

Co-production- An introduction

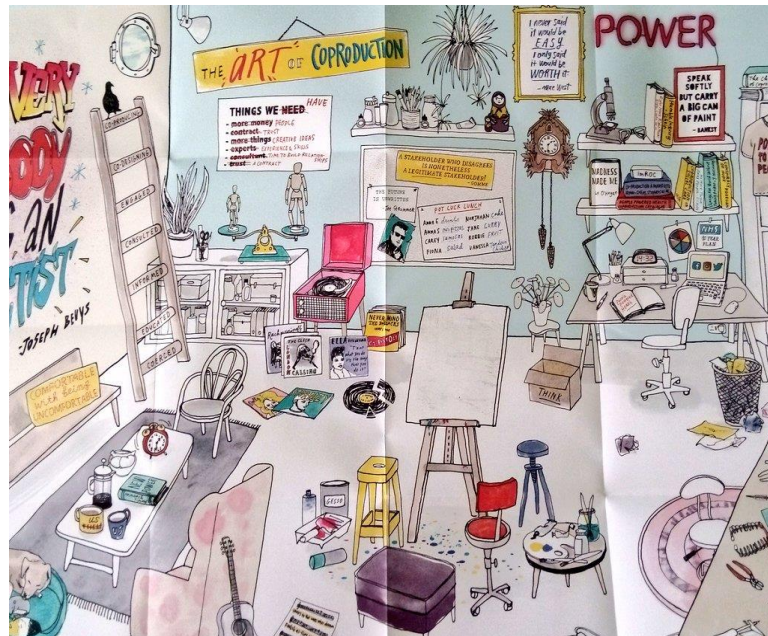
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the Royal College of Psychiatrists

What is co-production?

It is:

“...a shift in relationships between communities and public services, transforming people from passive recipients of healthcare to equal partners in its design, delivery and evaluation.”

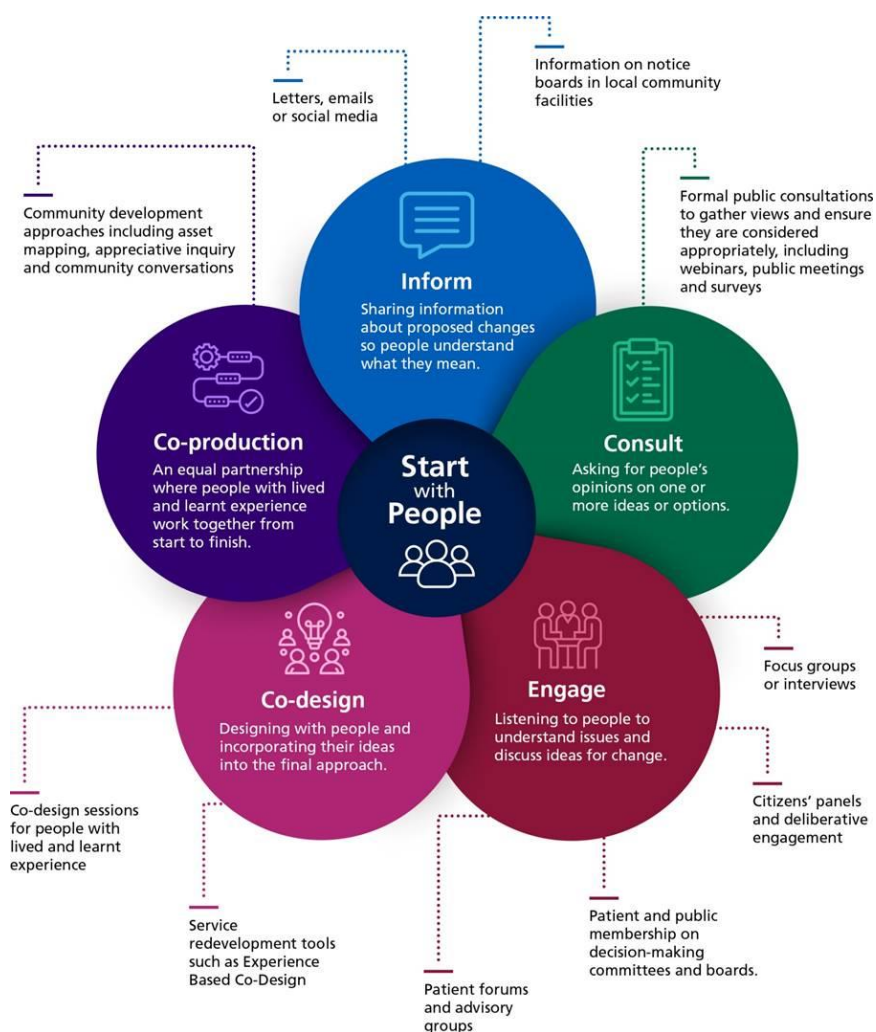
*The Art of Co-Production a Guerrilla Guide-
We Co-Produce, 2019*



We can apply this definition to **any type of organisation**, not just healthcare.

Start with people

Start with People- From Working in Partnership with People and Communities NHS England 2022



What are the benefits of co-production?

This quote, 13 years on, still best encapsulates the benefits of co-production:

“Co-production makes the system more efficient, more effective, and more responsive to community needs. More importantly, it makes care altogether more humane, more trustworthy, more valued – and altogether more transforming for those who use it.”

Phil Hope MP, then Minister of State for Care Services, March 2009



The value of co-production and peer support

- How does it **make you feel**?

- What can we **learn** from this story?



Co-production

The tangible results of
creating the right conditions

“Living the Life I want and doing the things that are
important to me as independently as possible”

Funguarding

Why don't we try it
Positive risk taking

What matters **to** people
And communities

Cause good trouble

Relationships

Working alongside people
and other 'providers'

Test quickly and fail fast

Re-Humanise

Its about **people**

Build support around
my personal outcomes

Empathy

Very different
conversations

Values

Trust

Let **ME** take risks

Always learning
and adapting

Flexibility

Re-write the Rules

Co-Creation

Creating the right conditions
New organisational form

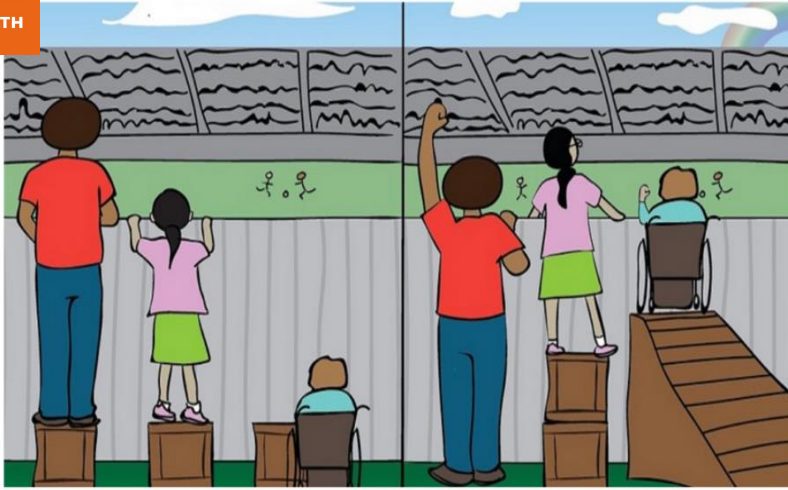
The Iceberg Effect...

Cat Duncan-Rees

**CURATORS
OF CHANGE**

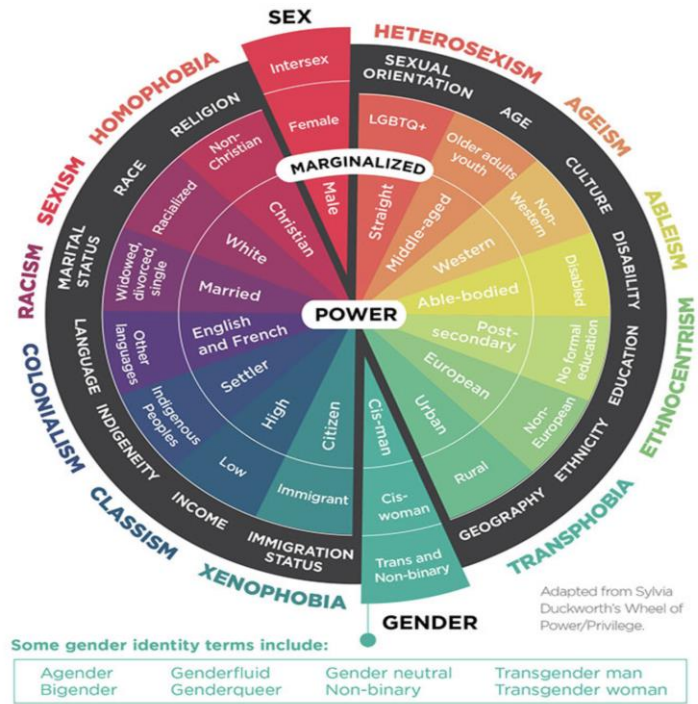
The Four Pillars of Co-Production (getting the basics right)





Equality

Equity



‘**Equality** means each individual or group of people is given the same resources or opportunities. **Equity** recognizes that each person has different circumstances and allocates the exact resources and opportunities needed to reach an **equal outcome**’. Challenging the status quo takes commitment, courage, imagination, and, above all, dedication to learning. (Framework by **Marshall Ganz**)

The formula to effective co-production is ...

Invite people to regular meetings to discuss issues

4LD + 5 LGBTQI + 3 MH + 6BME

Ensure minutes + action plan cover everything

Minimum 12 pages

X 4 meetings
per year

There is no magic formula



Key challenges

- Requires upfront resource and capacity, once baked in though, this isn't the ongoing case
- Honour the work - if you're not going to apply the insights, don't do the work
- Lack of thought on safeguarding participants throughout the process
- Lack of aftercare support provided to participants who might be triggered in any way
- Lack of creative approaches to enabling people to participate anonymously, especially around stigmatised topics
- Lack of creative approaches to reward vulnerable people for their contributions and time - if they're on benefits, they can't get any financial rewards for their contributions

Five key learning points:

- Build a feedback loop – let people know what you have done with the time and information they have shared.
- Work in equal partnerships built on mutual trust, respect and transparency.
- Be proactive. Go out and get involved. Don't expect people to come to you.
- Be resilient and persevere - co-producing research can be challenging but hugely rewarding, it will be worthwhile.
- See it, achieve it, and celebrate it. Decide together how things should work, what you need to do to achieve that, and celebrate all of your successes, no matter how great or small.

Quality Improvement in Tobacco Treatment (QuITT)

The Quality Improvement in Tobacco Treatment Collaborative is a quality improvement collaborative that aims to increase the number of patients in mental health inpatient units receiving smoking cessation treatment.

Tackling tobacco dependency is part of the NHS Long Term Plan and is a step in reducing health inequalities experienced by people with severe mental illness. To address this, the National Collaborating Centre for Mental Health (NCCMH) have launched the Quality Improvement in Tobacco Treatment (QuITT) Collaborative.

The collaborative is being delivered with subject matter expertise from Action for Smoking Health (ASH), with whom the NCCMH have formed a partnership in work involving mental health and smoking.

Thank you

For further information or training please contact us at:

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Your homework is:

Think about how do you know co-production is going well?

Additional resources and further information are on the following slides

Useful resources

- The Art of Co-Production- A guerrilla guide [The Art of Coproduction - A Guerrilla Guide - Ideas Alliance \(ideas-alliance.org.uk\)](https://ideas-alliance.org.uk)
- Working Well Together, [Working Well Together | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://rcpsych.ac.uk)
- Working in partnership with People and Communities [NHS England » Working in partnership with people and communities: Statutory guidance](https://www.nhs.uk)

We have left you with a series of resource slides which follow

Use language intentionally

You're understanding of certain terms might be different to how people and communities understand those terms.

Therefore, it's important to have a shared understanding about what you mean by a specific term that you choose to use for your work.

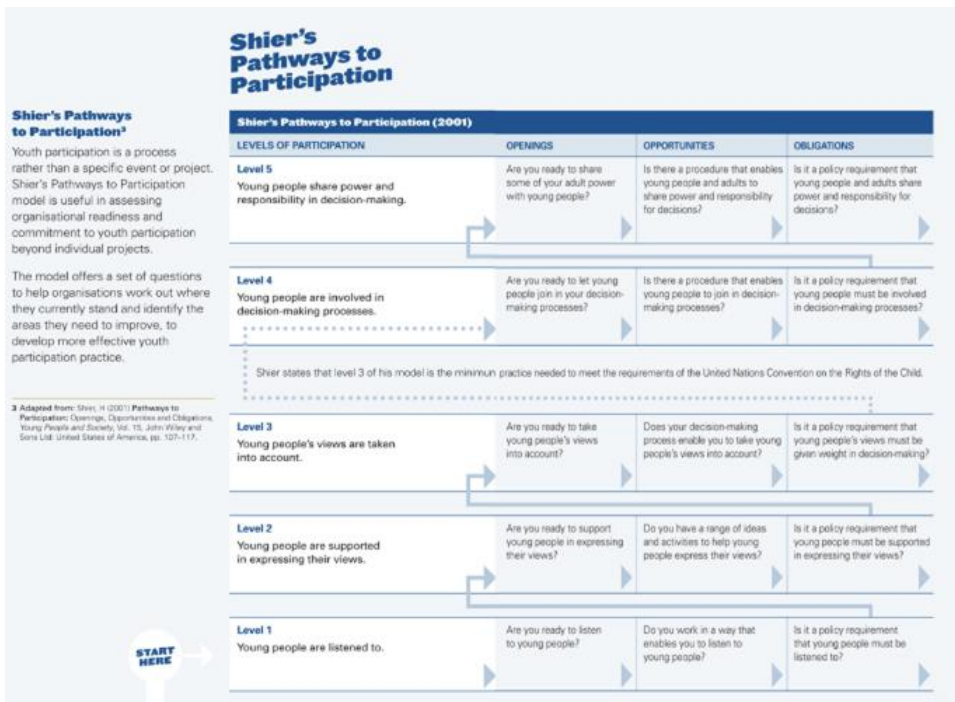
Consultation	Decision makers seek information and advice from people to inform and drive their decision making processes.	Short term activities
Engagement	People are involved in challenging organisational actions to create positive social change. It means involving people in particular organisational activities and in making decisions that affect themselves and others e.g. staff.	Medium term activities
Meaningful participation	People are proactively involved in the decision making process on issues that affect them. People feel like they are contributing to their communities and are empowered and inspired when they participate in the effort.	Medium - long term activities
Co-production	Building on and developing the existing skills and strengths of people, rather than imposing one's own expectations of what is required. Actively support people as Experts by Experience. People put their skills and life experiences to work, for their own benefit, the benefit of their peers and for the organisation. They feel a sense of shared ownership.	Long term activities

Source: Kooth Participation Workshop run by The Participation People (2022)

There are lots of different models so the practice evolves constantly.

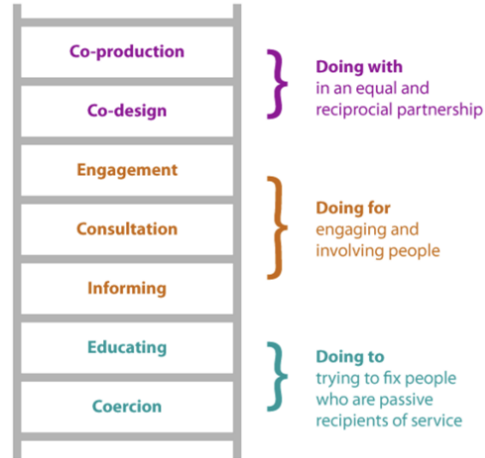
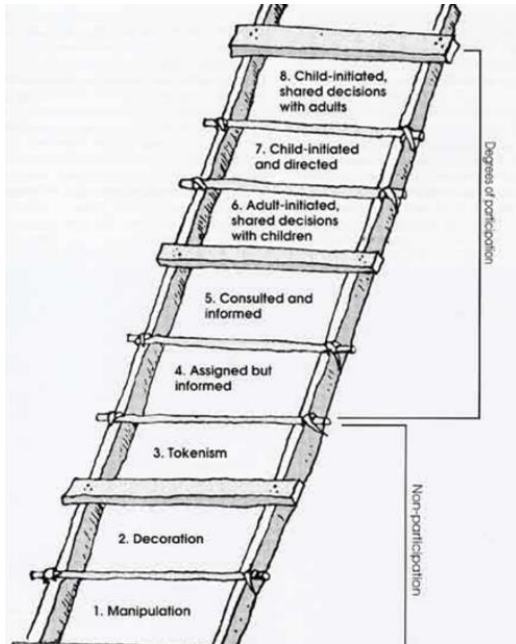
- Pathways to Participation (Harry Shier)
- Ladder of Participation (Roger Hart)
- Patient Leadership Triangle (David Gilbert)
- Lundy Model (Professor Laura Lundy)

Pathways to Participation (Harry Shier)



- Youth Participation Model based on different levels.
- Focus is on the behaviour and power held by adults
- Example: spaces where those with power allow others to feedback at times and spaces of their choosing (e.g. committees, councils, panels etc)

Ladder of Participation (Roger Hart)

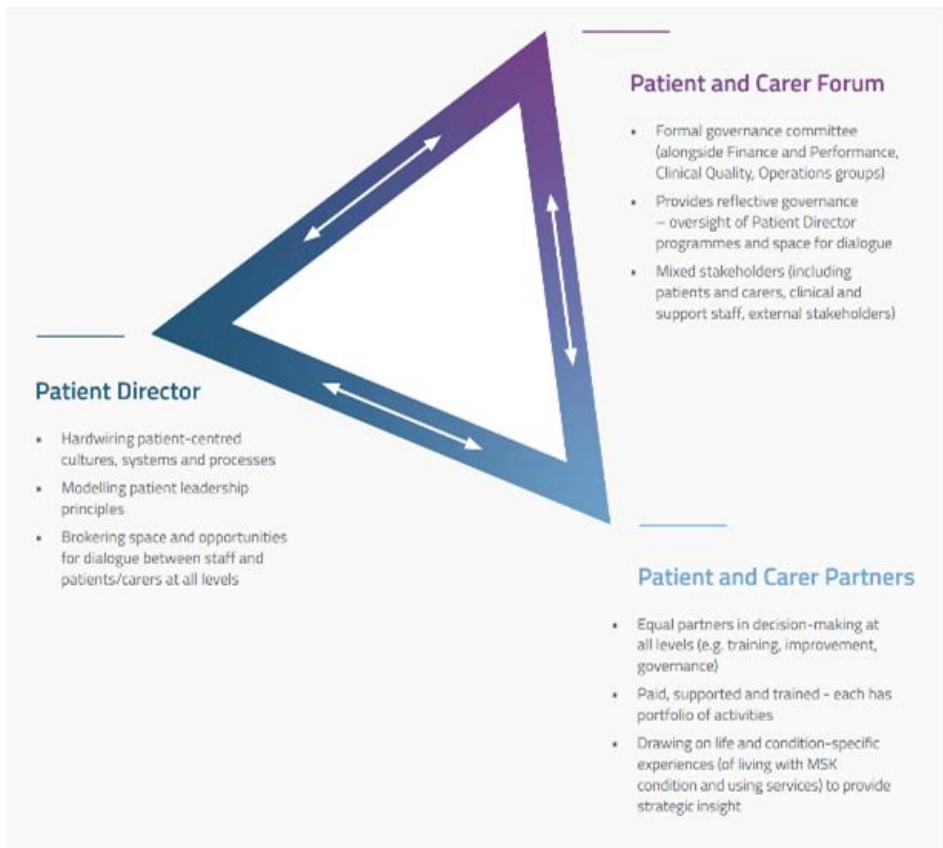


- Well known in policy and practice community
- Originally youth participation model, now used in health and social care for adults
- Highlights lower level may be necessary for preparing people and practitioners before moving up
- Participation is a process rather than deliverable service/product
- Considers psychosocial and contextual factors
- Can be seen as a hierarchical model when presented as a ladder (perhaps use steps instead)

Source: [Children's Participation: From tokenism to citizenship \(unicef-irc.org\)](https://www.unicef-irc.org/publications.asp?ref=07-001)

Source: <https://www.thinklocalactpersonal.org.uk/co-production-in-commissioning-tool/co-production/in-more-detail/what-makes-co-production-different/>

Patient Leadership Triangle (David Gilbert)



- Addresses power imbalances between people and service practitioners
- Moves from 'done to' to 'done with'
- Give practitioners space to explore engagement led by people and understand its benefits for services and practices (good for building practitioner's confidence in this way of working)

Source: <https://www.inhealthassociates.co.uk/wp-content/uploads/2020/05/Patient-Leadership-Triangle-Ebook.pdf>

Lundy Model



Source: [lundy_model_of_participation_0.pdf \(europa.eu\)](#)

- Youth participation model
- Rationale chronological order: space, voice, audience and influence. (see [checklist](#))
- Anchored in Article 12 of the United Nations Convention on the Rights of the Child
- Evidence based academic framework, flexible, agile and people tested
- Aligns with the Resilience Framework, developed by Hart & Blincow with Thomas (2007) to strengthen children, young people, and families' abilities to cope and contribute in people-led design, testing and feedback opportunities. (Sources: <https://www.boingboing.org.uk/resilience-revolution-blackpool-headstart/> and <https://images.app.goo.gl/s4CmYP9UrSYe9Pxp6>)
- Adult proofed through two workshops with participants from the Independent Mental Health Network by Kooth's Participation team.
- See [here](#): Ireland's National Child and Youth Participation Strategy 2015-2020, European Commission, World Health Organisation, Leicester City Council, BBC Children in Need, Anna Freud Centre
- What might a digital journey look like if this model was to be applied for product development (the process) and the digital product itself?

- It's about **relationships and people's journey** - not hiding behind skills, practice and models
- I feel tech world is not doing co-production in a meaningful way and I feel like they don't get it.
- Beyond the basics, it's based on equity, not equality (power dynamics, intersectionality, institutional barriers)

What is Co-Production?



'Co-production is an increasingly popular approach to knowledge generation encouraged by donors and research funders. However, power dynamics between institutions in the Global North and South can, if not adequately managed, impede the effectiveness of co-production and pose risks for long-term sustainability.'

Vincent, K., Carter, S., Steynor, A. et al. Addressing power imbalances in co-production. Nat. Clim. Chang. 10, 877–878 (2020). <https://doi.org/10.1038/s41558-020-00910-w>

