

Hopes for being involved

Derby CAMHS were already committed to participation as a way of working and had just employed a Participation Lead to work alongside their Expert by Experience, a young person who had previously used the service.

However, they were aware that they had not yet been able to develop their parent and carer participation to the same level and a previous parent and carer group had not been well attended.

They wanted to use their Trailblazer support to establish parent and carer participation structures within the organisation by creating a strategy for engagement which created meaningful involvement in service development and delivery.

In their own words....

“With participation, if you think something is going to take two weeks, double it, then add a few days and then you're about right.”

- **Expert by Experience for Derbyshire CAMHS, Leanne Walker**

Activities

YoungMinds initially facilitated a planning workshop with Derbyshire CAMHS' new parent peer support group. Together they looked at what participation they had done to date, what worked well and made a new participation pledge and plan for 2019.

Next, Amplified held a workshop with over 20 professionals, representing a range of children services from across Derby, an Expert by Experience and three Parent Advisors.

Participants received training on participation and co-created a vision for participation work. They also identified participation opportunities to improve service user experiences and made individual and team commitments to improving participation.

Participation Pledge:

Derby CAMHS identified key objectives for participation. These were:

- To increase peer support opportunities
- Use parent's participation within service development
- Use parent's participation to bring about positive change across the systems

To achieve this, they proposed:

- Creating a parent peer support network
- Employing parent and carers to support projects
- Facilitating increased conversations with, and feedback from, parents.
- Creating cross-trust processes for engagement and feedback, including having a parent on the board.
- Exploring options for increased use of technology.