

**PURPOSE:**

To support Victorian state-funded mental health services to increase their knowledge, confidence, and understanding of co-design approaches in mental health services

# Victorian Co-design Project 2022

## What we did

- Established internal co-design working group
- Collaborated with DH Mental Health and Wellbeing Division
- Co-delivered 'Authentic co-design training' with TACSI
- Identified co-design resources and created a co-design intro pack
- Consulted around the implementation of Co-design Community of Practice
- Developed a co-design program page on CMHL website: <https://cmhl.org.au/work/cmhl-co-design-program>
- Conducted sector scoping survey to gain an understanding of current AMHS co-design activities occurring and workforce development needs.

## Co-design Information Sessions



**11 sessions with 162 attendees**



**11 metro, 5 regional and 4 NGO services**



**with consumer, family/carer and clinician perspectives**

## Lessons learned

### NEEDS

- There is a lot of energy and interest from Victorian mental health workforces in learning more about co-production and co-design.
- At the time of the co-design scoping survey, many staff had received little or no co-design training.
- AMHS are requesting additional co-design support for their service-based projects.

### SYSTEMS

- Effective and sustainable statewide implementation and support of co-design requires a multi-disciplinary, systems approach.
- Change/reform fatigue is evident, with the impact of the pandemic over the past three years significant.

### RESOURCING

- Doing co-design properly takes time, energy, and resourcing, with leading lived experience expertise critical.
- Resource design requires time and expertise, including consultation and co-design of resources with the workforces.