



# Healthier Lancashire & South Cumbria

Healthier Lancashire and South Cumbria is a partnership of organisations coming together to improve outcomes and care for local people



## Co-Production - Suicide Prevention Programme

Lancashire & South Cumbria ICS

Tuesday 12<sup>th</sup> November 2019

# Co-production in the suicide prevention programme



## ■ What do you need for Co-production?

Lived Experience

Service User Perspective

Expert by Experience

Lived Professional

Patient Representation

- Whatever label these people have, they are needed as **equal partners**, in order to ‘co-produce’ anything.
- Everyone involved needs to be willing to **balance** change – not to focus only on the negative. If we don’t focus on the positive too, it won’t be recognised and will be lost.
- Professionals need to be able to work with **everyone** around the table on an **equal footing**

## ■ How do you find these people?

# Use your networks!

- Use the multi-agency set-up
- Contact existing charities that work with who you want involved
- Use Twitter
- Acute and Mental Health Trusts – ED nurses know everyone!!



**People who are affected by a suicide are not easy to find, but if you leave information for them, they will find you.**

## ■ How do you keep these people?

# Money?

Some people pay for people to co-produce but we didn't. It didn't sit well that people would be paid an amount of money for sharing their experience of losing a loved one. We do pay travel expenses now for those that have remained and wish to support further change.

# Food?

ABSOLUTELY!!! Showing people that you value their input enough to put on some butties or tea, coffee and biscuits, helps so much. It is also really useful in breaking the ice, calming nerves and emotions and giving someone something to do if they feel a little overwhelmed (dunk a biscuit).

# CHANGE!

**Being part of positive change is more than enough for those involved (we know because we asked them). The main aim was outlined through a task and one comment was**

**“people will be in my position again, but if it can be made even a little bit easier, it will make such a difference”.**



# Co-Production – Suicide Prevention Programme

## • What do you promise to do?

- Only what is within your gift;-
  - **Be honest with the Money:** “it’s a £5k budget – not much but we can do a lot with it”
  - **Confirm the Resources:** “there is only me for the whole of Lancashire & South Cumbria leading on this, BUT I have a lot of colleagues in other organisations willing to support us and join us”
  - **Be honest when confirming the Membership:** “it will most likely start as a professionals and lived experience; but will become a ‘we’ by the end of the first meeting”
  - **Outline the Change:** “the ask is to see what support is available, see what isn’t available and look at what can be provided to create a full bereavement support system for our population”



### Patient & Public Involvement

#### What you can expect from us

- Provide you with a **key contact** for your questions and queries
- We will use **plain language**, and will openly share information
- Be honest about what we can and cannot achieve
- Your points of view to be taken seriously
- To choose how you want to be involved
- We will respect and encourage different beliefs and opinions

#### What we expect from you

- To view things with an open mind
- To help us to improve services for patients, carers and their families
- Be willing to help change and influence services
- To respect other people’s points of view even if you don’t agree with them
- To treat all meetings and discussions as confidential
- To understand that this is not opportunity to air personal complaints

Setting out a ‘charter’ of what is expected of those attending is really useful

# How did it work and what can be achieved



## Co-production can be based on 5 principles

1. Value all participants, and build on their strengths
2. Develop networks of mutual support
3. Do what matters for all the people involved
4. Build relationships of trust; share power and responsibility
5. Public service organisations enable people to make change happen.



- The 5 Principles (Suicide Prevention - Bereavement support example)
  - **Value all participants, and build on their strengths**
    - All those within the groups are valued – all input can make a difference – not always to the project but definitely to someone's wellbeing on the day.
    - Sadly, in a non-traditional way of co-production, the initial 'strength' provided for some is that of losing a loved one. From this come other valuable strengths that can be identified and built on, such as **drive and ambition, understanding flow and capacity, empathy and people skills**, but that isn't the INITIAL strength
  - **Develop networks of mutual support**
    - This is the most important value from the 'bereavement support' example. The group supported each other – whether an attendee with lived experience, a quality improvement lead or a police officer, we all supported each other AND each others ideas.
  - **Do what matters for all the people involved**
    - What mattered to those involved was evident from the beginning everyone round the room wanted support to be available, and when it was, to be easily accessible
    - Outlining what 'the important matters' are at the beginning, is incredibly important.

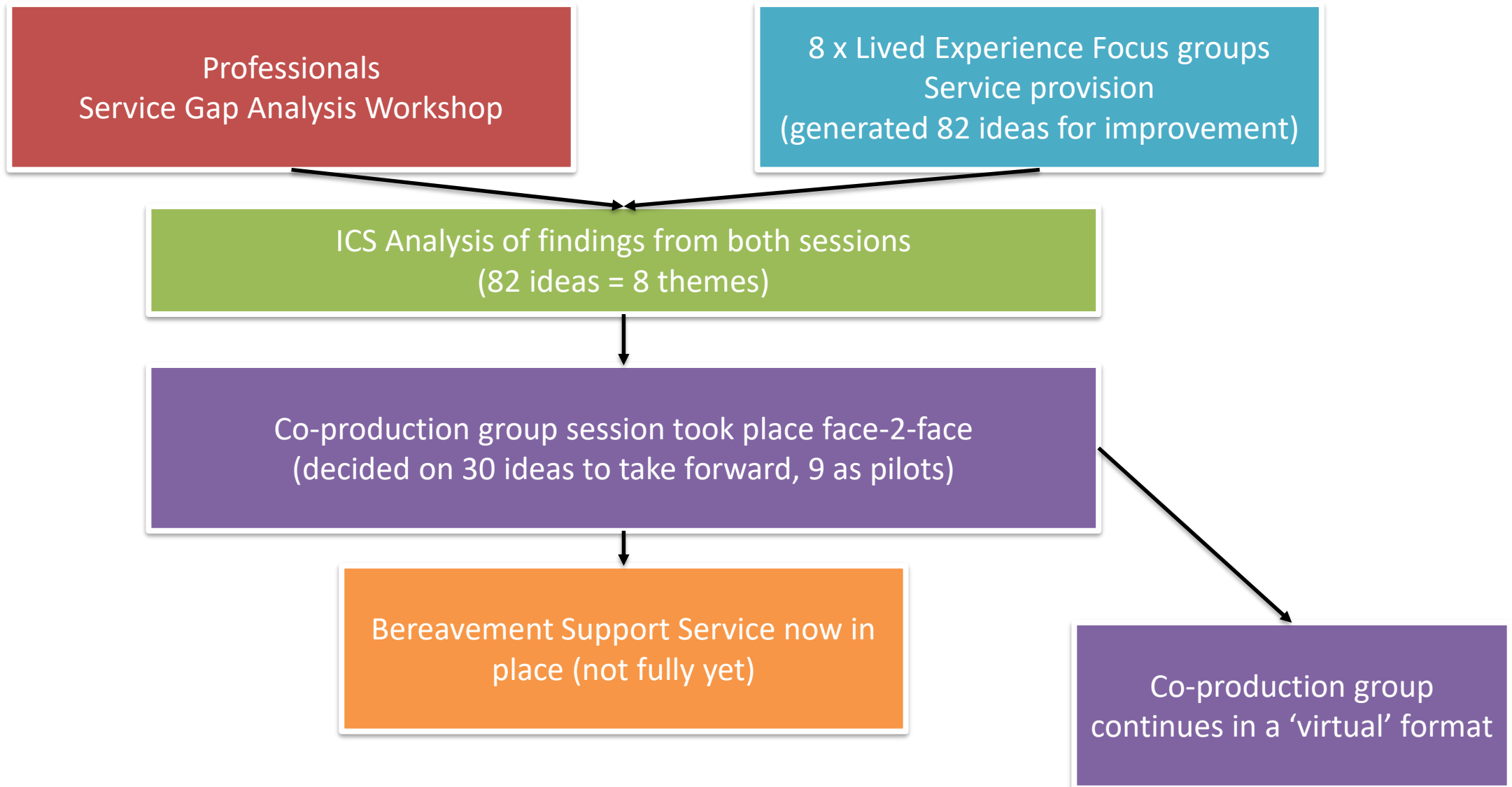
## – Build relationships of trust; share power and responsibility

- We outlined at the beginning what could be done, what couldn't be done and what we wanted to try to do. The amount of funding and resources was outlined so that everybody new from the start that there were no hidden agendas and no empty promises - realistic goals, based on knowledge and experience.
- Sharing power and responsibility can be difficult in the Suicide Prevention Programme as some of those involved are a 'high risk' group. However, identifying those with drive and ambition to support change, and having an understanding that a **FULL BEREAVEMENT SERVICE** will incorporate many different aspects, charged some people to take responsibility and 'create' some of the aspects that were not in the gift of the ICS.

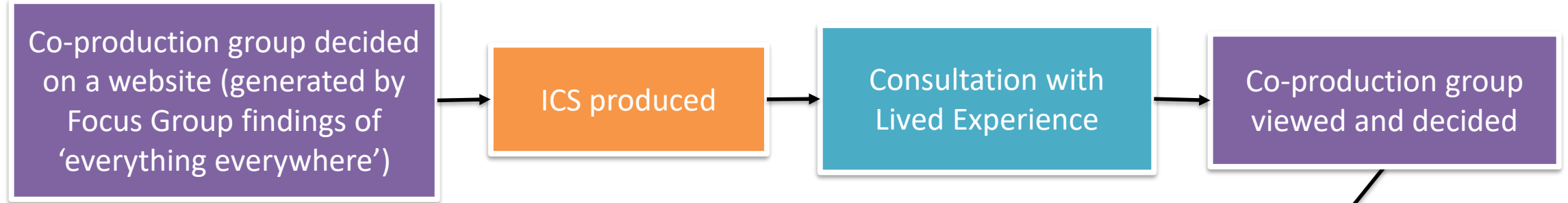
## – Public service organisations enable people to make change happen.

- This was the main reason for people attending. People understood the importance of prevention, but to support those bereaved was and is essential and those that wanted to **make change happen**, became part of the co-production of the service.

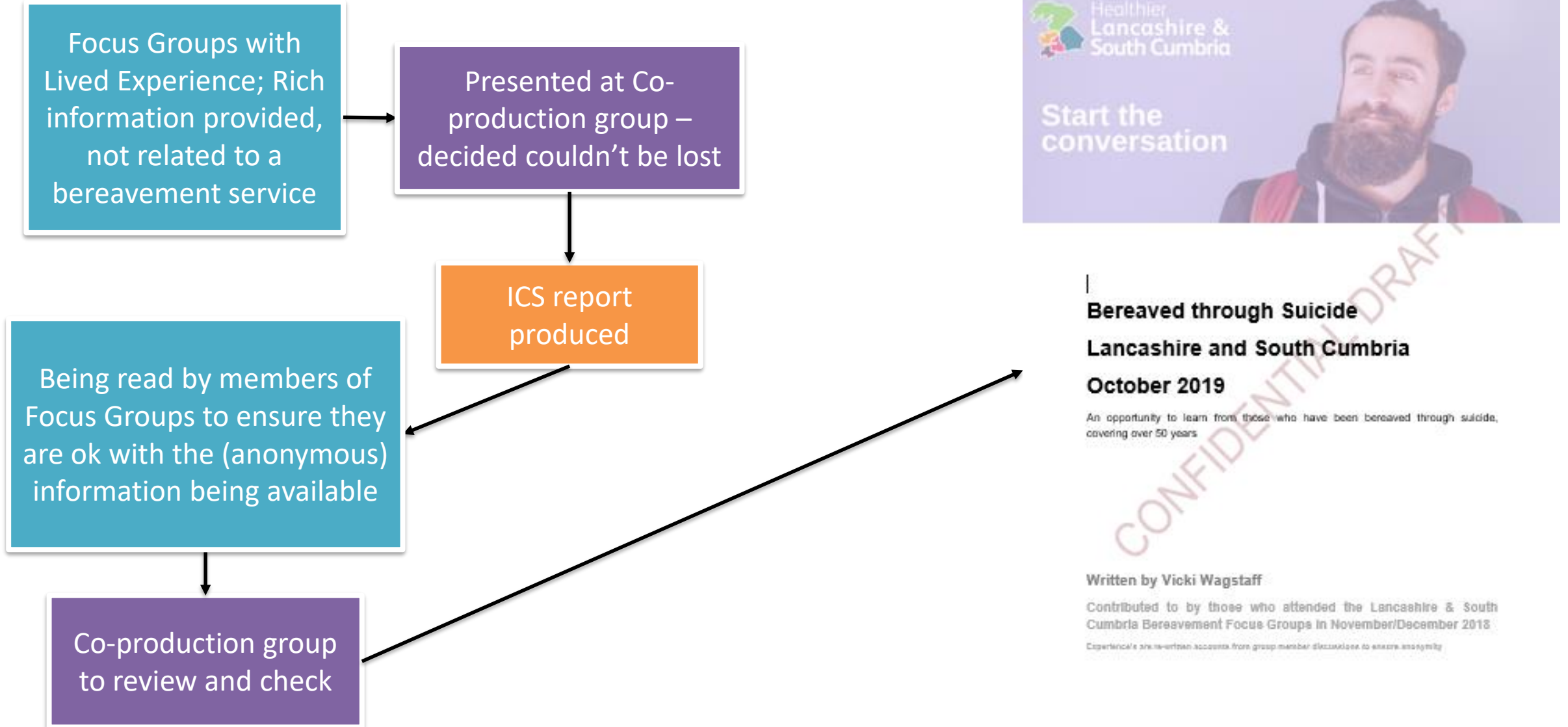
## ■ What did we do



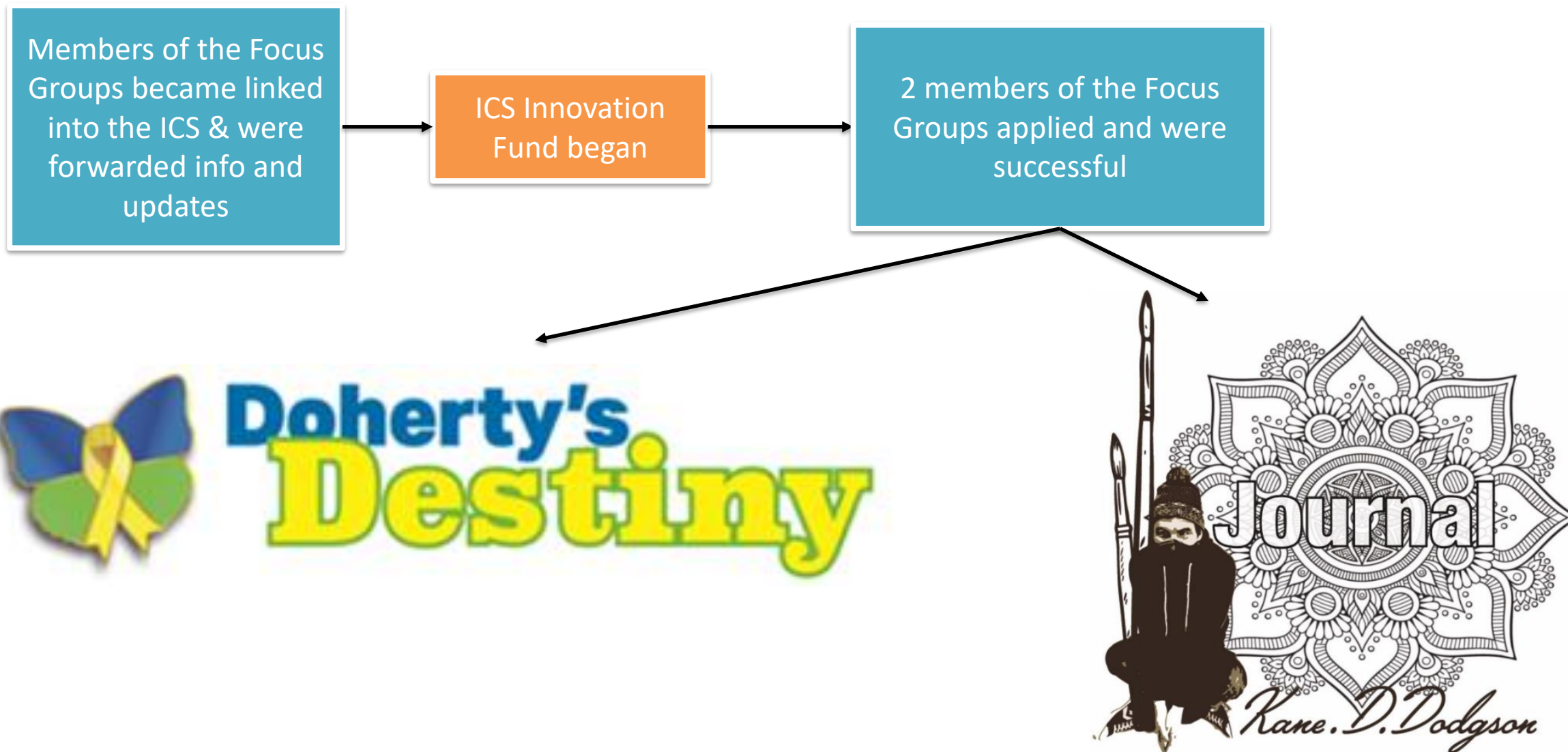
## ■ What has it lead too?

**LOCALITY WEBSITE**

## What has it lead too? REPORT ON EXPERIENCES



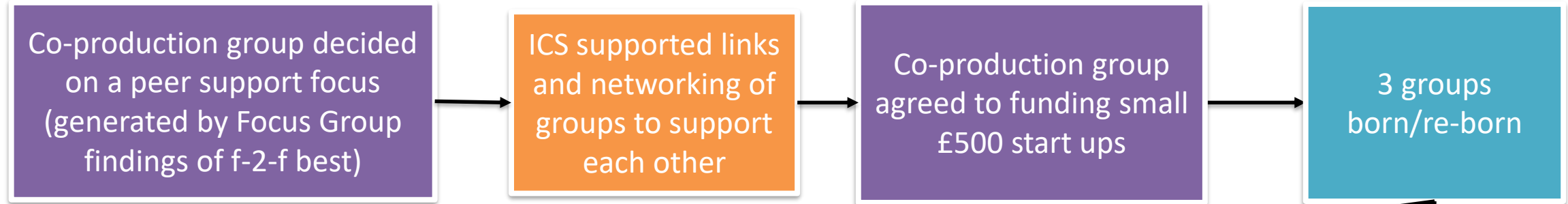
## ■ What has it lead too? INNOVATION FUND RECIPIENTS





## What has it lead too?

## PEER SUPPORT GROUPS



And finally.....

One member of the co-production group has received funding of **£8,000** from their local council bereavement team to their charity.

Without being involved in the co-production element, the council and the charity probably wouldn't have met.

Not strict co-production but look what can happen 😊



# Thank You

