EXPRESSION OF INTEREST

MENTAL HEALTH RECOVERY COLLEGE

A SESLHD Innovation in Integrated Care Project

Consumer Educators
Consumer Research and Admin Assistants
Carer Education Consultants

Payment in accordance with the SESLHD Consumer Representation Business Rule (see end)

Current employees of SESLHD who are successful will be allocated additional hours at their current rate of pay

Summary of Roles
The South Eastern Sydney Local Health District Mental Health Service is seeking expressions of interest from people with personal experience of using mental health services and their family members/carers, who have skills in developing or consulting on recovery oriented training or skills in service evaluation. We aim to develop a pool of sessional workers and will be offering:

- Opportunities for consumer educators and carer education consultants to work alongside clinicians to develop, write and deliver course material for a new Recovery College to be established across the District Mental Health Service.
- Opportunities for consumer research assistants to work in collaboration with our University partner in designing and conducting the evaluation of the Recovery College.

Recovery colleges enable people to become experts in their own self care and develop skills and confidence to manage their own recovery journey. They explicitly recognise the expertise of mental health professionals and the expertise of lived experience in a process of ‘co-production’. All Recovery College courses are co-produced, co-delivered and co-received by staff, people with mental health issues and the people who are close to them.

Program Areas
The establishment of the Recovery College and the development of the curriculum will be managed by newly established Recovery College Manager and Recovery College Education Coordinator positions. Programs will include the following:

A) Recovery courses for consumers of the mental health service: to help people recognise and develop their own self care and make informed choices about the assistance they need to do the things they want in life.
B) Courses to develop the capacity of mental health consumers to undertake training roles themselves: including Peer Support and as co-facilitators in key mental health workforce development projects such as Safety for All, Strengths Model Training and Recovery Training.
C) Training and orientating mental health staff to contemporary recovery approaches and how to work effectively with consumer workers and peer support workers.
D) Families and carers: courses will be developed to specifically target this group, plus families and carers may attend courses listed above.
In addition to seeking consumer educators for a range of recovery based courses, we are specifically looking for people interested in being co-facilitators for the following programs:

1. **Safety for All Program** - aims to change the orientation of mandatory mental health aggression management training by prioritising the safety needs of consumers equally with those of staff. The project aims to transform the culture of acute mental health services from one of ‘managing risk’ to one where the development of authentic relationships is seen as a fundamental strategy for safety.

2. **Strengths Model Program** – the Strengths Model is a well validated “recovery promoting practice” which provides a framework and process which can facilitate the consistent application of the recovery philosophy within all aspects of service delivery. It is currently being rolled out across our mental health service. The approach focuses on strengths rather than deficits and assumes that everyone is capable of recovery.

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**ROLE 1. CONSUMER EDUCATOR DUTIES**

As a consumer educator on the project you will be providing expert consultation in the development and delivery of Recovery College curriculum and course material. You will be required to undertake the following:

- Attendance at train-the trainer courses provided through the Recovery College project.
- Attendance at regular curriculum and course development meetings and additional consultations with consumers and clinicians as required.
- Provide regular progress updates to the Recovery College Education Coordinator.
- Co-development of session outlines, learning outcomes themes concepts key messages.
- Co-facilitate pilot versions of the courses, evaluate, review and refine course content.
- Provide ongoing facilitation of courses (as negotiated).

**Criteria for Consumer Educators**

1. Personal experience of using public mental health services with understanding of mental health service systems.
2. Extensive knowledge of mental health recovery philosophy, personal experience of recovery and ability to utilise this experience in providing training and education.
3. Experience and proven skills in writing and implementing recovery informed training packages.
4. Excellent verbal and written communication skills.
5. Ability to negotiate and work effectively with others and within a team.
6. Ability to manage own time effectively and work to a deadline.
7. Excellent computer skills including MS Office applications.

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**ROLE 2. CONSUMER RESEARCH AND ADMIN ASSISTANT DUTIES**

As a consumer research and admin assistant on the project you will be providing expert consultation in the development and implementation of a comprehensive evaluation and research strategy for the Recovery College plus assistance in establishing a system for college registration and other administrative systems. You will be required to undertake the following:

- Attendance at regular meetings and additional consultations with consumers and clinicians as required.
- Regular progress updates to the Recovery College Manager and University research partner.
- Provide advice from the perspective of lived experience in devising evaluation and research strategies.
- Conduct focus groups and facilitate questionnaires/evaluation forms with students of the recovery college.
- Assisting with the collation and reporting of student evaluation feedback.
- Assisting with the development of advertising materials, information brochures, a registration system for students and other administrative tasks as required.

Criteria for Consumer Research Assistants

1. Personal experience of using mental health services.
2. Extensive knowledge of mental health recovery philosophy, personal experience of recovery and ability to utilise this expertise in service review and evaluation.
3. Experience and proven skills in service evaluation and /or research.
4. Excellent verbal and written communication skills.
5. Ability to negotiate and work effectively with others and within a team.
6. Ability to manage own time effectively and work to a deadline.
7. Excellent computer skills including MS Office applications preferably with a working knowledge of Excel.

ROLE 3. CARER EDUCATION CONSULTANT DUTIES

As a carer education consultant on the project you will be providing expert consultation in the development and delivery of recovery college curriculum and course material. You will be required to undertake the following:

- Attendance at train-the-trainer course provided through the Recovery College project.
- Attendance at regular curriculum and course development meetings and additional consultations with carers and clinicians as required.
- Regular progress updates to the Recovery College Education Coordinator.
- Co-development of session outlines, learning outcomes themes concepts key messages for courses targeting families and carers.
- Provide consultation on development of other courses from the family/carer perspective.
- Co-facilitate pilot versions of the courses, evaluate, review and refine course content.
- Provide ongoing facilitation of courses (as negotiated).

Criteria for Carer Education Consultants

1. Personal experience of using public mental health services as a family member/carer, with understanding of mental health service systems.
2. Knowledge of and commitment to mental health recovery philosophy, personal experience of supporting someone in recovery and ability to utilise this experience in providing training and education.
3. Experience and proven skills in writing and implementing training and education.
4. Excellent verbal and written communication skills.
5. Ability to negotiate and work effectively with others and within a team.
6. Ability to manage own time effectively and work to a deadline.
7. Excellent computer skills including MS Office applications

Note the hours of work will involve a combination of meetings, consultations, curriculum development and course writing. This will occur in various South Eastern Sydney Local Health District and other community locations. There is potential to negotiate some hours worked from home. Applicants must be able to travel accordingly and produce work according to defined timelines.
Payment Guidelines

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<tr>
<th>Education Programs: for curriculum development, course writing, course piloting and review</th>
<th>Full Day</th>
<th>Half Day</th>
<th>Hourly Rate</th>
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| Education Programs For course facilitation/presentations | $183 | $151 | $64 |

*Initial work will be paid at the $40/hour rate, ongoing course co-facilitation will be paid as per above.

Application Process

Applications must include:

1. Brief resume

2. Cover letter outlining which role you are applying for and addressing each of the listed criteria. Please also note any specific areas of interest in relation to the Program areas listed above.

3. Name and contact details for two referees who are able to comment on the listed criteria.

Interviews will be conducted after the closing date with successful applicants required to provide 100 points of identification and undergo a National Criminal Record Check. Hours of work will then be negotiated.

Please forward a written application by Friday 14th March, 2014, to

Jo Sommer

Euroa Building, Prince of Wales Hospital

Barker St. Randwick NSW 2031

OR Email: jo.sommer@sesiahs.health.nsw.gov.au

For Enquiries please phone: Jo Sommer 93824539 (Mon - Thurs)