



DNNE Recovery College Co-production Guidelines & Principles

Coproduction – course development & delivery

Introduction

The co-production of courses involves a process in which people with lived experience work in respectful and equal partnerships with professionals to co-design, either introductory taster courses (one – two sessions,) or a module (more than two sessions,) with an agreed number of session plans.

Any group, organisation or individual interested in developing Recovery College Course must have considered the guidelines and principles outlined here before developing a course proposal.

Co-production Guidelines for course development & delivery

- A. **Initial Course proposals**, can be made by students, members of the working group, steering group, partnering agencies and facilitators with relevant experience. Before going forward for consideration by either the assigned student or working sub group, a clear rationale must be provided along with the course heading.
- B. **Safeguarding equal partnership working**, it is important to avoid duplication of what is already provided in the community or services.
- C. **A detailed course outline** is developed by assigned co-production groups, outlining aims, learning outcomes, potential mental recovery benefits and references. Each co-producer should have equally valued input.
- D. **Course plan approval** is the responsibility of the working group once the course outline developed by the co-production group.
- E. **A co-facilitation agreement** is signed by facilitators when assigned, identifying shared roles and responsibilities.
- F. **Arrangements for each course** are co-produced in collaboration with college co-ordinator, these include: Materials, Venue, promotion & enrolment.
- G. **All courses are evaluated**, during which students are asked to identify aspects of the course they would like to explore further, with a view to informing future courses.



Co-production principles

In the Recovery College we take a co-production approach, meaning people with personal experience, including people overcoming distress and supporters (family members and friends) work in respectful partnerships with professionals to co-design, co-deliver and co-evaluate all aspects of the college, the principles informing this work are:

1. **A co-operative learning approach:** The Recovery College values all experience, both personal and professional equally in the exchange of knowledge and ideas. This requires the expectation on those with professional experience to move away from being 'fixers,' to becoming 'facilitators.'
2. **A strengths-based approach:** We encourage people to develop their inherent skills, knowledge and aspirations, actively supporting them to put these to use individually, in the college and out into the community.
3. **Collaborative partnership working:** Ensuring people with lived experience are seen not as passive recipients but as equally respected partners in co-designing and co-delivering all aspects of the college.
4. **Power sharing:** Co-production involves all participants to actively share power and responsibility; this will be new for many people and requires a safe space to work through the any tensions that may arise, moving beyond established comfort zones.
5. **A move from clinical roles:** Co-production moves participants beyond service user, carer and professional roles, to being people who mutually respect one another's expertise, knowledge and empathy.
6. **Taking risks together:** Through processes that encourage positive and constructive collaboration between participants, learning from any challenges that arise to growing as a group along the way.