



Together for Better Mental Health: Co-creating services that reflect lived realities & shared expertise

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**Mental Health
Ireland**

Motivation for Co-Creation in HSE mental health services

- Human rights: “Nothing about us, without us”
- Mental health recovery = holistic
- Lived experience = vital source of knowledge
- Ensures right service, right time, right place



Description of Partnerships

Recovery Principles and Practice Workshop

An Introduction to our National Framework for Recovery in Mental Health



HSE
Mental Health
Engagement
& Recovery



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Impact of Partnerships

Recovery Principles and Practice

- 50 clinicians attended in 3 Integrated Healthcare Areas
- Enhanced understanding of the recovery approach, confidence in working, understanding of personal family, and clinical perspectives
- “insightful”, “helpful”, “informative”, “practical” and “it humanises distress”

Enhancing Family Engagement training

- 80 webinar attendees
- Enhanced clinician confidence in engaging with families and family member understanding of the resources available to them + a sense of inclusion and agency.
- “importance of kindness”, “focusing on family recovery”, “addresses consent”, “connecting on a human level”

Shared reflection on our partnership experience

1. Cocreation = difficult, not linear, requires a humbleness and openness
2. Lived experience = a vital source of knowledge, insight, and wisdom
3. Asks clinicians to hold professional knowledge tentatively and be open to having critical conversations
4. However, organisational commitment required

