



Course guide

2018

Life stuff that works!
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WELCOME TO

Life stuff **that works!**

discovery college.

About this guide

Discovery College is a place where people come together to learn from each other, share experiences, and reach a new understanding of mental health.

Our courses are created by people with varied experiences in mental health who share their knowledge of what works. Every course is developed and delivered equally by people who draw their expertise from lived or professional experience (and often both!). Participants also have their say about what they want to learn. People from all sorts of backgrounds take part, like young people, clinicians, and learning specialists.

It's a new way of learning about mental health – it's relaxed, everyone is equal and there are no rights or wrongs. By getting involved, you can discover how to take action to be who you are, what you want from life, and what actually works to help you and others stay mentally healthy.

Acknowledgement of Country

Discovery College acknowledges the Ancestors, Elders and families of the Boonwurrung of the Kulin as the custodians of the land we meet on. Discovery College recognises Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

Courses

There's no particular order to our courses – it's your journey, so you can start anywhere! The courses are loosely grouped into four streams. You might use this as a guide to explore particular topics or perspectives you're interested in, or maybe it will give you a sense of where there are some gaps in your understanding or experience of mental health.

If you'd like a hand choosing, feel free to get in touch with one of our Discovery College team members!

REFRAMING

- Breaking the Taboo: Giving a voice to the topic of suicide
- In someone else's shoes: Different ways of understanding
- Mind + Body: Nutrition
- Taking the edge off: Let's talk about drugs and alcohol
- Understanding self-harm
- What is it about medication?

BUILDING

- Self and identity
- Taking charge of your own health

DEVELOPING

- Communication, assertiveness, and relationships
- High school, relationships, and social media
- In Your Write Mind: Exploring creative writing and recovery
- Making sense of your senses
- Mind + Body: Exercise (*coming soon!*)
- Mind + Body: Goals and motivation (*coming soon!*)
- Mind + Body: Lifestyle (*coming soon!*)
- Mindfulness

SUPPORTING

- Managing the ripple effect: Strategies for friends, family, and the health care team
- Recovery Educator training

Note: Not all courses are offered every term – see the current timetable for more info!

REFRAMING

How can we think differently about our experiences?

These courses approach mental health topics with curiosity – their aim isn't to present one fixed view on mental health, but to REFRAME mental health through the many different perspectives and experiences that are present in each topic.



Breaking the taboo: Giving a voice to the topic of suicide

Course length: 2 x 3 hours

In this course we hope to create a safe space where we can share in the many views and perspectives around the topic of suicide. We will hear from various lived experiences of those who have been affected by suicide or suicidal thoughts and, in doing so, look more closely at the impact for individuals, friends and families, health professionals and the broader community. Through exploring these different perspectives, we are encouraged to consider how we might look to have more open, honest and compassionate conversations about a topic that often we feel unable to do so.



In someone else's shoes: different ways of understanding

Course length: 2 x 3 hours and 1 x 6 hours

In mental health we are beginning to understand the value of exploring and being open to different ways of interpreting people's experiences. It can be hard to navigate and make sense of the many different views we might encounter, or we might be challenged by views different to our own. Throughout the course you will explore many different ways of understanding yours and others experiences in mental health and begin to develop an awareness of where different views come from.

The course offers space to listen to others ideas, to express your own, and consider helpful ways to communicate ideas about mental health. In participating, you also have the opportunity to draw on different frameworks to develop your own unique understanding of mental health and wellbeing.



Mind + Body: Exploring health from head to toe NUTRITION

Course length: 1 x 3 hours

In this course, we want to explore our relationship with food and nutrition. Our ideas about nutrition can be influenced and shaped in many ways. We will examine the many different factors that contribute to how food makes us feel and the choices we make. Through this, we will also explore the connection between mental health and nutrition.

We will reflect on the evidence surrounding nutrition for health and wellbeing alongside the stories of people who have experienced a link between their mental health and their relationship with food and nutrition. We will consider the role of emotions, stigma, and values have on the way we relate to food and nutrition. In exploring these ideas, we hope to encourage students to consider multiple ways of thinking about nutrition, share in the personal values and experiences, and connect with others around their similarities as well as their differences.



Taking the edge off: Let's talk about drugs and alcohol

Course length: 2 x 3 hours

This course brings people together to engage in an open conversation about drugs, alcohol and mental health. Together we will create a space, without stigma or judgement to unpack different perspectives surrounding substance use and allow people to come to their own understanding around addiction, dependency, managing recovery and support.



Understanding self-harm

Course length: 1 day (7 hours)

This course allows space for participants to openly discuss and unpack their own experiences around self-harm in a non-judgemental and safe environment. Together, through compassionate and open conversations, we will develop a deeper understanding of each individual's unique experience of self-harm, extending well beyond the common fears and misconceptions that can often prevent such discussions from happening.



What is it about medication?

Course length: 1 x 3 hours

This course brings together people who are interested in having some open discussion about the role of medication in mental health. It provides an opportunity to look differently at how we take care of our own mental health and that of those we support in an engaging and interactive way.

Courses

BUILDING

How do we build a meaningful life?

The BUILDING courses are designed to provide a space to explore this question through various different perspectives and frameworks. They can help you identify your strengths and look at spaces for growth and development.



Self and identity

Course length: 5 x 2 hours, 3 x 3 hours, or 1 day (7 hours)

This course is developed and delivered by people with valuable life and professional experience in this field, that enables and encourages you as an individual to learn about yourself and who you are as a person. Throughout the course you will explore who you are in your community, who you are to others, how your identity shapes your decision making and how you change over time. You will get the chance to participate in a variety of fun and interactive activities focusing on these topics. And of course, this wouldn't be complete without celebrating YOU!



Taking charge of your own health

Course length: 1 x 4 hours

In this short course we will explore the roles and responsibilities we each have for our own health and well-being and that of those that we support and care for. By considering some of the support tools and the language we use, we will inspire one another to go on a journey of transformation, uncovering the value of empowerment and control when it comes to our own lives or the lives of those we support. We will explore the strategies and skills for taking charge that the course facilitators have found valuable so that we walk away with some ideas about where to start taking charge when we walk out of the classroom.

DEVELOPING

What new skills or strategies can we learn?

In these courses you'll explore and DEVELOP new skills and strategies that can support mental health. Each course invites you to play and experiment to find out what works for you while hearing about experiences of those who have worked with the techniques.



Communication, assertiveness and relationships

Course length: 3 x 3 hours

This course gives you the chance to talk about communication in a fun, group-learning environment. The course will give you the opportunity to explore the different ways we communicate, what's important to you and how to make how to make your communication work for you. You will also get the chance to think about the ingredients for positive relationships and how to recognise and manage when things aren't going so well. The aim is for you to leave the course with the confidence and skills for all kinds of life situations.



High school, relationships and social media

Course length: 2 x 2 hours

This course is aimed at young people between the ages of 11 and 16. The course finds some really engaging and interactive ways of supporting young people to explore some of the challenges we face, both in school and outside of school. During the workshops, we complete a number of exciting activities to help us to explore who we are and how we interact and connect with other people, the impacts and effects of bullying (physical and online) and the risks and benefits of using social media, such as Facebook and Snap chat. Join us to explore these topics in a way that we can share ideas and learn from one another.



Making sense of your senses

Course length: 4 x 3 hours

This course brings people together to explore the relationship between our senses and mental health, giving you the opportunity to experiment with new options for self-care and build an awareness of how environments and external influences can impact us.

You will get some hands on experience with sensory modulation techniques. You will explore your personal sensory preferences and examine how these can be very different from person to person, encouraging you to also become aware of the sensory profiles of other people in your life. You will also gain some insight into the science behind sensory modulation and some practical tips for building your sensory toolbox to promote self-care.



Mindfulness

Course length: 8 x 2 hours and 4 x 2 hours

This course brings people together to explore and experience a range of skills, techniques and ideas about how to live mindfully. Mindfulness is about bringing our attention to the present moment with openness, receptiveness and interest. There are many ways this can be done and in this course students will connect with all five of their senses through interesting, fun and engaging activities and practices.



In Your Write Mind: Exploring creative writing and recovery

Course length: 2 x 4 hours

This course aims to create a safe and comfortable space to explore and share diverse perspectives, perceptions and stories through writing. Together, we can begin to consider how writing can be a powerful means of self-expression and communication of thoughts, ideas, sensations and feelings. Through creative and practical experiences within the learning space we want to explore and recognise how writing can be a tool to develop a greater understanding of ourselves, others and mental health and wellbeing.



Mind + Body: Exploring health from head to toe

EXERCISE

LIFESTYLE

GOALS & MOTIVATIONS

3 sessions



COMING SOON!

SUPPORTING

How can I use my experiences to support others?

In these courses you'll explore and DEVELOP new skills and strategies that can support mental health. Each course invites you to play and experiment to find out what works for you while hearing about experiences of those who have worked with the techniques.



Managing the ripple effect of mental health challenges: Strategies for friends, family and the health care team

Course length: 1 x 3 hours

This Discovery College course brings together friends and family members (of those having challenges with their mental health) and health care professionals. During the workshop, we will create a safe space to explore the different experiences and perspectives we all have, and offer an opportunity to learn from one another. Together, we hope that we might gain some new insights into being able to support ourselves and others through the challenges associated with mental health and in acknowledging the expertise in all of us, we can create a space to share in what we have learned along the way.

In creating this together, we want to support you to build a sense of community and inspire a sense of hope for the future.



Recovery Educator Training

FOR RECOVERY EDUCATORS ONLY

Course length: 1 x 6 hours

In this training course, you will meet other Recovery Educators from a variety of backgrounds and have the opportunity to pool your expertise and experiences in order to learn from one another. Part of the day will be dedicated to exploring the principles of Recovery and the Recovery College model. We'll also address specific facilitation skills, exploring our own strengths and weaknesses and you'll be able to practice these skills in a supportive and encouraging environment.

By the end of the day, we hope you'll be able to connect all these skills to feel as though you are growing in your role as a Recovery Educator. Whether you're new to facilitation or have a broad range of experience to share, this course will have something for you!

PLEASE NOTE: This course is only available to current Recovery Educators (who have been involved in co-productions or co-facilitation, or have had an initial discussion with a Discovery College team member).

Enrol

How to enrol

Ready to get started?

FIRST

complete an enrolment form

- attached on the next page
- online via the **headspace Bentleigh** website
<https://headspace.org.au/headspace-centres/bentleigh/> under
“More information” then “Discovery College”

OR

<https://headspace.org.au/assets/Uploads/Centres/Bentleigh/DIS1413-enrolment-form-MASTER.pdf>

THEN

email your completed enrolment form available to

info@discovery.college

or drop it at one of the **headspace** centre reception desks below

headspace Bentleigh

headspace Dandenong

headspace Elsternwick

headspace Frankston

headspace Narre Warren



Enrolment form

Personal details

Student name:

Date of birth:

Address:

Email:

Phone:

Name of the course(s) you wish to enrol in

Course Name	Location	Start Date

Have you previously enrolled in a Discovery College course?

☐ Yes

☐ No

(If yes and your details are up to date, no need to complete any more of the form below)

Do you currently use a community mental health service such as headspace? If so, which one?

How did you hear about Discovery College?

What days and times would suit you to meet with a member of Discovery College to discuss your enrolment?

Who would you like us to contact in the event of an emergency or if you need us to arrange extra support?

Personal contact

Professional contact

Name:

Name:

Phone:

Phone:

Relationship to you:

Relationship to you:

Things to watch out for and how we can help

What are some of the things that might help you participate in the course?

How can we support you when things are difficult?

Office use only:

<input type="radio"/> hYEPP	<input type="radio"/> headspace standard	<input type="radio"/> CYMHS/other AMHS	<input type="radio"/> Other (specify)
Group timetable provided?	<input type="radio"/> Yes	<input type="radio"/> No	
Any other information:			

Name:

Co-signed name (if required):

Signature:

Co-signed by parent/family member:

Date:

Date:

Please complete this form and email to info@discovery.college

Recovery Educator Bios

All our courses are facilitated by our Recovery Educators. In any course there will be at least two facilitators. These facilitators come from two different perspectives:

Our **Expert by Experience** has a lived experience connected to the topic of the course. What makes them powerful facilitators is not only their educational skills in the classroom but how they readily and meaningfully share what they have learned through their personal experiences to enhance the learning experiences of everyone in the room.

Our **Expert by Profession** has studied and/or has professional experience connected to the topic of the course. They offer their professional expertise in the spirit of exploration – connecting to and making room for various different perspectives, encouraging students to come to their own personal understanding of each topic.

OUR RECOVERY EDUCATORS

Karen Barnett

Expert by Profession

Karen is an accredited mental health social worker with over 10 years' experience in clinical mental health settings. She is passionate about working side by side with young people, their families, and friends, to connect with their inner wisdom, and allow this wisdom to guide and nurture them through the recovery process.

Bek Beddoe

Expert by Experience

Rebekah Beddoe was studying Professional Writing when she suffered postnatal depression. What began as a major assessment task, documenting living with and recovery from PND, became her book, *Dying for a Cure - a memoir of antidepressants, misdiagnosis and madness* (2007). Since its release, Rebekah continues to write, and presents about challenges of medication in psychiatric treatment, including at the Annual Congress of the ANZ College of Psychiatrists in 2017. She really enjoys that her role at Discovery College allows for greater connection with people in a supportive, relaxed, learning environment.

Case Bosdorf

Expert by Experience

Case Bosdorf is developing an understanding and appreciation of how to help and look after herself and wants to help others understand, work through and develop some understanding of their own emotional and mental needs, finding ways to challenge but support the mind and heart. She aims to share in her experiences with organisations and programs she's participated in, the mental struggles she's faced, different ways and techniques of managing through them, and how living with mental health issues affects her life and faith.

Troy Bryden

Expert by Experience

Troy is a peer youth worker at headspace Narre Warren and Dandenong. He enjoys fitness activities, yoga and meditation. Troy first discovered mindfulness as a tool to help him deal with VCE stress in high school and has since cultivated his interest over time with a personal practice, involvement in groups and has had experience leading groups as a volunteer.

Michael Cameron

Expert by Profession

Michael is a Youth Drug and Alcohol Outreach worker with YSAS who supports young people to address drug and alcohol related issues in a safe, secure and youth-friendly environment. Michael, like the Discovery College model, aims to engage young people in an environment where they can be heard and understood through a non-judgemental and welcoming approach. Michael has a passion for advocacy as he is a firm believer that every young person should be provided with the resources and opportunity to live fulfilling lives.

Lindy Chaleyer

Expert by Experience

Lindy has worked as a Family Peer Support Worker and Carer Consultant in youth and aged mental health over the past five years. She uses her own lived experience of mental illness in her family so that families can make sense of their often new involvement with mental ill health. Through sharing and discussion Lindy endeavours to assist families to live with less guilt, shame, grief and isolation..

Rebecca Cook-Hamilton

Expert by Experience

Rebecca has devoted the past 10 years to a journey towards greater wellbeing. She utilises what she has learnt through her own life experiences, therapy, and strategies to manage her mental health challenges. Her toolkit includes a combination of self-awareness, sensory modulation techniques and mindfulness. She is passionate about working to encourage others to engage in their own journey towards wellness and successful management of their conditions

Andrew Cookson

Expert by Experience

At Discovery College, Andrew has a keen interest in bringing together his lived experience with mood disorders and a professional expertise as a mental health educator. He does this most notably in his work with young people. Andrew believes that the use of recovery models provides important steps for young people in dealing with their mental health challenges.

Paul Denborough

Expert by Profession

Paul has worked as a child and youth psychiatrist for over 20 years and has been in his current role as clinical director of Alfred CYMHS and headspace for 15 years. He is passionate about improving the accessibility and quality of mental health services for young people and their families. In his role as Recovery Educator he hopes to use this experience to foster collaboration between young people, families and professionals to help improve outcomes and minimise stigma and discrimination.

Sophie Dight

Expert by Profession

Sophie has been working as a Social Worker for the past 18 years, and has extensive experience in supporting individuals in mental health recovery. Sophie has been working with headspace for the past two years and is passionate about early intervention and preventative support work. Sophie is looking forward to being part of the Discovery College and having the opportunity to empower individuals through education and self-discovery.

Andrew Foster

Expert by Experience &

Discovery College Coordinator

Andrew combines 20 years of working in specialist education focused roles and his own experiences with mental health challenges and overcoming addiction. At Discovery College he brings these two areas of expertise together in a way that can help others to make sense of their own experiences in a way that is engaging, interesting and inspires hope. He has a passion for people to be able to find their own unique voice and to be able to understand their life experiences in a meaningful and empowering way.

Samara Gray

Expert by Profession

Samara is passionate about mental health and suicide prevention, and since 2005 has sought various paths to pursue her passion and knowledge to help others impacted by mental health and AOD concerns. At the Discovery College she draws on her passion and her knowledge of suicide prevention research in the hopes of creating an opportunity to have open conversations about suicide. By creating a non-judgemental environment and encouraging sharing, she wants everyone to feel heard, respected and empowered in their own narrative.

Jacinta Halloran

Expert by Profession

Jacinta has worked for many years as a GP (now with headspace) and is also the author of three published novels. At Discovery College she combines these two areas of expertise and passion to support and inspire young people who would like to use writing as a means of expression in their mental health maintenance and recovery. She believes that creativity in all forms can help generate new insights and understanding, and makes the world a better place for everyone.

Claire Harcla

Expert by Experience & Discovery College Learning Consultant

Claire is an individual passionate about education, the arts, mental health and fostering positive collaboration within communities. She has 10 years of educational experience, working across various roles, contexts and continents and is undertaking her Masters in Narrative Therapy. Claire believes that learning spaces should be a place for comfortable and open conversations where individuals are able to share their stories, changing the monologue into a dialogue. She feels that through the sharing of perspective, within an educational space, individuals are able to feel agency, connectedness and empowerment to be experts in their own story.

Issy Holledge

Expert by Experience

Issy is hugely passionate about educating the community around her and about connecting the different parts of community. Her passion extends to Discovery College, to learning, and to educating. She combines professional experience as a peer support and youth worker with her lived experience of mental health, addiction and identity challenges. In an engaging manner, she speaks insightfully using raw, real language, believing that the practice of taking charge of our own health changes our recovery paths and our lives for the better. With an encouraging and warm manner, she holds a safe and strong presence and energy.

Prunella Howell-Jay

Expert by Experience

Prunella has lived experience with her own mental health challenges and finding herself within her recovery. She came involved with Discovery College through originally volunteering within the Youth Advisory Committee before becoming employed in a Youth Peer Position. She is passionate about giving young people a voice and autonomy within their mental health experiences. Prunella hopes that through Discovery College, young people and families can learn more about themselves to support their own and their loved one's journey through recovery.

Tim Hulett

Expert by Experience

Tim became involved with Discovery College via his involvement with Headspace Frankston as a member of their YRG (Youth Reference Group). He attended our courses as a student and developed a real passion for this style of education. Tim combines knowledge of his own mental health recovery with the ability to communicate his experiences in an engaging and relatable manner. He is actively engaged with headspace centres Bentleigh & Frankston and is training to become a full time peer support worker.

Olivia Hunt

Expert by Profession

Olivia is an Occupational Therapist with experience in working in adult and youth mental health. She has provided psychosocial and clinical case management, with intensive interventions for people with varying mental health challenges using her occupational focus. Olivia has worked across residential services and assertive outreach; she is an advocate for hope in people's recovery and has a passion for sensory work.

Trent Katelas

Expert by Experience

Trent brings his experience of his own mental health to Discovery College. He has a passion to help out youth through the Discovery College courses. He brings his past of mental challenges to the table, particularly the way he coped, which gives a new perspective on coping strategies. He likes to use those coping strategies to inspire others to explore new coping strategies they can use. Trent gets people thinking about things through open ended questions. In doing so, what people learn is from a knowledge provided from the wisdom of others, giving a deeper level of understanding

Lucy Mahony

Expert by Experience

Lucy has lived experience with mental health challenges. She strongly believes that finding inner peace and happiness begins with changing our inner workings- our minds, attitude and perceptions of our exterior world. Amongst other methods, Lucy particularly advocates mindfulness and meditation and hopes sharing her own experience with mental health and different coping strategies will help others improve, and feel a greater sense of clarity in our daily lives

Josh Mardan

Expert by Experience

Josh was drawn to Discovery College because of its different approach to education. He firmly believes that through education, you can fight adversity. Josh brings his knowledge of mental health through lived experience to the classroom. He feels that experience is a priceless commodity, and should be utilised to its fullest, helping others to gain a better understanding and knowledge of mental health.

Rebecca McCabe

Expert by Experience

Rebecca has worked in the mental health field for the last two years. Previously she was working with adults, but has always had a passion for child and adolescent mental health. Rebecca has also overcome her own mental health issues, dealing with depression and anxiety when she was younger. Rebecca brings her program development and counselling knowledge to Discovery College, helping the team to devise programs for people engaged with the Discovery College education program. She finds enjoyment in interacting with and learning from others experiences with mental health.

Liam McCluskey

Expert by Experience

During my experience with Discovery College I wish to exemplify someone who is open to investigating and contemplating the existence of my own subjective and objective experience. The curiosity I express contributes to an expansive perspective and philosophy which broadens my outlook. From this introspection, I wish to share my own ideas and look to form a synthesis with a collaborative group at Discovery College. My personal experience of mental health challenges has brought up the idea of quintessential elements of awareness and education in mental health and in the community.

Tara McRae

Expert by Experience

Tara is currently studying psychology at university with the intention to continue post graduate studies in occupational therapy. She also has a lived experience of mental illness, and aims to incorporate this expertise in her future career. She has a passion for supporting youth in their journey of recovery, and to assist them to find a voice that is empowering and hopeful. She aims to achieve this through Discovery College and in her future career as an occupational therapist.

Bianca Otto

Expert by Experience & Expert by Profession

Bianca comes to Discovery College with 7 years of personal Mindfulness practice and 4 years teaching. She has experienced many issues with her own mental health and understands the challenges that this can bring. Bianca has taught a broad range of students from Prep – Year 12 to adults, and understands that different ways are required to engage her students. Her approach is more of a gentle teaching style and her intention is for students to find the way to use the techniques to support them in their lives, for them to find their own unique formula

Sarah R

Expert by Profession

Sarah is an Occupational Therapist who has a passion for working with young people experiencing challenges related to their mental health and wellbeing. She has worked across a range of different settings. For the past three years she has been with hYEPP working across the Mobile Assessment & Treatment Team and the Recovery Program. She has a passion for developing collaborative working relationships with young people and their networks, to support a transition back to engaging in meaningful activities.

Michelle Robertson

Expert by Profession

Michelle is a dietitian who has worked extensively in mental health over many years involved in treatment services & more recently in consultation support and training for health professionals primarily in the eating disorders field. She is enthusiastic to contribute to empowering people becoming experts in their own self care through Discovery College.

Anita Schep

Expert by Profession

Anita is passionate about helping others find creative ways to express various life experiences and emotions, and about helping others find hope, meaning and purpose. She has been personally touched by mental ill-health in her family. Anita began as a Secondary School Art Teacher, before retraining as an Art Therapist. Since then she has worked as a Community Mental Health Professional.

Campbell Thorpe

Expert by Profession

Campbell is a psychiatrist working who has worked in child and youth mental health for the last 15 years. He has an enthusiasm for contextualising mental health difficulties within a broader social perspective and strongly believes in the importance of positive social connections in recovery. Campbell is passionate about developing services that place the young person in a central directing role in their care, working collaboratively with young people, their families and social networks. He enjoys the open exchange of ideas and building new ways of understanding together in Discovery College. Campbell also loves riding bicycles and owns seven - one for each day of the week.

Lauren Van Krimpen

Expert by Experience & Discovery College Learning Consultant

Lauren weaves together many threads of her life at Discovery College – she loves being in the classroom, has a Psychology degree under her belt, has a lived experience of anxiety and depression (and as a family member of friend of people with mental health experiences, can format that hell out! She strongly believes in the power of personal connection when it comes to both education and navigating mental health experiences. As such, Lauren finds satisfaction and joy in building safe and dynamic learning environments in which people can meet and share in their own expertise.

Shifra Waks

Expert by Experience

Shifra is passionate about working with consumers and health professionals to shift people's perceptions, to know there's no one way of looking at these complex issues. She wants to help other consumers find their voice and their way to make their own choices in life. Shifra draws on her experiences as a

Peer Education co-facilitating and co-designing numerous courses at South East Sydney Recovery College and from her research background in public health and psychology.

Claire Wilson

Expert by Profession

For more than 10 years Claire worked in the health field. Since beginning a Bachelor of Occupational Therapy, Claire has naturally found herself moving into the field of mental health. With her years of experience promoting physical health and well-being, Claire is looking forward to combining her skills and knowledge from both areas to support individual experiences of mental health challenges in a balanced and nurturing way.

Katie Wilson

Expert by Profession

Katie Wilson is a social worker with 12 years of experience working with young people and families experiencing a range of challenges including chronic illness, bereavement and mental health. From both her professional and personal experiences, she is strongly aware of the central role that hope can play in navigating life's challenges. Katie seeks to engage in authentic relationships with young people to support them through their own individual recovery journey, working towards their goals and aspirations

Lauren Zelunka

Expert by Profession

For the last 4 and a half years, Lauren has worked in the Youth or AOD sector space after completing her Counselling degree. She has worked in both residential and community settings. Prior to this, Lauren worked for 10 years in the legal field, both local and overseas, with 7 of these being at Victoria Legal Aid (vulnerable clients). She now works in the prevention space with Taskforce.

Lauren has a strong interest in early intervention and positive psychology for both AOD and MH, and is looking forward to bringing this to her work with Discovery College.



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