

What works, what doesn't work, and what needs to change: The importance of usercentric co-design in the creation of addictions and mental health resources and policy changes

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Statement of the Problem: Many resources and policy changes are created and made, respectively, without any input from individuals with lived experience to say what works, what doesn't work and what needs to change. This lack of input results in resources and policies that have good intention but lack sustainability and acceptance. When we involve individuals with lived/living experience through the method of co-design, we are able to create real solutions to real problems that has increased relevance, enhanced accessibility, improved solution quality, and enhanced stakeholder engagement. It is our hope to increase awareness of the benefits to co-design as well as provide facilitation to incorporate lived experience consultants into resources and policies. The Co-Design Initiative is a hub for co-design aimed at bridging the gap between the realms of professional and expertise. We help implement the Co-Design method through educating, facilitating and consulting with different organizations and policies, to help create a promising future for individuals in the sectors of Addiction and Mental Health.

With the opportunity to present in the form of a webinar at the Longdom Conference, we will discuss the following topics:

1. What is co-design
2. The benefits to using co-design
3. What is The Co-Design Initiative
4. How to get involved with co-design and The Co-Design Initiative

Lastly, we will provide real life examples of co-design and infographics/resources. We are also able to hold an interactive workshop for individuals to experience co-design first hand, if desired.

Biography

Michaela Lynn has her expertise in behavioral neuroscience and passion in improving the access and impact of mental health and substance use resources and services through the implementation of usercentric co-design during the creation of mental health and substance use related resources and policy changes with The Co-Design Initiative. She is the founder of The Co-Design Initiative, in which promotes this and provides opportunity for these positive societal impacts.