Co-production in Sheffield: the value of Expert by Experience posts

Sheffield
Co-production in Sheffield: the value of posts which embrace lived experience

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Establishment of posts: April 2017

• across both NHS Trust and DClinPsy programme in Sheffield

• aims to increase co-production work in psychological services in Sheffield in order to champion marginalised voices and improve the experiences of those who use these services

• 2 days a week each, originally for 6 months but has been extended for further year+
What has been achieved by Nov 2018

- Co-produced **Expert by Experience Strategy/Vision**

- **Placement project** involving
  - Attending placement visits
  - Developing ideas about SU feedback
  - Changes to placement documentation

- **Reflective workshops** enhancing trainees' understanding of power, diversity, lived experience and striving to hold the person front and centre (? mentoring)

- **Developing processes** through which we work together (e.g. feedback on docs) with focus on *transparency, clear communication* .......... “What would Jo and Jenny say?”
Some Feedback from Reflective Groups:

“Absolutely brilliant! We need more sessions on power and identity. I really enjoyed the facilitator’s style and the experience they brought. Really enjoyed the reflective nature of the discussion. More please!”

“I thought this was a really important and meaningful session. I really valued the opportunity to reflect on distress, power, language and identity; in particular our own experiences of distress and accepting these as normal and OK, and the balance of power and language in therapy and how unhelpful it can be if used in certain ways, and putting ourselves in service users shoes”

“This was a really valuable teaching slot that ideally I would have liked a bit more time for. The facilitators were engaging, friendly, and thought provoking in what they brought to the session. I particularly valued thinking about the idea that we all bring lived experience to our roles. This has led me to reflect upon how this can be used in a meaningful and constructive way that ultimately benefits the service users we work with”
Ideas about forward vision

- Challenging stigma and centralising marginalised voices
- Power sharing
- Establishing a real and enduring presence
- Having the biggest impact possible given the resources available
- Aiming to have services that have the most positive impact on the widest number of lives
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