RECOVERY CAMP
MENTAL HEALTH•EDUCATION•RECOVERY

PROFESSIONAL DEVELOPMENT OPPORTUNITY

WHAT IS RECOVERY CAMP?

Established in 2013 **Recovery Camp** is an award-winning, evidence-based program with a focus on mental health recovery, education and research.

Recovery Camp provides:

- a professional development program for health professionals, enhancing their ability to deliver trauma informed, recovery-oriented care
- programs which promote and support the well-being and recovery of people with mental illness
- student education, focused on developing socially aware future health professionals.

HOW DOES IT WORK?

People with mental illness, health students and health professionals spend a week together at a therapeutic recreation camp. Participants are immersed in a structured, recovery oriented program that facilitates individual growth.

Recovery Camp is a collaborative learning experience where students and people living with mental illness contribute in equal measure; learning from and with one another they complete a program of activities that builds connection and challenges negative stereotypes.

STAFF EXPRESSIONS OF INTEREST - OPEN NOW

WHAT WILL I HAVE TO DO?

- Be a positive professional role model for students
- Have an open mind
- Be prepared to learn from the expertise of those with a lived experience of mental illness
- Share your expertise and experience

WHO CAN ATTEND?

Health professionals working in the Illawarra Shoalhaven region, or those managing a number of staff in the region, can apply by Expression of Interest (EOI).

WHEN?

Various dates through the year. This is a 5 day/4 night commitment.

EOI PROCESS

Submit your answers to the following questions by email to **suicideprevention@coordinare.org.au**:

1. What do you hope to gain from Recovery Camp?
2. How do you expect this will benefit your workplace?
3. How do you plan to champion a recovery-oriented approach in your workplace?
4. Do you have support from your manager to attend?

For more information about Recovery Camp contact us on 0439 043 360. For more information about this opportunity contact your manager.