

Co-production in Action: perspectives from Emergence – a service user led organisation

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Co-production in Action

- Who are Emergence?
- What do we do and how do we do it?
- Examples of Co-production in Action

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Our Vision

To make a life changing difference for everyone affected by Personality Disorder through support, advice and education.

To campaign to change attitudes and challenge the stigma associated with Personality Disorder particularly through creative expression and in the process create a more supportive and safer world

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Our Ethos

Emergence is a service user-led organisation with the overarching aim of supporting all people affected by personality disorder including service users, carers, family & friends and professionals

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What we do:

- **Provide support, advice and information**
- Increase public and professional understanding of personality disorder
- **Challenge the associated stigma and social exclusion experienced by individuals affected by this diagnosis**
- Stimulating further health and social policy responses into the prevention and treatment of personality disorder and the reduction of stigma and discrimination

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How we do it

Commissioned training, consultancy, research and services across the country

- We have developed a range of products
- We work in partnership with other organisations, supporting their staff and service users alike
- We are a rapidly growing national organisation (CIC)
- High quality work and support structures

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How we do it: experiential training

- Bespoke training
- NOMS/DH nationally commissioned Knowledge and Understanding Framework (KUF)
- Co-facilitated by service user and staff representative
- Completed by over 60,000 nationally
- Emergence manage the SW and London contracts and jointly manage the North contract



WKUF / WKUF plus

- WKUF – 1 day gender specific course for all staff in women's services
- WKUF + - 4 day gender specific course for staff of the new women's prisons personality disorder units

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Other KUF in development

- KUF for men's prisons
- Receptionist training
- Listener training

- BSc: Nottingham
- MSc: London and Leeds
- Both BSc and MSc modules available to purchase

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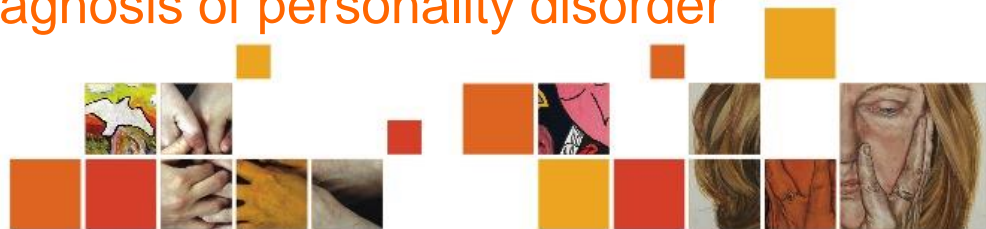
Psychological Education; Who are the groups for?

Anyone that can identify with any or all of the following:

- You struggle maintaining relationships with others including family, friends, colleagues etc.
- Your difficulties have affected you most or all of your life
- You have thoughts about harming yourself through cutting, alcohol, drugs or by not eating or overeating (or have actually done so)
- You feel overwhelmed by emotion or difficult feelings
- You find yourself repeating patterns that are not helpful
- You may feel others don't understand or value you
- You may have been given a diagnosis of personality disorder

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What does the group offer

- 12 weekly 2 hour sessions
- Learning about the interaction between our thoughts and emotions
- Improve our understanding of ourselves, our emotions and our relationships with others
- Opportunity to build upon coping strategies and to try out some new skills
- Learn about how our past affects our present
- Develop some strategies to help ourselves predict and prepare us for future difficulties and develop ways to keep ourselves safer
- Begin a journey to attain a healthier level of functioning our life

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Feedback from previous groups

- Having a service user facilitator gave us hope for ourselves and helped us to feel less judged
- Having both service user facilitator and a therapist broke down the feeling of “us and them”
- *“it’s been an amazing group, it’s a safe place and somewhere we can just share really difficult things and not be judged”*
- Overall the experience of being in the group and psycho-education left the group with improved feelings of self-esteem and hope for the future



More of what we do

- **Clinical Consultation**— eg. Complex Case Seminars and Reflective Forums (Oxleas, WLMHT), service user consultancy (C&I), Aylesbury YOI
- **Collaborative Research**— ‘on many personality disorder services e.g. NOMs Prison Research and peer led research in North East secure services
- **Service Development** – Assisting local, regional or national commissioners and service providers develop strategy or new services e.g. Camden CCG personal budgets



How we do it..

- **Website** – over 400 members of Emergence
- **Provision of face to face support groups** – eg. Family and friends groups; pre & post therapy transition groups; young people's transition project SWLSTG
- **Delivery of arts based events and networks** – eg. London Arts and Social Network and the 2010 Guardian Public Service Award shortlisted project, 'Creative Personalities' in Yorkshire and Humberside
- **Co-writing of academic papers, articles and book chapters** – eg. Meeting the Challenge, Making a Difference

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Contact Us

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