

# The Mind Recovery College

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Supporting mental health recovery

The Mind Recovery College approach provides consumer choice and control through co-production and co-delivery



# The pupil becomes a teacher....

## Andre's Story



“My whole experience at the Recovery College has been a positive one”

# The Mind Recovery College approach



Supporting mental health recovery

- MRC was the first Recovery College in Australia (2013)
- Education service that works within a major mental health organisation (Mind Australia)
- A range of courses/ workshops that focus on mental health, wellbeing and life skills

Understanding Anger  
Exploring Grief and Loss  
Healing Psychosis  
What is Recovery?  
My Relationship with My Voices  
Confident Me  
Mindful Self-Compassion  
Food and Mood  
Recovery Narratives  
Employment Recovery in Action  
I Choose to be Spiritual  
I Choose to be Happy

# The Mind Recovery College approach

- Courses open to anyone wanting to learn about mental health and wellbeing
- Learning and development consultants that have lived experience of mental health, and/or experience working in services, or supporting family/friends.
- Adult education approach
- No clinical responsibility



# Consumer choice and control

- Students can't be referred to the college
- We are complementary to other services available and we are optional.
- Individual learning plans (ILP's) are offered to students when they start.



# Consumer choice and control

- There are no time limits, students can access the college as and when they want to.
- Easy access,
  - Only one form to fill out “an enrolment form”, then students can attend
  - We limit the barriers to access by making reasonable adjustments to meet individual needs e.g. social anxiety, dyslexia, learning difficulties.
- Open door policy 9am-5pm, not drop in but people can just come in and access the shared space

# Consumer choice and control

- We have a resource room that people can use outside of courses. The resource room provides recovery resources including:
  - a book library
  - online access
  - a safe space



# Consumer choice and control

- Changes in language
  - From consumer/patient/services user to Student.
  - From passive recipient of services to active learner.
- Valuing students lived/life experience.
  - They are an expert in their own recovery
  - Their stories are invaluable to the course and other students learning.
- Facilitators are not experts
  - Facilitators guide and hold the course and draw out peoples inner wisdom.
  - Facilitators learn from students also.



# Consumer choice and control

- Learning through discomfort, feeling challenged to reconsider beliefs and push ourselves to learn and grow.
- Breaking down of “us and them”
- From empowerment to “power” and shared responsibility.
- Everyone is valued.
- Break down the barriers of mental health discrimination and stigma

*“I felt a sense  
of togetherness  
and community.”*

*I didn't feel  
judged.”*

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