Co-production in Mental Health:

How to make it real?

Welcome to the
12th Meeting
of the West Midlands
Co-production Network

Healthy Villages, Birmingham, 9 July 2014
About Governance International

- A non-profit organisation working internationally with an 12 year track record.
- Recent clients in the UK include: Walsall MBC, Stockport MBC, Surrey CC, Hertfordshire CCG, Durham CC, East Dunbartonshire Council & East Dunbartonshire Dementia Network
- Leading provider of co-production toolkits, training, advice and peer support.
- 50 co-production case studies, tools & resources at www.govint.org.
About Independent Advocacy

- A charity established in 1991
- Providing advocacy, appointee and support services
- Specialist in the provision of mental health advocacy
- Thirty staff plus volunteers
- In the last five years, we have dealt with 10,000 issues for 6500 mental health clients
- 2013/14, 2200 mental health advocacy referrals, 600 general advocacy referrals
About Healthy Villages

Decision Spectrum

Data as Answers: what we always had

Data as Questions: doing all the right things → New Paradigm

Current Paradigm
Some Stuff About Robin

- An employment biography firmly based in The Disability Rights Movement, moving through into Disability Art and Empowerment
- An academic record including a Degree in Philosophy, and professional qualification on both Music Practice and Training Adults
- A sporting career spanning 35 years to date including swimming at 3 Paralympic Games, gaining huge worldly education in traveling the world, and currently coach junior and adult wheelchair basketball
- A music career including touring the country, having music used by the BBC, recording and producing other artists and running an indie record label.
- Since 2001 I have utilized my creative and performance skills to devise and deliver bespoke training programmes ranging from Equality and Diversity through to Empowerment Through Creative Writing and Song under the banner of “Permission To Speak”
What co-production is about

“Co-production of public services means professionals and citizens making better use of each other's assets, resources and contributions to achieve better outcomes or improved efficiency”.

Source: Governance International www.govint.org

“Capabilities assessments, not just needs assessments.”
Why do assets and needs matter?

- No need to ‘re-invent the wheel’ – build on existing strengths
- This is a positive resource approach – looks beyond just council resources

- Doing with, not doing to – an asset is not an asset unless individual or community thinks it is
- Understanding individuals/community/area is key
- Uncover the story/narrative of an area
- Map offers and make a match
“See What You Can Do?”

The Governance International Capabilities Assessment Toolkit

SEE WHAT YOU CAN DO
Ice Breaker

Identify for each person a capability, which is currently underused (at work, at home or in their social life) and which could be used more to help others.

SEE WHAT YOU CAN DO
The four elements of the Capabilities Assessment Toolkit

1. Positive conversation about outcomes sought by individual

2. ‘See What You Can Do’ conversation (e.g. in support planning process)

3. Development of ‘offers’ the individual is keen to make

4. Matching the ‘offer’ to an opportunity
Challenges to co-production in mental health from an advocacy point of view

The top three challenges:

- Scale
- Communication
- Commissioning

What keeps you awake at night?
Where to look for assets?

Individual assets

Organisational assets

Community assets
How are we doing it?

- Community asset mapping
- Capabilities assessments of individuals
- Service co-design with front-line staff
- Community asset mapping
‘See What You Can Do’ - Experiences

“I think for the council... [the See What You Can Do Toolkit] is helping us understand what people want from life, what’s important to them, and what could enhance their lives for them...For Accord Housing... Pauline has told me she found it really beneficial to have that quality time talking to people and that she found more out about Charlie and Lily than she didn’t know. So for all of us, there’s a real benefit that we can improve people’s quality of life and actually try and find unusual solutions to help them get what they want.”

Elaine Betts, Workforce Development Team - Adult Social Care, Walsall Council
Benefits of capabilities assessments

Public services
• improve outcomes for citizens
• reduce dependency
• shift resources to prevention
• improve job satisfaction

Citizens
• improve their own well-being
• can make a contribution to society and play valued role in community
• become more satisfied with their quality of life

Communities
• become more inclusive and cohesive with stronger support networks
Contact

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