**Summary of our work on Theory of Change**

**at the Students’ Forum (26th November 2019)**

**and House of Tutors (27th November 2019)**

Thank you to everyone who took part in workshops to think about what we do, why we do it and what we are aiming to achieve. I have gathered together the ideas students and tutors suggested for our aims and objectives and detailed these below (I have used words and phrases as they were said). This is the mission statement we have come up with together:

**Through learning together, we support each other to grow in hope and confidence and develop skills to better manage our own mental health**

I hope it’s a useful mission statement which breaks down barriers by not including any mention of us or them, and doesn’t use the terms service users or mental health difficulties – it’s about everyone learning together, whatever their experiences.

I have also summarised our values and a description of what we do.

**Our values:**

* We value everyone’s experience of their own mental health and learn from and with each other
* We build on our existing strengths to develop skills and strategies to better manage our own mental health
* We model co-production in everything we do, aiming to break down barriers between service users and service givers
* We support people to move forwards in their lives with hope and confidence

**What we do:**

We offer courses and workshops on a wide variety of issues around mental health and wellbeing for service users, their friends, family and carers, as well as mental health professionals working across OMHP. We believe that an educational approach to recovery from mental health issues gives people hope, a sense of control and the opportunity to better manage their own mental health.

**Ideas from Theory of Change workshops, November 2019 :**

**Overall aims**

Give people hope and offer people opportunities on their recovery journey and beyond

Value all students, value lived experience

Create a shared learning experience /environment

Everyone brings something

Create a culture of recovery

Build confidence

Revolutionise the way professionals view mental health by involving those with lived experience in decision-making

Everyone empowered, enabled and educated!

**Specific aims**

When you lose your confidence, you need support from others to remember what you already knew - reminders of simple self care

Meeting people gets you “functioning” again

Learn coping strategies

Provide tools to aid recovery and sustain wellbeing

Support students’ personal development

Share knowledge and experience amongst both tutors and students

Increase self belief

Two way learning - sharing learning with others

Build a sense of belonging - by bringing people together to talk about things that are often reserved for conversations behind closed doors with professionals, which can lead to stigma and isolation unintentionally

Gain understanding of what wellbeing is personally and how to manage it

Reduce stigma

Break down barriers

Build a community

Increase optimism

Remove fear of change

Support a sense of control over life

**What do we do?**

Provide courses which are free and accessible for all

Provide space for people to talk about what they are going through

Create a space to be heard

Give a sense of purpose

Offer a chance to learn about facilitation and using our own experiences for others’ benefit

Support people from being a service user to a service giver

Break down barriers between service users and service givers

Signpost and help people navigate the system

Proactively contact students and ask them how they are - keep connected with students

Set goals with students

Answer questions from students

Encourage peer support

Value everyone’s experience of their own mental health and learn from and with each other

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Stephanie Byrne, January 2020