

Partners in Recovery Event



Empowering Families Professional Development Workshop *Headspace, 155 Alma Street, Rockhampton* *Monday 25th May – 8.30am-2.30pm*

One in five Australians continue to experience a mental illness in a given year. Although there has been significant reform in where and how mental health services are delivered—the new challenges facing our mental health networks of support workers requires a paradigm shift in how we deliver care.

This innovative peer to peer workshop aims to provide workers with a more in-depth understanding of their behaviours as they consolidate and strengthen their life skills capacities to develop strategies in partnering consumer/carer recovery.

We'll talk about 'recovery' and what that means to you the worker and to the 'person/consumer' in your care.

We'll also talk about support and delivery of care – and how much that has changed focus as directed in the Fourth National Mental Health Plan, National Standards and National Practice Standards.

Burnout will also be discussed – and how with a greater self awareness, you can avoid this debilitating condition.



To book your place or for further information please contact:

Kris Jones – Ph: 49217705 or email – pirmanager@cqmedicarelocal.com

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Learned Outcomes:

- Increase your communication and boundary setting skills
- Develop a deeper understanding of 'person directed care'
- Enhance your ability to identify and manage significant emotional challenges
- Enhance your understanding of 'Self' and the role you play in partnering
- Develop strategies to increase your capacity to partner a person 'in your care'

About the Facilitator

Sue Koningen is the Author and Facilitator of this workshop which has been developed from years of experience working with people in recovery from co-morbid conditions, and their Carers. It also encompasses the insight gained as Team Leader of a domestic violence refuge for women and their children, plus co-ordinating a Community Jobs Plan Program for youth in recovery. Sue is a Carer and holds a Diploma of Community Services.

'I hope it will be a day you'll remember for the knowledge gained, laughter shared, and really great food!'



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