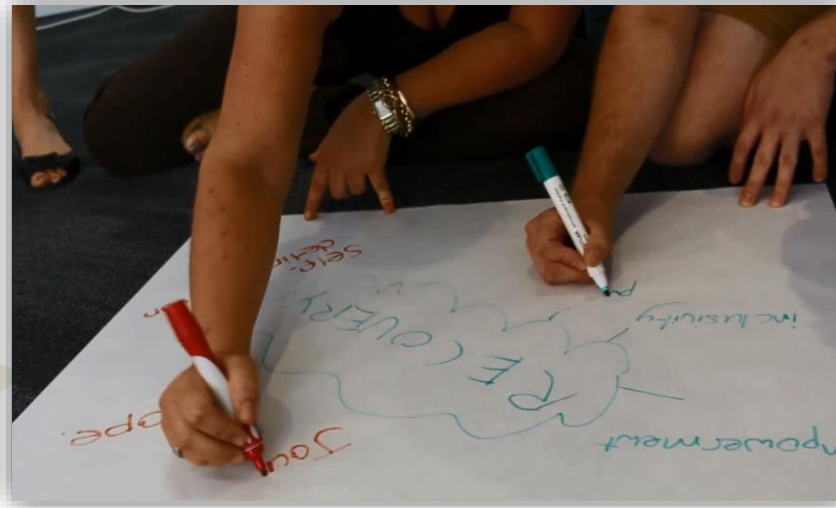


# The Recovery College: Cultivating mindfulness to improve CALD mental health consumers' & carers' wellbeing



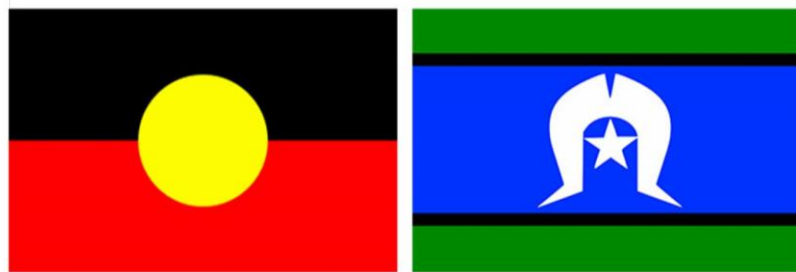
Sam Stott, Education Coordinator & Peer Educator  
Hend Saab, Senior Bilingual Psychologist & Clinical Educator

# Acknowledgement of Country

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We would like to acknowledge the Traditional Owners, all Elders past and present, and pay our respect for their custodianship of the land.

Today we are meeting on the land of the Wanngal people of the Dharug Nation here at Sydney Olympic Park.



# Presentation Overview

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- The South Eastern Sydney Recovery College
- The Greek- & Arabic-speaking communities in South Eastern Sydney Local Health District
- Community development approach to teaching and learning mindfulness



# South Eastern Sydney Recovery College

- Established 2014 in South Eastern Sydney Local Health District (SESLHD) Mental Health Service
- Based on the UK Recovery College model
- Provides recovery-orientated adult education that promotes healing and wellbeing
- Co-production is central to the Recovery College model



# Languages Spoken at Home

## ελληνικά

## العَرَبِيَّة

- 30,312 people speak Greek at home
- 3.26% of the SESLHD population
- 19,350 people speak Arabic at home
- 2.08% of the SESLHD population

Source: Australian Bureau of Statistics (2016) “2900.0 - Census of Population and Housing: Understanding the Census and Census Data, Australia, 2016”

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/2900.0main+features100622016>

# Mindfulness

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Mindfulness is

“the process of engaging a full, direct, and active awareness of experienced phenomena that is;

(i) spiritual in aspect, and

(ii) maintained from one moment to the next”.

Source: van Gordon, W., Shonin, E. & Griffiths, M. (2015) “Towards a second generation of mindfulness-based interventions” in the Australian & New Zealand Journal of Psychiatry  
<http://journals.sagepub.com/doi/pdf/10.1177/0004867415577437>

# Mindfulness Courses

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- The Recovery College offers two education for recovery courses about mindfulness:
  - *Introduction to Mindfulness*
  - *Making Mindfulness Your Own*
- As with all Recovery College courses, these courses are co-developed and co-facilitated by a clinical educator and a peer educator
- Both are 10 hour courses, delivered over 2 hours x 5 weeks

# Community Development Approach

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Reach Arabic & Greek speakers

Maintain engagement

Facilitate learning for better mental health outcomes



# Reaching Arabic & Greek speakers

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- Well-established communities, some of whom are now in their second generation
- Acculturation means that students are more familiar and comfortable with accessing and trusting mental health services, and advocating for themselves and their loved ones
- Longstanding bilingual designated counselling positions in the mental health service

# Reaching Arabic & Greek speakers

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- Bilingual counsellors in role of clinical educators, working alongside bilingual peer educators to develop and deliver education for recovery
- Courses initially delivered at Advance Diversity Services (formerly St George Migrant Resource Centre) in Rockdale and now at the Recovery College in Kogarah



# Maintaining engagement

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- Peer educators purposefully share their lived experience as a consumer or carer, which reduces isolation and stigma of mental distress and creates a safe environment for students
- All students are consumers and/or carers, many of whom have accessed mental health services
- Shared responsibility for maintaining the confidentiality of personal stories
- Regular contact between bilingual counsellor and students between sessions

# Education for Recovery

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- Build on students' own explanatory frameworks for mental distress
- Locate mindfulness practices within diverse faith traditions and cultural contexts and connect to students' current spiritual practices to avoid any perceived conflict
- Support groups emerging as a result of student cohorts wanting to maintain contact once their courses had concluded – with financial support from local councils and public health networks

# Presentation Review

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- The South Eastern Sydney Recovery College
- The Greek- & Arabic-speaking communities in South Eastern Sydney Local Health District
- Community development approach to teaching and learning mindfulness



# Contact Details

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SESLHDRRecoveryCollege