

## Summary of Film 2

Welcome to this second film which is looking at power differentials in the quality improvement programme for men's mental health.

It's important that we consider how we identify our position of power as professionals. It might be the way we dress; our position and authority; how we wear our lanyards or whether we wear them. It might be whether we always sit down with a laptop in front of us at meetings.

I would like us to challenge some of these ways of using power, when working in coproduction. We need to consider how we portray our position and how we can better identify ourselves as an equal person; with an equal conversation at the table.

If you have been a service user of mental health services you have most likely been very disempowered in your experience. Sometimes you haven't really been listened to by professionals. You have mostly likely experienced a service being 'done to you'.

This disempowerment can be exacerbated if you have experienced mental illness that has resulted in you being an inpatient. If you have been detained against your will, under a mental health section; if you have been subject to restraint; if you have been subject to seclusion or rapid tranquillisation.

In these situations, you would most likely have lost any sense of self power and any sense of agency. You may have been so unwell at the time you didn't really understand what is going on for you and perhaps you didn't been understanding what professionals were saying to you., or meaning.

So, it's very hard in this context sometimes to sit around a table with professionals. To even sit at the same table with some of those staff

who may have 'done' those treatments to you. To feel that you have an equal voice and an equal right in the conversation and development of ideas.

To deliver on this program we need to be mindful of these challenges and we need to set different things in place that can help us address these. We need to ensure that we can genuinely value people; see their experience as an asset which will help us deliver a program that best meets the diversity of our community's needs.