC is pretty much an **open classroom** where there are guides at the front, but everyone in the room is sort of a teacher.”

youth peer worker and student

“

Information for people on topics that they share an interest in – it's knowledge that you might already know but then in the class it's like, **"This is a doctor and this is how they see this issue; this is how a nutritionist sees it; this is how this person who's a mum with kids sees it"** It's different people's takes on the same topic.”

young person with lived experience and student

“

It really gave me a different perspective on things. Most of the work I do with young people, I'm meeting them on my own territory, you know? There was a really welcome sense of being outside of that in discovery college. All of those assumptions and axioms and things are up for debate. **It was an opportunity to really look at things 'afresh'.**”

mental health professional and student

It's a new way of learning – it's relaxed, everyone is equal and there are no right or wrong ideas.

discovery college is a place for: ideas, people, perspectives, community, diversity, equality, stories.

young people – caregivers – professionals – queer people – neighbours – parents – **Aboriginal and Torres Strait Islanders** – someone who feels isolated – **social workers** – students – **new Australians** – people with disabilities – teachers – **community members** – brothers and sisters – **who can join discovery college?** – psychiatrists – people with a learning difficulty – **mental health nurses** – 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 – psychiatrists – **people diagnosed with bipolar** – occupational therapists – **someone who's experienced trauma** – cousins – receptionists – aunts and uncles – **psychologists** – people with social anxiety – **posties** – GPs – backpackers – lawyers – **firefighters** – principals – soldiers – **athletes** – people who got diagnosed and feel lost – ministers – **young people** – **caregivers** – professionals – **queer people** – neighbours – parents – Aboriginal and Torres Strait Islanders – **someone who feels isolated** – social workers – students – new Australians – **people with disabilities** – teachers – community members – **brothers and sisters** – people without a diagnosis – **psychiatrists** – people with a learning difficulty – mental health nurses – 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 – psychiatrists – people diagnosed with bipolar – **occupational therapists** – someone who's experienced trauma – cousins – **receptionists** – aunts and uncles – psychologists – people with social anxiety – **posties** – **GPs** – backpackers – **lawyers** – firefighters – principals – soldiers – athletes – **people who got diagnosed and feel lost** – ministers – young people – caregivers – **professionals** – queer people – neighbours – **parents** – Aboriginal and Torres Strait Islanders – someone who feels isolated – social workers – **students** – new Australians – people with disabilities – teachers – community members – brothers and sisters – **people without a diagnosis** – psychiatrists – **people with a learning difficulty** – mental health nurses – **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 – psychiatrists – people diagnosed with bipolar – occupational therapists – someone who's experienced trauma – **cousins** – receptionists – **aunts and uncles** – psychologists – people with social anxiety – **posties** – GPs – **backpackers** – lawyers – firefighters – **principals** – soldiers – athletes – **anyone and it's free!** – **ministers** – young people – caregivers – professionals – queer people – **neighbours** – parents – Aboriginal and Torres Strait Islanders – **someone who feels isolated** – social workers – students – new Australians – people with disabilities – **teachers** – community members – brothers and sisters – people without a diagnosis – psychiatrists – people with a learning difficulty – mental health nurses – 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** – psychiatrists – people diagnosed with bipolar – occupational therapists – someone who's experienced trauma – cousins – receptionists – aunts and uncles – psychologists – **people with social anxiety** – **posties** – **GPs** – backpackers – lawyers – firefighters – principals – soldiers – athletes – people who got diagnosed and feel lost – ministers



have you...

Tried mental health stuff that has or hasn't worked for you?

Wondered if what you've been told is the answer is **right** for you?

Ever felt that your ideas about mental health are **weird** or **different**?

do you...

Want to learn some new things about mental health?

Have an interest in hearing different ideas about mental health?

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

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

“

I think it would be good to hear from someone who has been through...”

“

I've heard a lot of things about mental health and I'm feeling a bit confused...”

“

I'm living with (psychosis/depression/etc.) and I think I can share something about...”

“

My client has been feeling isolated and I'm trying to help them find new ways to...”

“

My kid has been told they have (psychosis/anxiety/bipolar) and I want to know more about...”

“

I've been through some challenges and I'd like to make sense of...”

“

I want to feel comfortable sharing in different experiences of...”



what works for you?

discovery college is a place where you hear about and explore different topics from many perspectives.

Our courses try to look at mental health topics from multiple points of view including cultural, medical, social, socio-economic, political, holistic, spiritual identity. There are lots of different ways of thinking about mental health – there are no rights or wrongs, find what works for you!

Co-Production:

Different kinds of people working together

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

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



Hearing the different perspectives – particularly coming from that **lived experience** place – can **break down stigma** in the room, you know. discovery college is a **really safe space** to do that in.”

young person with lived experience and student



What might get someone along to a course is maybe what they're doing hasn't worked, or is just not working now, and they might need to learn new strategies of dealing with it with an open mind so that they might learn a different way, **there might be an 'a-ha' moment.**”

parent



I always have this sense that I'm not really sure that I understand what's going on for people I'm talking to and so I really valued the setting being changed such that it's not a professional to client... patient...whatever it is...relationship. I felt like I was a bit more of a guest into the space, or welcomed into the space, rather than me inviting other people and asking them questions.”

mental health professional and student



It's easy to receive information on a topic, but to **actually hear someone's lived experience and perspectives really brings so much more depth to it.** I think it can provide an insight you can't get from just attending a lecture.”

young person and student



Not only do I think you get a lot out of it as a student, but having discovery college as a part of your organisation assists in ways that are not immediately obvious, particularly around trying to address power imbalances by hearing the **voices of lived experience and having them drive the culture of your service.**”

psychiatrist and student



My notes:

how do I enrol?

courses are free!

1

explore

Explore courses of interest to you

Look at the current timetable – pick a topic and pick a time

Look at the course list for more information on the course

2

enrol

Fill in your enrolment form.
Forms can be found at:
discovery.college/enrol

3

submit

Submit your form online or email a copy to
✉ info@discovery.college
☎ Call 0407 861 205 for more information

courses



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 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:**
Strategies for friends, family, and the health care team

“

where do I start?

It's your journey, so you can start anywhere!

how do I choose?

Give us a call or text and we can have a chat!

”

Got a question? contact us

☎ call or text on 0407 861 205

✉ email us at info@discovery.college

Connect with us:

🌐 on our website discovery.college

📘 facebook [@discoverycollegeconnect](https://www.facebook.com/discoverycollegeconnect)

📷 instagram [@discoverycollegeconnect](https://www.instagram.com/discoverycollegeconnect)

Note:

Under 18? We might need someone to co-sign your enrolment form. Send us a text or call to chat about it.



reframing

Thinking differently about mental health experiences

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

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

This course is great if you:

Think it's time to start having open and honest conversations about suicide:

Suicide can be a difficult topic to talk about.

We're opening up a safe space to compassionately discuss different experiences and perspectives related to suicide.

Want to hear from people who have been affected by suicide or suicidal thoughts:

You'll also get to hear different perspectives from people who have been impacted by suicide or suicidal thoughts, including individuals, friends, families, health professionals, and the broader community.

Are looking for ways to talk about suicide:

We'll think about how people can feel supported and how we might support one another through open communication.

My reason: _____



The first time I did Breaking the Taboo as a student we did an activity where we split into individual, family, and community perspectives.

I was in the 'individual' perspective but I really loved listening to the family perspective. I don't think I've spent enough time sitting back and being like 'Oh wait, how did my mum and dad feel during that experience?'

I think it opened my eyes to seeing that those experiences are all inter-connected with your community, your family, your friends, within yourself – and how do we all have conversations about that? I thought for a very long time about it... didn't come up with an answer!

But it's still stirring around in my mind!

youth peer worker and student



My notes:

In Someone Else's Shoes: Different ways of understanding

This course is great if you:

Think that there could be different ways to think about mental health:

You will have the opportunity to draw on different frameworks to develop your own unique understanding of mental health and well-being.

All perspectives are welcome!

Sometimes feel challenged by other people's views on mental health:

We think there is value in exploring and being open to different ways of interpreting people's experiences.

This course offers space to listen to other's ideas, and consider helpful ways to talk about your ideas.

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.

My reason: _____



My notes:

Mind + Body: Nutrition

This course is great if you:

Wonder where ideas about food and nutrition come from:

We will examine many different factors that contribute to how food affects us and the choices we make.

Think there might be a relationship between food and feelings:

This course will consider the impact emotions, stigma, and values have on the way we relate to food and nutrition, as well as explore some of the evidence and stories surrounding nutrition for health and wellbeing.

Think there might be more to nutrition than GOOD or BAD foods:

We're going to consider multiple ways of thinking about healthy nutrition.

My reason:



My notes:

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

This course is great if you:

Are keen to learn more about the interaction between mental health and drugs and alcohol:

We're going to think about the emotional, physical, cultural and societal ideas around drugs, alcohol and what it all means in relation to mental health, *(without the stigma and judgement that can often come with talking about these experiences).*

Find it useful to hear other people's experiences:

Through sharing a variety of lived and professional experiences, we explore ways to have compassionate conversations around drugs and alcohol, whether you are facing your own challenges, or supporting or working with someone who is.

Would like to learn more about treatment, management and reducing harmful impacts of drug and alcohol use:

This course will open up a space to explore tools, techniques and strategies for treating, managing or overcoming addiction and dependency.

My reason:



My notes:

Understanding Self-harm

This course is great if you:

Would like to have more open and compassionate conversations about self-harm:

Often people find it difficult to talk about self-harm. The course offers opportunity to safely share different perspectives, and explore use of language, stereotypes and helpful and unhelpful experiences.

Are interested in learning more about how to reduce self-harm:

This course will explore facts, myths and meanings of self-harm from a range of lived and professional experiences to encourage a broader and deeper knowledge of self-harm and healthier alternatives.

Would like to explore ideas about how to respond to self-harm:

Through the voices of the lived and professional experience 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.

My reason:



I found the course Understanding Self-Harm really useful.

A lot of the participants had experiences of intentionally hurting themselves and I found their ideas helpful for working out how to approach young people and talk about their self-harm.

It improved my knowledge of appropriate language to use, and provided insight on how to discuss self-harm in a way that does not bring about shame.

mental health professional



My notes:

What is it About Medication?

This course is great if you:

Think about medication and mental health, and want to learn more about different approaches and experiences:

This course gives you the chance to hear different views on different types of mental health medications. You'll learn from others about their experiences with medication – both those who have used medication and those who have observed changes in others resulting from medication.

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.

Through hearing some different perspectives, our aim is for you 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.

My reason:



Hearing from one of the facilitators in the medications course talk about her experience with medications was really valuable to me.

I just listened to what it was like for her and didn't need to make some form of decision about what someone was saying to me or offer a suggestion.

Being able to just listen to it, that made it a different experience for me.

mental health professional and student



My notes:

What is a Diagnosis? Panel discussion

This panel discussion is great if you:

Want to learn more about the history and meaning of mental health diagnoses:

The panel will explore possible benefits and uncertainties associated with diagnoses.

Wonder what a mental health diagnosis means:

Is diagnosis fixed or does it change over time?
What is the actual role of diagnosis?
Is it fact or opinion?
This discussion examines many of these questions by looking at the value, impact or meaning that diagnosis has for people.

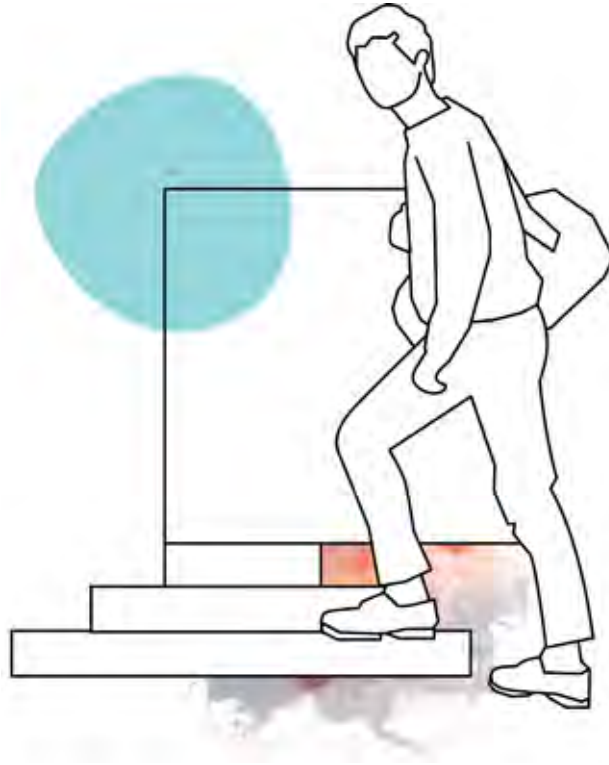
Wonder how we can gain further knowledge and understanding of diagnosis for the future:

Through shared experience and knowledge of diagnosis, this discussion considers how individuals, families, professions, and communities might better understand diagnoses and their impact.

My reason:



My notes:



exploring

How do we live a meaningful life?

These courses provide an opportunity to explore topics about meaning and identity. They invite you to think about strength-based approaches to mental health and well-being, and look at spaces for growth and development.

Taking Charge of Your Health

This course is great if you:

Want to talk about who takes responsibility for someone's health:

Who makes health decisions? What roles do family and friends play in making choices? What are the responsibilities of doctors and health workers? We're going to talk about how we approach our own health and well-being as well as those we support and care for.

Are interested in learning about health and wellbeing support tools:

The facilitators will talk about strategies and skills they know of and have found useful (both professionally and personally) in supporting their own or encouraging others to support their mental health and wellbeing.

My reason:



My notes:



developing

Skills and strategies, stuff to do and try

In these courses you'll develop new skills and strategies that can support mental health. You will experiment with a range of techniques to find out what works for you.

In Your Write Mind: Exploring creative writing and recovery

This course is great if you:

Are looking for a new tool for self-expression:

We're going to think and talk about how writing is a powerful means of self-expression and communication of thoughts, ideas, sensations and feelings.

Want to give creative writing a go:

Through creative and practical experiences, we will explore how writing can be a tool to develop a greater understanding of ourselves, others and mental health and well-being.

Care about sharing in stories of hope and recovery:

This course aims to create a safe and comfortable space to explore how writing has been beneficial in connecting with others and/or understanding oneself.

My reason:



My notes:

Making Sense of Your Senses

This course is great if you:

Want to know about how what's around us affects our health and well-being:

We're going to build an awareness of how environments and external influences affect us.

You will also get some insight into the science behind sensory modulation.

Wonder about the different ways people experience the world:

This course might change the way you see yourself and others! We'll explore personal sensory preferences through practical activities, and learn about how sensory preferences differ from person to person.

Want to better use your house or workplace environments to support your health and well-being:

You will get some hands on experience with different sensory techniques, and will walk away with some practical tips for building a sensory toolbox.

My reason: _____



My notes:

Mind + Body: Exercise

This course is great if you:

Want to learn more about exercise for yourself or someone you know:

There will be lots of opportunity for reflection about your 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 is on finding out what works for YOU!

My reason:



My notes:

Mindfulness

This course is great if you:

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:

You'll get practical experience for learning mindfulness.

The facilitators will explain the processes, and you'll have the chance to try them out and talk about it with others in the room.

Want to hear a bit about how mindfulness works for others:

There is emerging evidence that shows the benefits of mindfulness. You'll get to explore some of this information, as well as hear stories from people who use or teach mindfulness as a way of improving emotional and mental health.

My reason:



My notes:



Mindfulness has given me a measure of control over my thoughts and emotions, I can calm myself when I panic and find a reason to smile when I'm sad.

young person with lived experience and student



What is Creativity?

This course is great if you:

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 creativity into their lives.

Are interested in the link between mental health and creativity:

The course will explore techniques and examples of creativity as a tool for well-being.

DON'T believe you are creative:

This course will explore different forms of creativity and uncover creative elements in everyday life.

My reason:



My notes:



supporting

Helping others!

Supporting courses explore the experiences of people who look after others with their mental health and in life!

Managing the Ripple Effect: Strategies for friends, family and the health care team

This course is great if you:

Could learn more from experiences of people who support and care for someone with their mental health:

Most people are connected to someone who has experienced or is experiencing a mental health challenge; this includes family members, friends, professionals or people in community. This course offers an opportunity to learn from all of these perspectives and share experiences.

Are open to thinking about how to support ourselves so that we can best support others:

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.

My reason:



My notes:

room for notes

courses I'm interested in: for myself / for someone else.

courses I've been to:

challenges?

Things I'll need to sort out before the course.

eg. transport, talking to my boss, email discovery college for more info, etc.

my notes or ideas:

contact details: Who can I talk to about this?

AlfredHealth

discovery
college.

**course
guide** 2019
2020