

Being a Co-Designer

What you can expect as a Co-Designer on this project

"Co-designing a new mental health, suicide prevention and Alcohol and other Drug service model for Brisbane South"

Your contribution

What you and others contribute will help Brisbane South Primary Health Network (PHN) understand what great care looks like within mental health and suicide prevention, as well as what can enable smoother transitions across the system. That information will be used to guide how Brisbane South PHN commission services from 2019 onwards.

What a Co-Designer does

We believe that the best innovations come from working alongside the people who face the challenges we're trying to address. Co-design is the process of working with people directly affected by an issue in order to create solutions: Consumers, carers and professionals. In this process, you're one of those people – called a 'Co-Designer.'

As a Co-Designer, you can expect to:

Hear

- Other people's experiences and ideas
- Existing research and insights about the challenge
- What's in and out of the scope of this project

Share

- Your perspective - to build a better understanding of the challenges and fill the gaps
- Your priorities – what you think is most important to change
- Your experience, if you would like to. Sharing in a way that doesn't put others at risk

Do

- Commit to the co-design group by attending each session for the time allocated
- Value each person's perspective
- Work collaboratively

What a Co-Designer doesn't do!

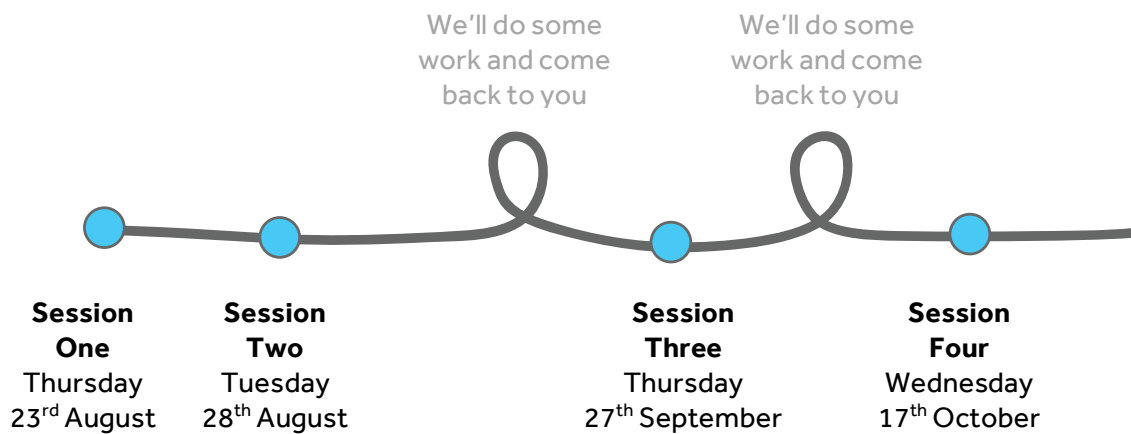
There is no need for Co-Designers to:

- Always come to agreement with others in the group
- Present in front of the group
- Ask others what kind of lived experience or professional background they have (or disclose your own)
- Wear your uniform if you're a professional (doing so can further reinforce power imbalances)

The Co-Design sessions are informal, so wear clothing you're comfortable in and leave your uniform at home.

The Co-design Sessions

Co-Designers commit to four sessions over the next three months. Your hosts will do work between the sessions to support the process.



Your hosts

We're from The Australian Centre for Social Innovation and will lead the co-design group through all four sessions.



Kelly Ann McKercher

A down-to-earth Kiwi with extensive experience in improving health systems



Lucy Fraser

Originally from the east coast, Lucy is a designer who works with people to create better solutions.

Guiding Principles

As a Co-Designer, use your:



Heart

Keep a clear connection to the purpose. Help us to stay focused on the people at the heart of this work. Don't forget why we're doing it.



Hands

Show up to all workshops and take part in all activities. There are no backseat drivers –every Co-Designer is an active participant. If something is getting in the way of that, let us know.



Head

Co-Designers sometimes have to think in new and different ways. This works best when we adopt key mindsets for Co-design...

Mindsets

When you enter the room for the sessions, switch these mindsets on



Curiosity

Be 'radically open'; ask lots of questions; don't think only experts have the answers; follow your curiosity to know more and challenge your own views.



Learning by doing

Talking is good; doing is even better. We evolve and share our ideas by building and testing them, not just discussing them.



Being in ambiguity

Get comfortable with ambiguity and not being sure. Be ready for surprising and unexpected results.

Your rights and participation

You can choose to withdraw your consent at anytime, by any means of communication convenient to you. Alternatively you can offer to participate in a way that makes you feel comfortable.

If you require it, everything you say in the sessions will remain anonymous. Your name or identity will not be linked to the findings of this work. You can let us know your preference.

During the sessions, all Co-Designers agree that what is shared and your identity will be kept anonymous and will not be shared outside the room.

We won't share your name or address with any other organisations unless it is information that raises serious concerns about the safety of another person. Then we are required by law to act.

Should you have any questions or concerns about this work, please contact Ian Purcell (Program Development Manager - Commissioned Programs, Brisbane South PHN) by email at ipurcell@bsphn.org.au or by phone on (07) 3864 7569