

Co-production in Luton for better mental wellbeing!

Reimagining Mental Health is a three year transformation programme of mental health and wellbeing support for the people of Luton. It is founded on the principles of collaborative leadership and co-production.

Luton has been successful as one of four areas in the country to be part of a three year programme called Living Well UK, funded by National Lottery Community Fund. It's based on an innovative approach over 8 years in Lambeth, South London.

The Lambeth Living Well Collaborative radically transformed their mental health offer, driven by a shared vision to help everyone who is experiencing mental health difficulties to recover, stay well, make their own choices and participate on an equal footing in everyday life

We are using the principles of that approach – collaborative leadership, co-production and design thinking - and using them in Luton.

Luton will receive £100,000 a year for three years to support the programme (held by the CCG on behalf of the Collaborative). Governance is via the Joint Strategic Commissioning Group.

There is no 'blueprint' - we're working with the Innovation Unit, who are experts in scaling up innovation. Everyone has an equal voice; everyone is an asset to the programme; everyone's experience matters. It's going to mean real involvement in designing and delivering, not just 'talking shops'. And it will make real changes for people with lived experience.

It may take longer to see results than if we used traditional methods, but these results will be owned by everyone in Luton.



What is the Collaborative?

The Collaborative is the beating heart of the Reimagining Mental Health programme.

It develops and holds the vision and the outcomes for the programme. It decides the direction and guides the design group. It debates the 'wicked issues'. It is the leadership group for the reimagining.

The Collaborative :

- ◆ *Develops our vision*
- ◆ *Builds a movement*
- ◆ *Leads and champions change*
- ◆ *Holds the system to account*
- ◆ *Unlocks and releases capacity*

It is open to anyone with an interest in making a difference to mental health and wellbeing in Luton. We particularly welcome people with lived experience and carers.

What is the Design Group?

The Design Group is made up of people with expertise in the area being explored, and it makes change happen. It looks at the problem, has conversations with people with lived experience of that problem, and works with them to design and test new solutions.

It will analyse what needs to change. It will work on ideas that could improve outcomes for people. It will test those ideas through prototyping. It will check whether ideas are making the difference needed, and change what isn't working.

The Design Group will feed back to the Collaborative and take instructions to guide its work.

Introducing the Innovation Unit



Luton's Reimagining Mental Health programme be supported by Innovation Unit, a social enterprise that is leading Living Well UK and which has been working with Lambeth for a number of years. Check out their website: www.innovationunit.org/

Innovation Unit "grow[s] new solutions to complex social challenges and are committed to taking solutions that work to scale. [They] combine service design, research and change management expertise, with a disciplined, rigorous approach to innovation and a deep understanding of systems and system leadership.

"[Their] 'brand' of innovation is based on a core belief about the power and potential of people to create change for the better in communities, places and across systems. For [IU], innovation is driven by and liberates: human potential (what people are capable of), agency (their ability to create change in their own lives) and collective action (the energy that comes from people acting together to solve problems and create solutions)."

Their team of designers and project managers, led by Nick Webb, will be working in Luton for the next three years. Come to a Collaborative meeting and meet the team!

What are our priorities?

'Rapid access' is the focus for year one

The Collaborative decided that we should focus on 'rapid access' this year. 'Rapid access' includes crisis care, and we'll also be looking at how people can get support quickly in primary care.

The Design Group then recommended three projects to work on:

- (a) roughsleepers/homelessness: looking at how we can support roughsleepers earlier and prevent people becoming roughsleepers
- (b) Open access/primary care: working with the South East Luton GP cluster, ELFT and other providers to develop an enhanced primary care-based approach to support people with mental health needs quickly in the community, reducing reliance on secondary care
- (c) A&E and 111: how can we reduce attendance at A&E by people with mental health needs? What part does 111 have to play?

These three areas are open to exploration by the Design Group, which will bring in people with expertise in the area.

Luton will focus on rapid response for people who feel they are struggling with life (whatever that means to them) and are not getting the support they need. Some of the characteristics of this group include people who:

may not be able to ask for help (e.g. family & friends)

May have had multiple GP appointments in the past year

may have been involved with police

may have alcohol and drug issues

may have poor mental health, but who do not have a diagnosed mental illness

may have used A&E and been admitted

may not know where to go for help

may be in unstable accommodation

What does 'rapid access' mean to roughsleepers ?

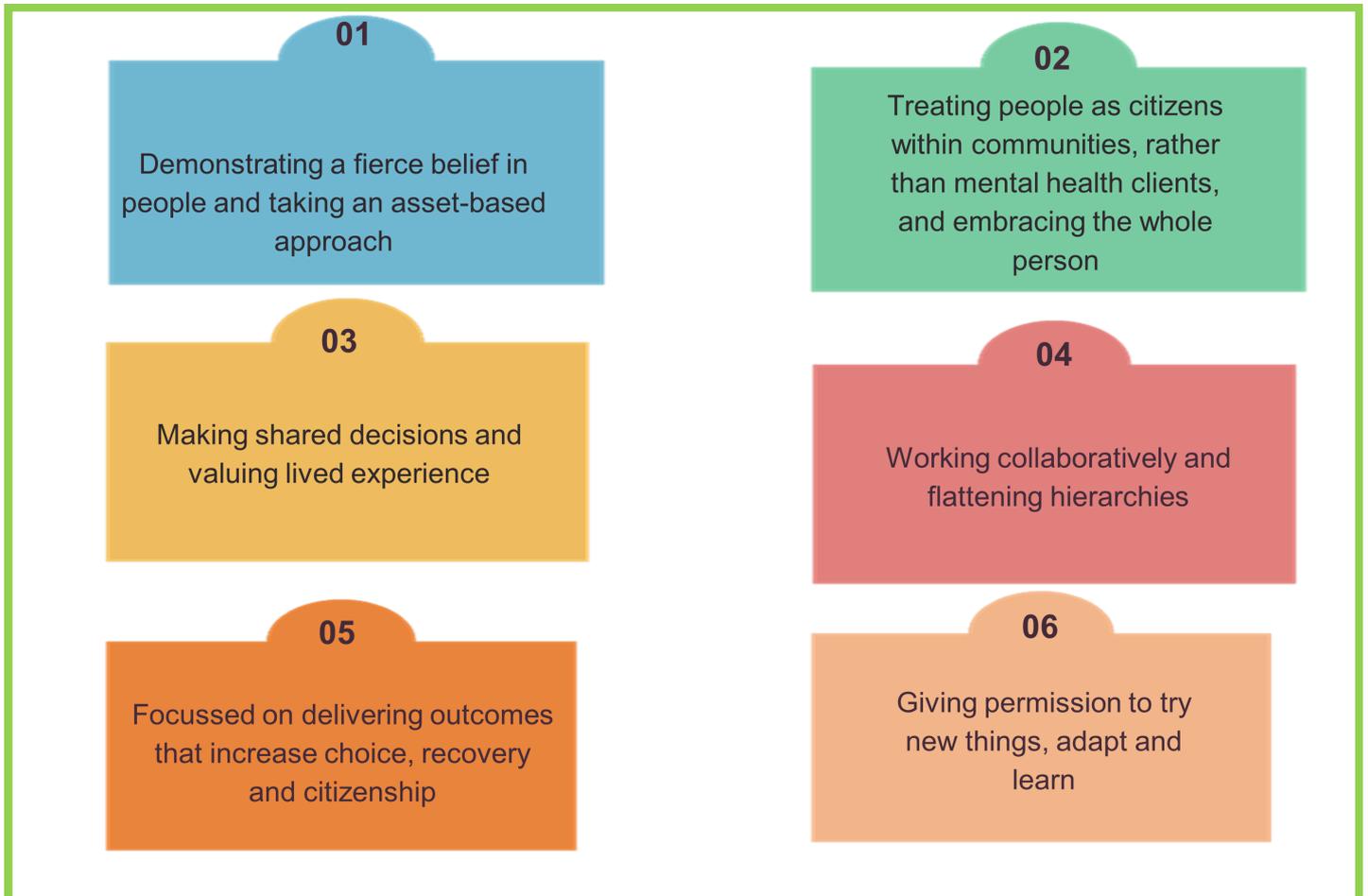
The Design Group has been having conversations with people in the Housing First and the HARP project (projects through Luton Council to support people who have been sleeping rough). Local organisation, Signpost, and the Innovation Unit have been supporting the Design Group to work with people to tell their stories.

We've taken some of the stories to see what could have been different for the people taking part, and we're starting to work up ideas to test with them.

This is a work in progress—the next step is to work up some ideas into prototypes to test with people. The testing will begin in April.

The Living Well Values

The Living Well programme has a set of values that were developed in Lambeth. A key feature of fidelity to the Lambeth model will be adopting the values that underpin the work we'll be doing. These values are held by the Collaborative.



Developing our 3 Big Outcomes



1. To recover & stay well



2. To make their own choices



3. And to participate on an equal footing in daily life

These are Lambeth's Big 3 Outcomes, which describe what good looks like for people with mental health issues in Lambeth—their Collaborative uses to measure success.

Our Collaborative is developing some Big Outcomes for Luton, based on what's important to us.

Be part of it!

Want to be part of the Collaborative? Interested in being involved in a Design Group? Want someone to come and talk at a group? Or just want to be kept informed? Please get in touch with the team:

Email: luton.livingwell@nhs.net

We particularly encourage people with lived experience and carers to get involved