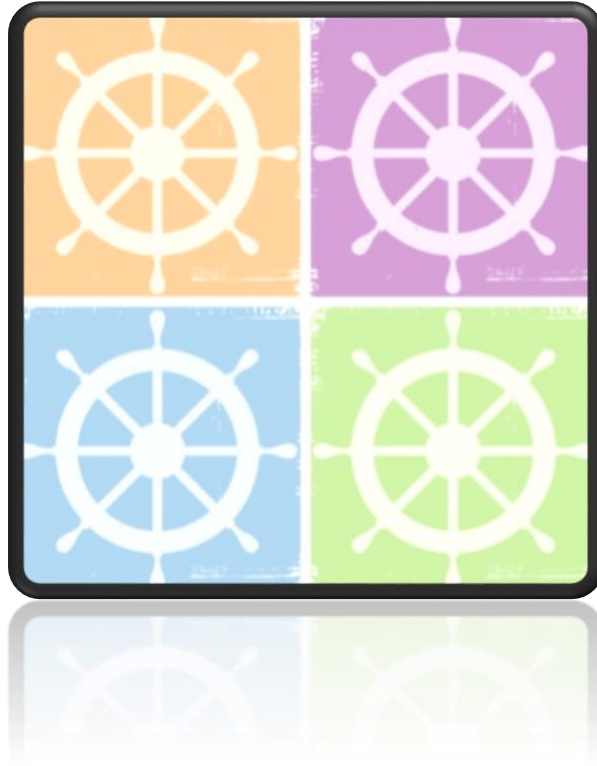


# Solent Recovery College Prospectus | 2021



Full list of courses – Core & Veteran - delivered at SRC

**Not all classes listed will run during every term.**

We will run classes based on the number of students on the waiting list, so please ensure you let us know all the classes you are interested in taking.

**Classes will be delivered in-person and online.**

SRC Student Hub  
Cambridge Road, Portsmouth PO9 2EF  
Email: [SRC@solentmind.org.uk](mailto:SRC@solentmind.org.uk)  
Tel: 07971 348555 | Monday-Friday, 9am-5pm

# Green Courses | 1

These courses are ideal for people who have not attended classes before; they are all beginner classes.

## Understanding Anxiety

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

One of our most popular courses, Understanding Anxiety explores how and why we feel anxiety, and possible treatments and support. This is the introductory class to Living with Anxiety.

## Understanding Depression

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This course is designed for anyone who has experienced depression or is working with or caring for someone who has, and discusses the myths and realities of depression, as well as the possible treatments and support available. This is the introductory class to Living with Depression.

## Understanding Bipolar

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

For those who wish to learn more about Bipolar, the myths and realities of life with the disorder, and the possible treatments and support available. This is the introductory class to Living with Bipolar Disorder.

## Understanding Mindfulness

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

The class looks at the mind-body approach that involves paying attention to thoughts, feelings and bodily sensations in a way that increases awareness and compassion in order to manage difficult experiences and make wise choices. This is the introductory class to Developing Mindfulness.

## Understanding Personality Disorder

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

For a better understanding of the various diagnoses of Personality Disorder, including possible treatments and practical methods to help overcome or minimise the effects of Personality Disorder.

## Understanding Psychosis and Schizophrenia

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This class will be useful for anyone who has experienced psychosis or schizophrenia or works with or cares for someone who has. The session will explore the facts and fiction and give more information on treatment and support.

## Understanding Self-Harm

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Self-harm can be difficult for many people to understand. By attending this class, you can increase your ability to manage in different ways and/or support someone. The class will also look at the many myths surrounding self-harm.

## Understanding Mind & Body

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This class links together physical and mental health, and how the two can interact and influence each other.

## Understanding Obsessive Compulsive Disorder (OCD)

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This class is for anyone who has experience OCD or anyone who is working with or caring for someone that has. It will look at the different behaviours and thought patterns, as well as practical methods of support to help overcome or minimise the effects of OCD.

## Understanding Eating Disorders \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. 2 classes total.

This class is aimed at people with an eating disorder or someone supporting a person with one. The course will cover the diagnosis, symptoms, "causes", treatment options, self-care and self-management, signposting and a peer story where you will hear from someone with lived experience of an eating disorder. The course is designed as an introduction to learning about eating disorders and broaden your knowledge of support and services available.

## Understanding PTSD \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This course explores what PTSD is, and possible treatments and support. This is the introductory class to Dealing with PTSD

## Understanding Anger \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Whilst exploring the purpose of anger management this course looks at anger and how it can affect a person's emotions, thoughts, behaviors and physicality. Whilst exploring anger related facts the session looks at the effects, risks and related illnesses associated with long-term chronic anger. Possible coping strategies are explored whilst further information on possible support and available treatments and is also provided.

## Understanding Perinatal Mental Health \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This class will be useful for anyone who has experienced postnatal depression or postpartum psychosis or, works with or cares for someone who has. The session will explore the facts and fiction and give more information on treatment and support. The

session will identify the difference between 'The Baby Blues' and postnatal depression, will explore the potential symptoms and causes and, identify the support available and coping strategies to help prevent these experiences.

### Supporting Someone Else's Recovery

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

If you are supporting someone through their experience of a mental health problem, this class can help you understand what may be happening, both for you and the individual, and provide keyways for you to effectively support them and take care of yourself.

### Understanding Dementia \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

If you are supporting someone through their experience of dementia, this class can help you understand what may be happening, both for you and the individual, and provide keyways for you to effectively support them and take care of yourself whilst doing so.

### Support for Covid-19...

#### Life After Lockdown \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single class.

A new course aiming to help students navigate daily life after the pandemic. We will look at stress management and coping measures; combating pressures such as isolation, mask wearing and a range of anxieties we might be facing as a society.



### Understanding Substance Use and Impact on Mental Health \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This course enables understanding of the different substances and how they affect impact the body. It explores the links between substance usage and mental health, as well as further information on possible treatments and support.

### Understanding Alcohol Misuse and Impact on Mental Health \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This course enables understanding of alcoholism. Whilst exploring the alcohol related facts the session defines, visualizes and calculates the unit of alcohol. As well as exploring the links between alcohol usage and physical and mental health, it also looks at the risks and related illnesses associated with alcohol misuse. Further information on possible available treatments and support is also provided.

## Knowing Your Rights – Intro to Mental Health Law

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

An overview of the most common aspects of the Mental Health Act (1983/2007) and the Mental Capacity Act (2005). The class looks at how the Acts are used in practice to help and protect people and provides important information about the patient and carer rights.

## Coping in a Crisis

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This class can help make sense of a crisis experience. Through exploring personal resource and treatment preferences, you will be supported to develop a plan to prepare you and inform others about how they can best support you in future times of distress.

## Money Management \*NEW\*

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

This course begins to explore the complex relationship between money and mental health. Subjects include discovering your spending personality, looking at ways into and out of debt, and learning how to budget effectively.

## First Steps to Recovery

Length of class: 2 hours per class. Online Class length: 1.5 hours. 8 classes total including the Introduction.

The first introductory class will introduce why the key skills in the full program are important in gaining a sense of control over commonly experienced difficulties. The following 7 classes will focus on Sleep, Stress Less, Food & Mood, Communication, Medication, Problem Solving

## Skills for Life

Length of class: 2 hours per class. Online Class length: 1.5 hours. 13 classes total including the Introduction.

The first introductory class will introduce why the life skills in the full program are important to develop your ability to identify and manage emotions. The following 12 classes will focus on the skills that can enable you to manage your life more easily, designed for those who have overwhelming difficulty coping with rapid changes in emotion, and to help get on with others and tolerate distress.

### **Get involved: if you are interested in working in mental health...**

#### **Understanding Advocacy \*NEW\***

Length of class: 2 hours. Online Class length: 1.5 hours. Single class.

Advocacy is all about giving people who lack capacity a voice. This course will explain what the role of an advocate is and the challenges within the role. The course is created by the Portsmouth Advocacy service alongside the NHS. It aims to encourage people who want to work in mental health to consider working as a community advocate; we will explore the opportunities available and what training will look like.



## Orange Courses | \*

Orange courses are mandatory, and we ask all students to take WIR within their first term. Students can take courses before WIR.

### What is Recovery?

Length of class: 2 hours 30 minutes. Online Class length: 1.5 hours. **Mandatory class must attend during 1st term.** This is the first course that all our students attend upon enrolling with SRC. The course introduces the concept of recovery in Mental Health, and the opportunity to explore your own attitudes and beliefs towards your journey to better Mental Health. It also looks at the major factors for achieving or supporting Mental Health recovery.

## Purple Courses | 2

Purple courses are follow-on courses, they are to be taken after completing the “Understanding” green courses.

### Living with Anxiety

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Must attend Understanding Anxiety first.

A more in-depth look at anxiety and practical methods/exercises on how to live alongside it, as well as further information on possible treatments and support.

### Living with Depression

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Must attend Understanding Depression first.

A more detailed explanation of depression, including looking at practical methods to help overcome or minimise the effects of depression.

### Living with Bipolar

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Must attend Understanding Bipolar Disorder first.

Expands in further detail the challenges faced when living with Bipolar Disorder and provides more in-depth information on possible treatments and support.

### Developing Mindfulness

Length of class: 2 hours per class. Online Class length: 1.5 hours. 5 classes total.

Must attend Understanding Mindfulness first.

A further study of Mindfulness, to practice and hone the skills learnt in the Understanding Mindfulness class.

## Living with Personality Disorder

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Must attend Understanding Personality Disorder first.

Expands in further detail the challenges faced when living with Personality Disorder and provides more in-depth information on possible treatments and support.

## Developing Mind & Body – Making a Change

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Must attend Understanding Mind & Body first.

A further look at how physical and mental health link together, and how improving one can influence the other. Also, practical support on how to improve mind & body health.

## Dealing with PTSD

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Must attend Understanding Mind & Body first.

*This course is designed for anyone who has experienced PTSD or is working with or caring for someone who has, and discusses the myths and realities of PTSD, as well as the possible treatments and support available.*

## Coming soon....

Living with OCD

Living with an Eating Disorder

### Have an idea for a course that we do not currently deliver?

Courses are created and delivered by demand. The more demand we have for a course we will look at creating it and offering it on our roster.

Let us know if there is a course you would like to see at SRC by emailing us,  
[SRC@solentmind.org.uk](mailto:SRC@solentmind.org.uk)





## Blue Courses | 3

Blue courses are ideal for those who have progressed through SRC and are now preparing for a life away from the college

### Developing a Wellness Action Plan

Length of class: 2 hours per class. Online Class length: 1.5 hours. 2 classes total.

Through understanding and recognising changes that take place as you start to feel unwell, it becomes easier to know what you or others around you can do to regain control and wellbeing. Provides the opportunity to develop your own WAP or Early Warning Signs plan.

### Exploring Spirituality & Wellbeing

Length of class: 2 hours per class. Online Class length: 1.5 hours. 2 classes total.

These classes explore the link between mental health and spirituality, including plenty of opportunity for discussion with time and space to explore how to meet your own spiritual needs and, in turn, how this can support your recovery.

### Writing Your Recovery Narrative

Length of class: 2 hours per class. Online Class length: 1.5 hours. 3 classes total.

Recovery narratives are individual personal stories of recovery, showing the movement towards making sense of your personal experiences. You will be given the opportunity to learn from and develop your own recovery narrative, by teaching you the basic principles and helping you find imaginative ways that suit you to tell your story.

### Developing a Peer Support Group

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Would you like to set up your own peer-led support group? Receive practical advice and guidance on the factors that ensure a successful group, such as safety, good communication, and planning/maintaining the group.

### Goal Setting for the Future

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

An opportunity to think about the future, your goals and how you might achieve them. You will have the time and space to explore what a life worth living might look like for you – and begin to plan for it.

### Preparing for Work

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Essential information and support if you are considering starting or returning to work. You'll look at how to identify and search for jobs, how to apply, preparing for interviews and whether to disclose your health history. You can also learn about local specialist services who can support you with this.



## How to enrol and take a class

Before signing up to take a class, you **must** first be enrolled at SRC. To do this you will need to fill out an enrolment form. Your data is not shared without permission.

**Online:** email us at [SRC@solentmind.org.uk](mailto:SRC@solentmind.org.uk), we will send you an enrolment form and a timetable.

**Phone us:** give us a call or text at 07971 348555, we will email you an enrolment form and a timetable.

or

**Web:** Register your interest by visiting our website [www.solentmind.org.uk](http://www.solentmind.org.uk) > our services > Solent Recovery College

## Veteran Courses | V

These courses are for serving personnel, military veterans and for families of serving personnel. Courses are created and delivered by veterans, along with an adult mental health professional.

### Green Courses | V1

These courses are ideal for people who have not attended classes before; they are all beginner classes.

#### Supporting a Military Veteran's/Serving Person's Recovery

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

If you are supporting someone who once served, or is still serving, in the armed forces through their experience of a mental health problem, this class can help you understand what may be happening, both for you and the individual, and provide key ways for you to effectively support them and take care of yourself.

#### Supporting a Military Veteran's/Serving Personnel's families

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

If you are supporting a family of a Veteran / military serving person, or, from a family where a close member is currently serving, this class can help you understand what may be happening, both for you and the individual who has or is serving, and provides key ways for you to effectively provide support and take care of yourself.

### Blue Courses | V3

Blue courses are ideal for those who have progressed through SRC and are now preparing for a life away from the college

#### Developing a Veterans Peer Support Group

Length of class: 2 hours. Online Class length: 1.5 hours. Single one-off class.

Would you like to set up your own peer-led support group? Receive practical advice and guidance on the factors that ensure a successful group, such as safety, good communication, and planning/maintaining the group.

**Students are welcome to take both core stream courses, as well as veteran courses.**