


PRESENTER DISCLOSURE

- **Presenter:** Draigan LeFebvre, STAR Member
Samuel Gruszecki, Peer Support Specialist
- **Relationships with commercial interests:**
 - **Grants/Research Support:**
 - **Speakers Bureau/Honoraria:**
 - **Consulting Fees: None**
 - **Other:**

LEARNING OBJECTIVES

- 1) Explore what it means to work in co-production**
- 2) Learn tips, tricks, common challenges and effective solutions**
- 3) Experience and practice co-production firsthand**



A LIFE WORTH LIVING:
Effecting change in
homelessness and mental health
through collaborative education

STAR LEARNING CENTRE
Supporting Transitions and Recovery
St. Michael's Hospital – Recovery Education Centre

Outline

- History of STAR Learning Centre
- Co-production
- Tips and Tools, challenges and best practices
- Practical application
- Questions and Answers



WHO ARE WE?



WHO ARE YOU?



STAR Learning Centre



Peer Support & Peer Leadership

“ We feel, like we said, there’s that feeling of family. There’s that feeling of you know, a tight knit group. We’re very, very conscious of one another, we’re very fair when we think of the other people”



Table 1 – Therapy and Education

A therapeutic approach

- Focuses on problems, deficits and dysfunctions;
- Strays beyond formal therapy sessions and becomes the over-arching paradigm;
- Transforms all activities into therapies – work therapy, gardening therapy etc;
- Problems are defined, and the type of therapy is chosen, by the professional ‘expert’;
- Maintains the power imbalances and reinforces the belief that all expertise lies with the professionals.

An educational approach

- Helps people recognise and make use of their talents and resources;
- Assists people in exploring their possibilities and developing their skills;
- Supports people to achieve their goals and ambitions;
- Staff become coaches who help people find their own solutions;
- Students choose their own courses, work out ways of making sense of (and finding meaning in) what has happened and become experts in managing their own lives.

http://www.healthwatchcamden.co.uk/sites/default/files/recovery_colleges.pdf



Table 2 – A Recovery College is not a day centre

From Day centre	To Recovery College
Patient or client: <i>“I am just a mental patient”</i>	Student: <i>“I am just the same as everyone else”</i>
Therapist	Tutor
Referral	Registration
Professional assessment, care planning, clinical notes and review process	Co-production of a personal learning plan, including learning support agreed by the student
Professionally facilitated groups	Education seminars, workshops and courses
Prescription: <i>“This is the treatment you need”</i>	Choice: <i>“Which of these courses interest you?”</i>
Referral to social groups	Making friends with fellow students
Discharge	Graduation
Segregation	Integration

http://www.healthwatchcamden.co.uk/sites/default/files/recovery_colleges.pdf



Evolution of STAR

- First class offered in April 2014
- 5 courses per month
- 20 registered participants
- 3 staff including one Peer Support Specialist
- Advisory committee
- Program operated at 2-3 sites each month



Evolution of STAR

- Currently using a semester model
- 20+ courses and workshops per month, 50+ unique courses per semester
- 575+ registered participants, ILP's for active members
- Participant facilitated classes and community opportunities for further development
- Member involvement on Advisory committee
- Hub and spoke model realized
- In collaboration with multiple organizations and classes run in 10+ locations



STAR Learning Centre Team

- Peer Support Specialists
- Team Leader
- Administrative Coordinator
- Community Team Psychiatrist
- Clinical Leader Manager
- Community Advisory Committee, including 2 current STAR member
- 594 Members



Future Program Developments

- Current evaluation of STAR
- Credit system
- Peer mentoring program
- Yearly convocation ceremony



IMPACT



10 TIPS



INVOLVE YOUR CLIENTS



LET GO AND LEARN



VALIDATE



BE CLEAR



AUTHENTICITY



SKILLS CHECK



THINK OUTSIDE THE BOX



SELF-AWARENESS



GET EMOTIONAL



DROP THE POWER DYNAMIC



GIVE IT A SHOT



ACCOUNTABILITY



EVALUATION



For more information

QUESTIONS?

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