



# The Importance of Co Production In Mental Health (The Real life Narratives behind the people we want to engage)

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## Why?

The experience of people who use Mental Health Services can be very powerful narratives. However people living with Mental Health difficulties still describe feeling marginalised and ignored. In commissioning service for people with Mental Illness I feel that it is vital that 'the experts' find the space to listen to what people want from the services we commission as those services can have such a powerful impact on their lives. I believe passionately that we should nurture those narratives and place them at the heart of our service provision and commissioning

## What?

The Empowering Engagement in North East Hampshire and Farnham pilot has provided the space and time to be able understand the role of the CCG in this area. It is my firm belief from my experience as a therapist that for an organisation to engage successfully with the population it serves there is a need to have an internal debate and reflection about the importance of Mental Health within the whole area of service provision in order to create a socially constructed internal narrative about Mental Health and its importance to us

## Key Findings

The events have not yet taken place . However, I am working with colleagues from other areas that have had great success in raising the profile of Mental Health and service user experience in their work.

## Evaluation Strategy

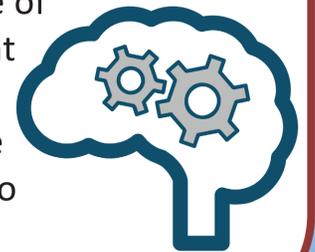
*Feedback survey form*

## Credits

Jane Mcgrath  
Jessie Cunnett  
Ros Hartley  
Sharon Ward

## Conclusions

We have had valuable lessons from when service user engagement has been successful in Mental Health commissioning. I think we have to learn from this experience so that we don't get so excited by the idea that service users want to tell us about their experiences that we forget that they are sharing and exposing their lives with us. We HAVE to take care of the narratives that people gift to us and look after the people we want to engage with



## Project Goals

My goals are two fold.

**Firstly** to share with Colleagues in the CCG examples of other areas that have successfully engaged with people who use services to transform Mental health provision and its integration into the consciousness of the organisation. I plan to do this by holding a Seminar with presentations from other organisations and a stand up comedy routine about Mental Health

**Secondly** to facilitate that internal dialogue about mental Health into our thinking so that the organisation can develop a shared and socially constructed narrative about the importance of Mental Health in all of our work



## References

- *Therapy as Social Construction* Sage 1992 Gergen K and Macnamee S
- *A post Modern Approach to Therapy, Chapter 1* Basic Books 1997 Anderson H
- 'John Doe No 24' 'Stones In the Road' 1994 Sony Entertainment Mary Chapin Carpenter