

# Partners in Recovery Event



## ***Empowering Families Professional Development Workshop*** *Emerald Explorers Inn, Emerald* *Monday 18th May – 9am-3pm*

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 further  
information please contact:  
**Katherine Armstrong (07) 49824062**

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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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