

Mersey Care NHS Foundation Trust Harnessing Co-production in Restraint Reduction



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Aims of the session

- To explore the concept of co-production in relation to restraint reduction and the barriers and benefits of working in this way.
- To consider how co-production can be used to enhance our journey and outcomes together.
- To use the collective wisdom from the session to inform co-production strategy.

Restrictive Intervention Reduction and Co-production...

“Involvement and participation of people with care and support needs, their families, carers and advocates is essential.”

Guiding Principles: Positive and Proactive Care 2014.

What's Co-production?

- Equal respect of expertise (lived & professional)
- Walking along side (not in front)
- Listening & learning from each other
- Valuing the difference
- Recognising **what we have in common** with people
- Appreciating peoples **strengths and assets**
- People become more than just a bundle of needs to be ‘fixed’, they become ***central to the solution of the crisis in public services***
- This means **truly valuing the contribution** people make, i.e. paying when appropriate
- **Promoting ‘reciprocity’** (trust and mutual respect) and **building social and community networks**

Strengths & Challenges of Working In This Way

Strengths



- Learning
- Supports recovery
- Vibrant outcomes
- Support change
- Culture
- Shifting the balance of power
- Seeing people as assets
- Enabling approach
- Increasing control

Challenges



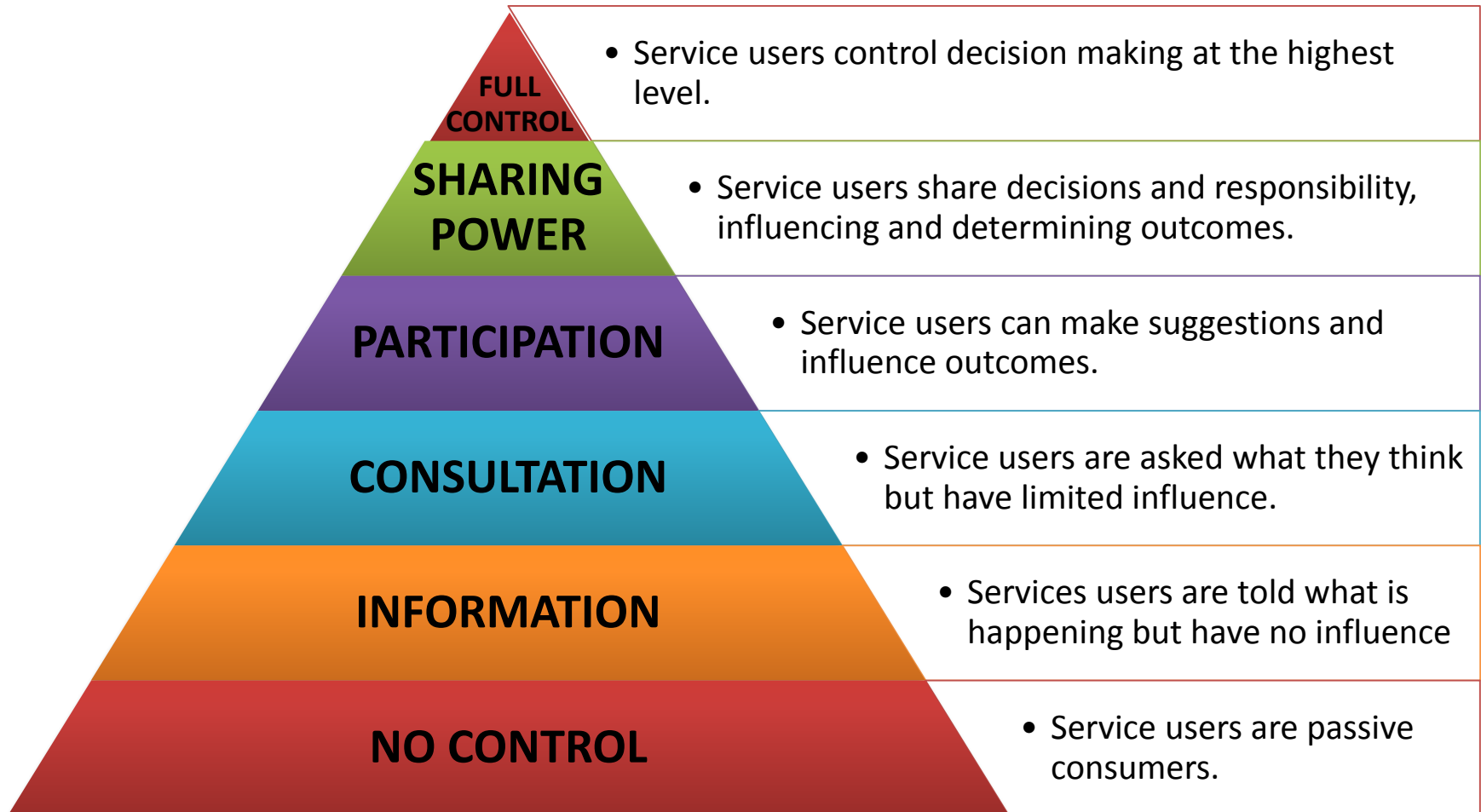
- Time
- Courage
- Communication
- Commitment
- Culture
- Current systems and processes
- Values
- KPI's

Practical examples?

“Who can argue against the power of collaboration between clinician and peer when you see with your own eyes people living their dreams and having hope because of it? It just makes the job so rewarding.”

“We learn from each other and we inspire each other to help our students on their road to recovery. You see the positive change in students – becoming the people they want to be.”

Ladder of participation



Co-production is a way of life for ImROC....

What matters most is that we are true to the values and principles of co-production. As a diverse group of people with both professional and lived experience, we thrive on our collective wisdom, talents and skills. Our community of extraordinary individuals is united by our shared belief in the power of recovery. Our culture and identity are built on a belief that we can inspire more, achieve more and falter less when we work together in equal partnership. Power is shared, strengths are drawn out and nurtured, and improvement celebrated. Together we see new possibilities, we challenge, we make mistakes, we learn from each other. Through this, we break down barriers, we share responsibility, and we try to contribute to healthy and happy communities.

"The whole is greater than the
sum of its parts."

Aristotle

Questions & Answers



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