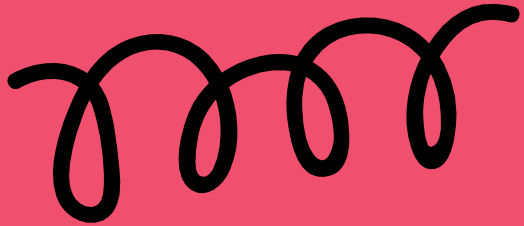


Co-design for wellbeing: building capabilities and conditions

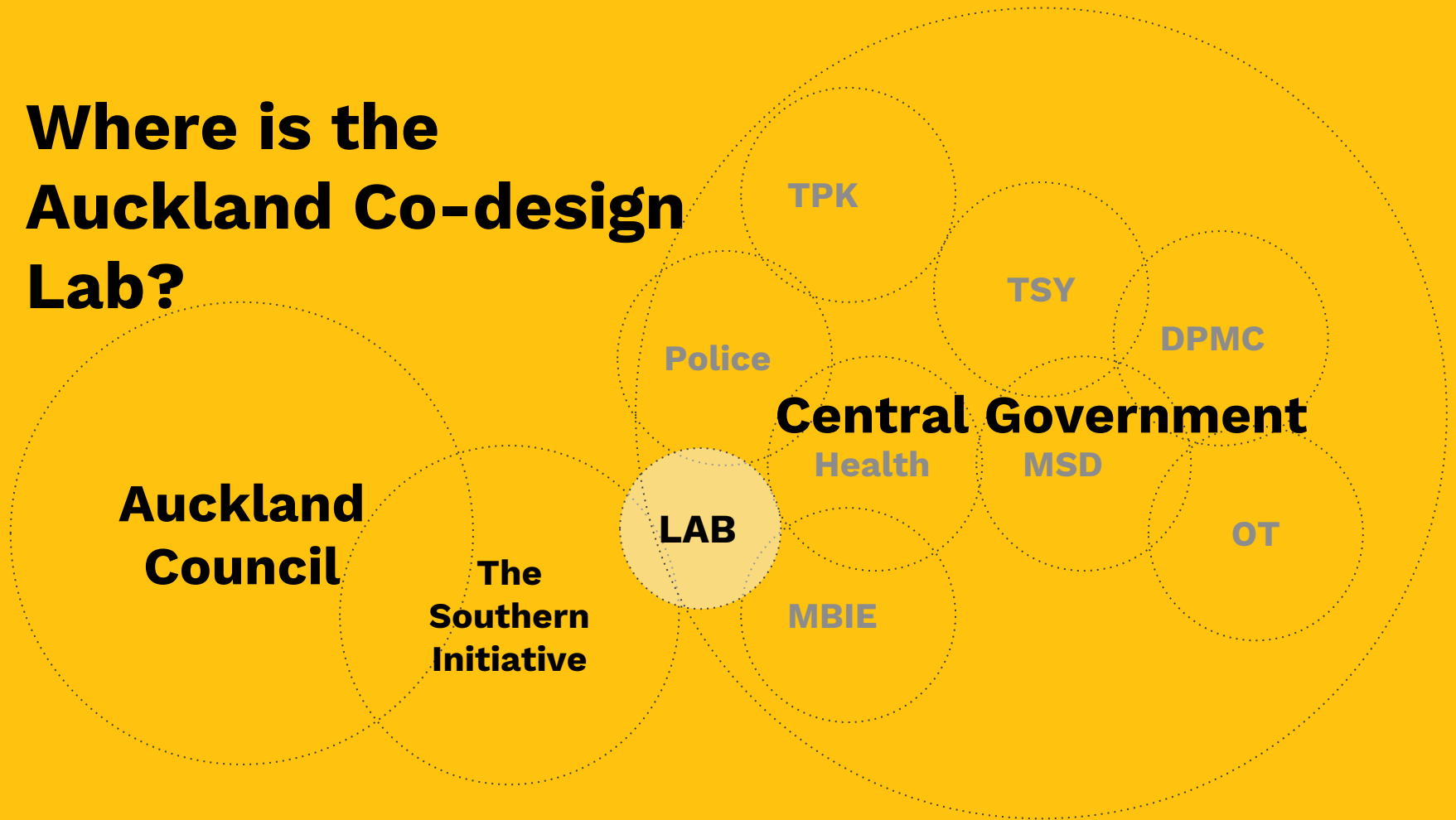


Penny Hagen (smallfire.co.nz),
Co-design Lead, Auckland Co-design Lab,
The Southern Initiative - Auckland Council
@pennyhagen @CodesignLab_AKL
<https://www.aucklandco-lab.nz/>

The
**Southern
Initiative**
—————



Where is the Auckland Co-design Lab?



Co-design for wellbeing

A service/individual oriented approach to wellbeing



Approaches to wellbeing that are locally responsive, strengths-based, community-led and systems orientated

Co-design as a process for new ideas & services



‘Co-design’ as a means to build capacity and capability for change across the system

Today



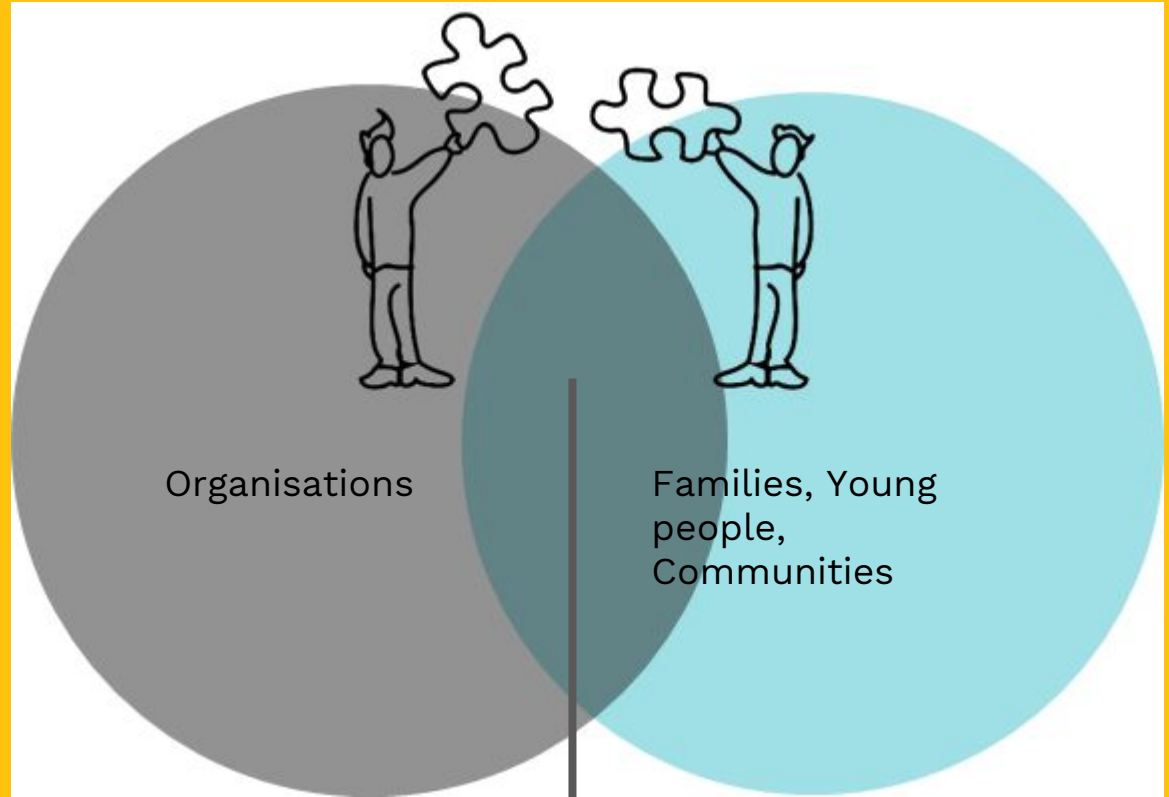
**Co-design
definition**



**Some
considerations**

Co-design

Increasing impact by working *with* people, families, whānau and stakeholders, enabling outcomes that matter to them.



**Mutual value, mutual learning
reciprocity**

Co-design

Active participation and partnerships.

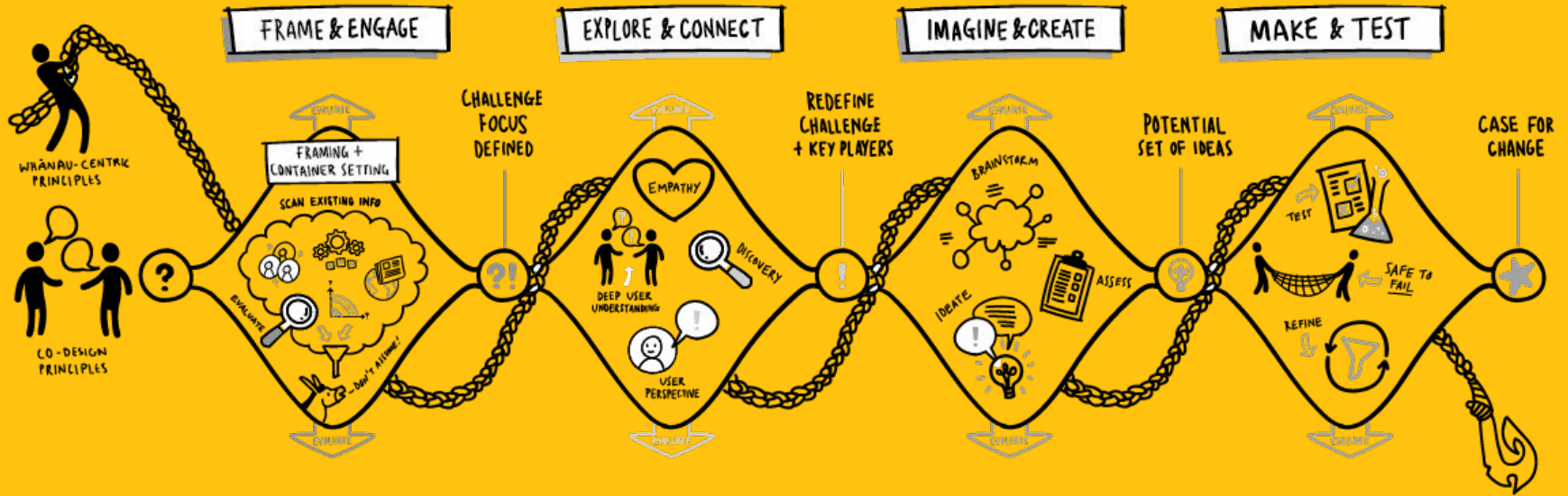
Reciprocity

Necessarily a *sharing of power and influence*



**Mutual value, mutual learning
reciprocity**

(co)-design process





Māori Co-design

Co-design in Indigenous Knowledge

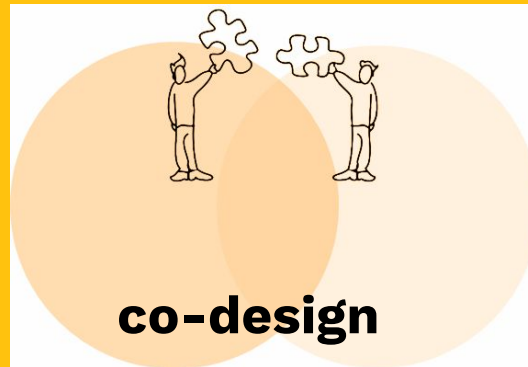
*Image from Presentation by:
Crystal Pekepo (Ngāti Vara, Ngāti
Kahungunu) - Toi Tangata Co-Design*

*'Co-design and Community Development:
Kōrero and Insights from Māori
Co-designers' Community Research
Webinar'*

Link:

<http://www.communityresearch.org.nz/webinar-co-design-community-development-korero-insights-maori-co-designers/>

A continuum of practice

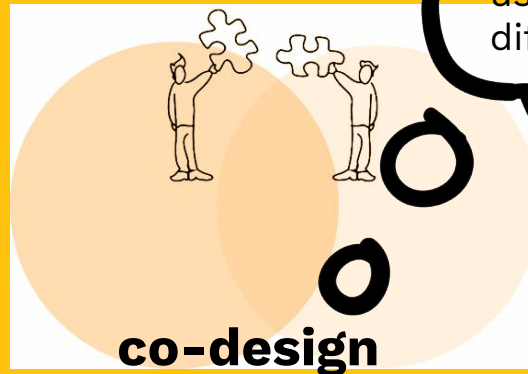


Engagement
User Centred Design

Mutual learning
Mutual outcomes
Capacity Building

Whānau-led
Whānau-leading
Community-led

A continuum



A framework for collaboration

A temporary intervention into the system that allows us to work together differently.

Engagement
User Centred Design

Mutual learning
Mutual outcomes
Capacity Building

Whānau-led
Whānau-leading
Community-led

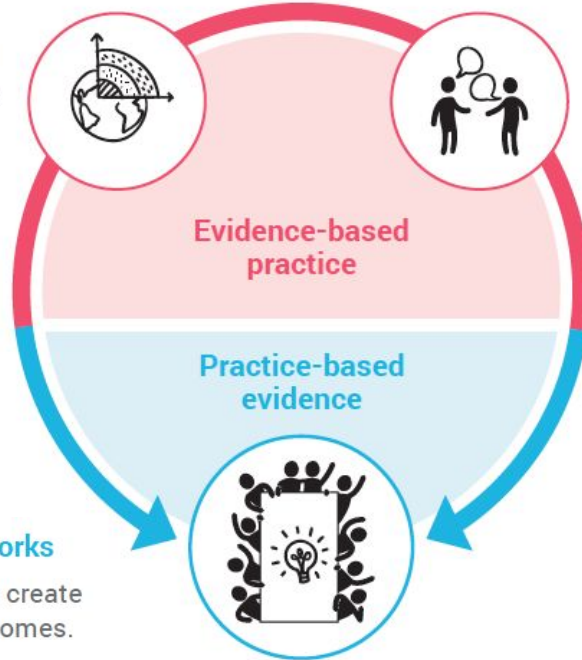
Three opportunities



1. Localising and building the evidence-base

Big data, Quantitative

Focus on 'what', 'where' and 'who' is experiencing various indicators of disadvantage



Thick data, Qualitative

Focus on 'why' and 'how' people experience disadvantage, and what can help to shift indicators

Testing, prototyping, learning what works

Working with communities in context to create action and foundations for shifting outcomes.

Early Years Co-Design Mamas



How might we support parents to give their tamariki (children) a great start in life

1. Localising and building the evidence-base

Early Years

Combining evidence-based practice and generating practice-based evidence to understand:

Lived experience of families & their strengths & know-how

Longitudinal data
1200 SA families
Growing Up in NZ Study

Neuroscience
development, self regulation, toxic stress*
Harvard Center on Developing Child

Indigenous Knowledge systems
Kaupapa Māori principles

Prototyping
Families & stakeholders testing ideas out in the world

Whats going on for families?

What makes it harder for families?

What helps? What works here?

How might we build the capability of the system to do this together?

1. Localising and building the evidence-base

Whānau Wellbeing in Waitematā

Protective factor cards

Appendix 3 Working together to achieve whānau wellbeing in V

SHARED FRAMEWORK FOR THE PRIMARY PREVENTION OF FAMILY AND SEXUAL VIOLENCE IN AOTEAROA NEW ZEALAND

VISION
New Zealand families (whānau) and communities are safe, respectful and free from family violence and sexual violence

Strat 1 - Evidence Base

Primary prevention aims to stop violence before it begins. It is transformative change that increases the factors that provide protection from violence, and decrease the risk factors to prevent violence from happening in the first place.

Intending to primary prevention can prevent family violence and sexual violence from occurring.

Primary prevention will help decrease people's exposure to family and sexual violence, and reduce the physical, emotional and financial costs to individuals, whānau, communities, businesses and the New Zealand government.

What is the Shared Framework for?
This framework is the first step to align primary prevention efforts across government, Māori and communities with a shared vision, goals and outcomes for future primary prevention work for all forms of family violence and sexual violence.

It is based on an internationally supported population health approach which is used in New Zealand to address other serious social problems.

WHAT DO WE NEED TO CHANGE?

- Identify and eliminate the gender inequality and sexual violence
- Strengthen safe research, communication, and service systems, and other life factors
- Strengthen culture, respect, connections, and restore social equity
- High levels of safety related to gender and sexual violence
- Support training and build our workforce after hours and on-site

WHAT IS GOOD PRACTICE?

- Use evidence-based practice
- Engage with stakeholders
- Use a systems approach
- Use a strengths-based approach
- Use a trauma-informed approach
- Use a community-based approach
- Use a person-centred approach
- Use a culturally safe approach
- Use a whānau-centred approach
- Use a community-led approach
- Use a community-based approach
- Use a community-led approach
- Use a community-based approach

WHAT ARE THE BEST FACTORS AND SOCIAL DETERMINANTS?

- Gender equality and social justice
- Equity and social justice
- Safe relationships
- Connections and social support
- Respectful social norms

WHAT ARE THE PROTECTIVE FACTORS AND SOCIAL DETERMINANTS?

- Strong cultural and gender identities
- Safe relationships
- Connections and social support
- Respectful social norms

MINISTRY OF SOCIAL DEVELOPMENT | PPS | 2016



These factors are underpinned by the following values:

- E Tu Whānau**
- Te mana kaha o te whānau
 - Aroha
 - Whānauangatangata
 - Whakapapa
 - Mana / Manaaki
 - Korero Awhi
 - Tikanga

- Nga Vaka O Kāiā Tapu: Pacific Conceptual Framework**
- Family harmony, peace, well-being and abundance
 - Strengths-based
 - Reciprocity
 - Belonging
 - Respect
 - Genealogy
 - Tapu relationships
 - Language

- Te Rito Strategy**
- Safety
 - Freedom from violence
 - Protection of children and young people
 - Accountability

Supporting community-led primary prevention

<https://library.nzfvc.org.nz/web/cgi-bin/koha/opac-detail.pl?biblionumber=5246>



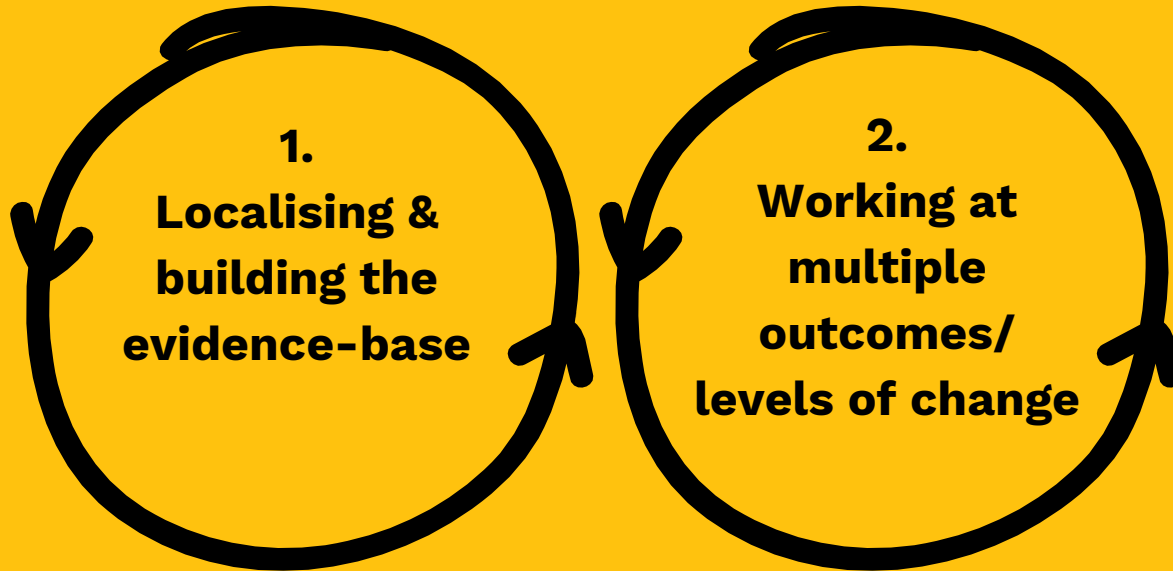
Co-design has the capacity to:

Help teams localise the evidence-base

Interrogate the evidence-base from a local perspective

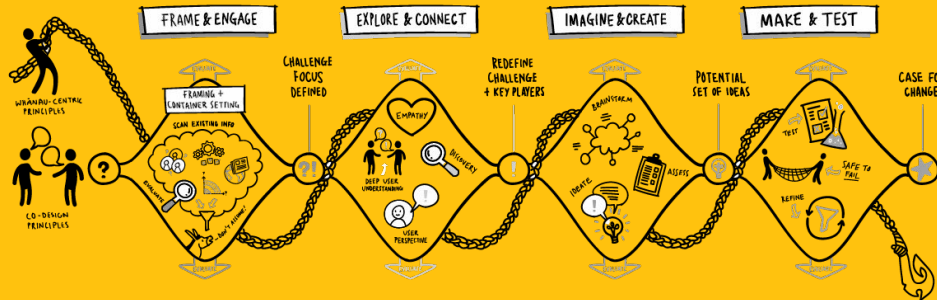
Build new evidence for what works, what doesn't what might be possible (practice-based evidence)

Three opportunities



2. Working at multiple outcomes/levels of change

Outputs in and through co-design



Track and aim for multiple levels of outcomes (not just prototypes or initiatives) - change through and from the design process.

2. Working at multiple outcomes/levels of change

Early Years



Multi-level outcomes e.g:

Mamas

Confidence and self-efficacy of whānau/families

Connections to / in community

Mamas/Organisations

Awareness / knowledge of parenting/ child development

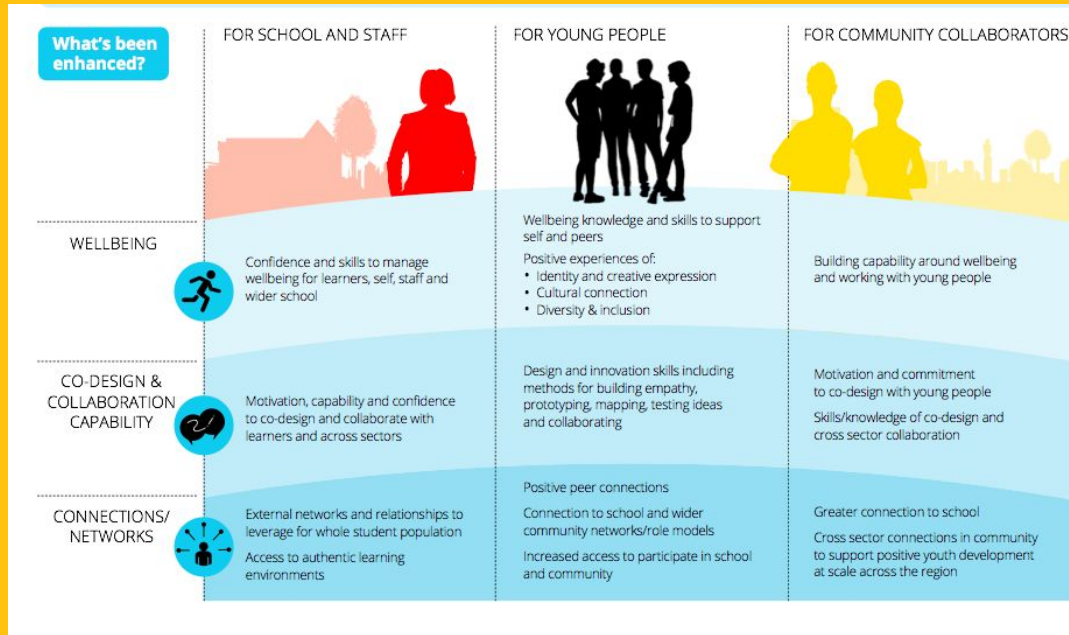
Organisations/Govt

Awareness in role of of reducing stress / creating bandwidth for families

Capability in co-design practice

2. Working at multiple outcomes/levels of change

Lifehack



Multi-level outcomes e.g.,

**Students/Practitioners/
Community**

Wellbeing literacy actioned

Confidence in
co-design/collaboration

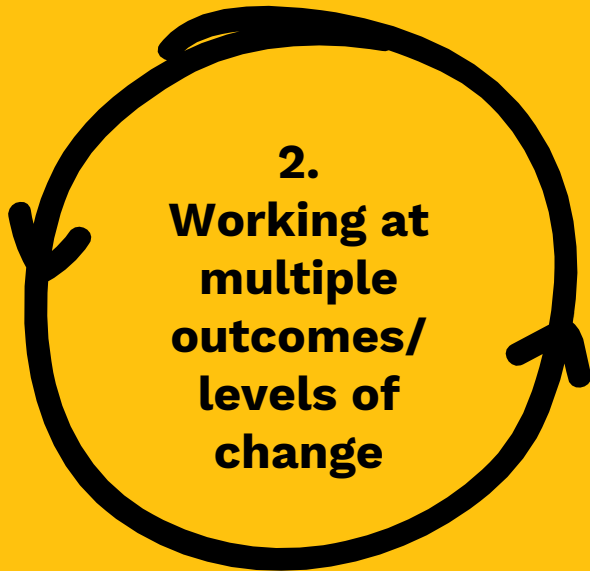
Relationships and
connections

School/Org/Govt

Strategy and investment
changes



Image from Lifehack Community Youth Wellbeing Collaboration. Further information at <https://lifehackhq.co/lifehack-resources/2017-ojc-wellbeing-collaboration/>



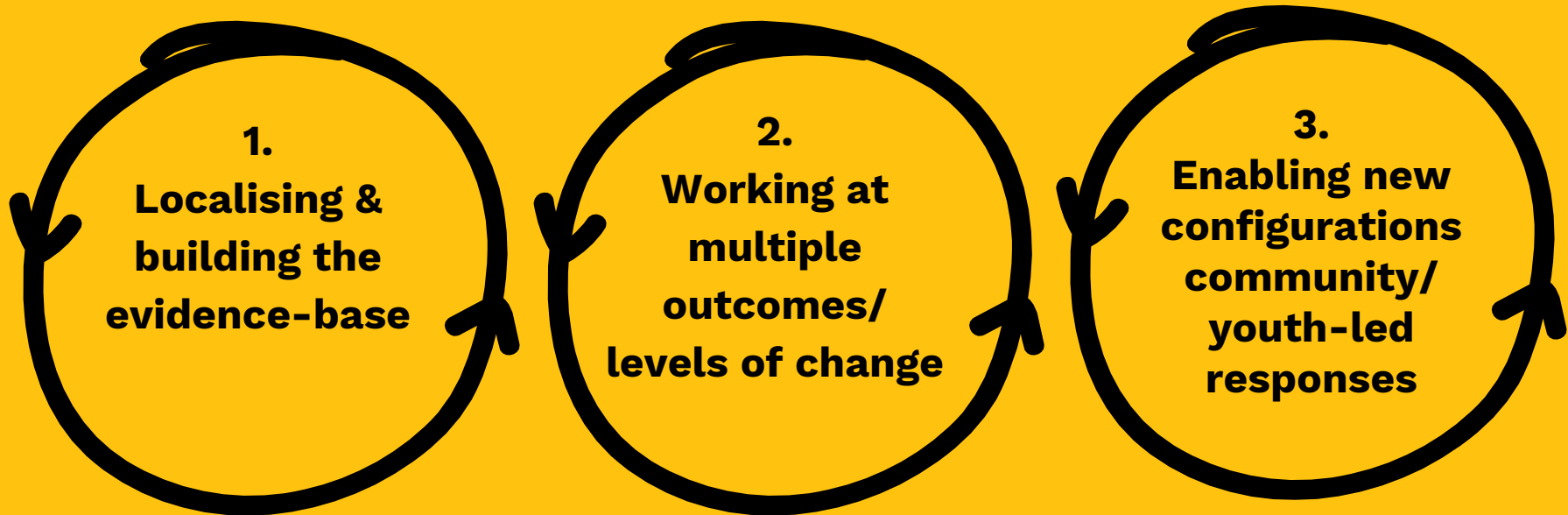
Co-design has the potential to:

Build individuals/practitioner executive functioning, confidence, capability, self efficacy

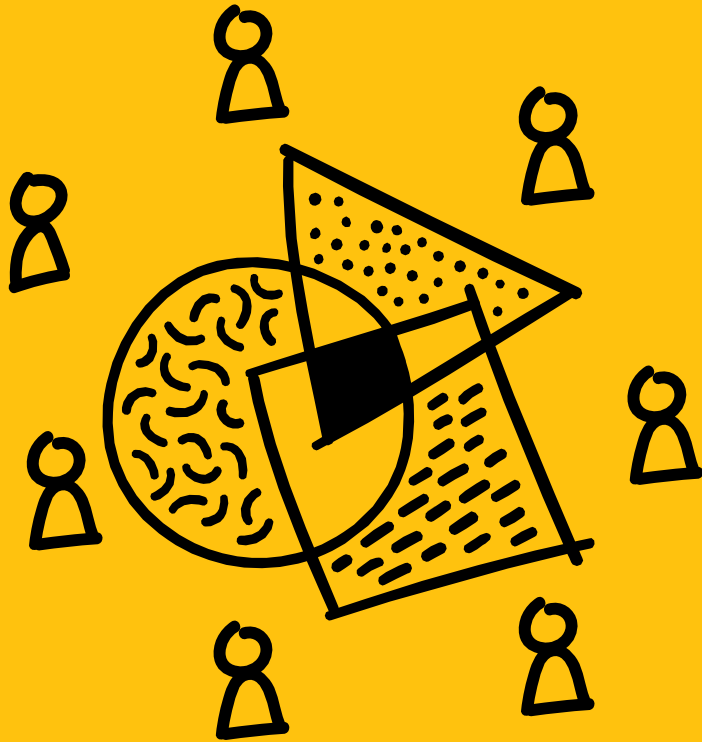
Create opportunity, capability and motivation for organisational practice changes (and models participatory practice)

Build social connections, cohesion and partnerships that support future work and investment

Three opportunities



3. Enabling new configurations community/ youth-led responses



Services not services

How might we reconfigure and/or redistribute the assets we have?

How might young people/community be supported and resourced to lead responses?

3. Enabling new configurations community/ youth-led responses

Ko Huiamano

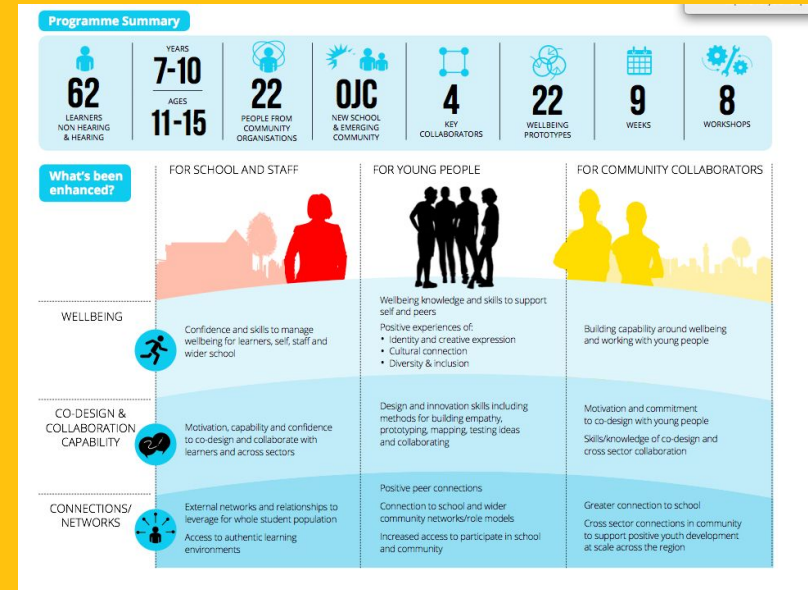


Peer to peer
Whānau to whānau

<http://www.middlemorefoundation.org.nz/kohuiamano.html>

3. Enabling new configurations community/ youth-led responses

Youth-led



Wellbeing in Waitematā

Lifehack



Creating space away from an existing programmes to rethink how exiting assets are applied

Connecting community to existing resources through partnership and collaboration

Growing the capacity for community to lead their own responses

Things to consider



**This way of
working is hard**

Things to consider



**This way of
working is hard**

Requires change
at all levels

This way of working is hard...

Capabilities and conditions for co-design



Stream 1.

How we work with people, whānau & stakeholders

How are whānau and other stakeholders involved in design and delivery of outcomes?



Stream 2.

How we design & innovate

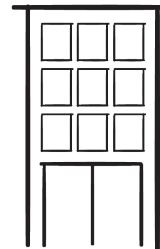
How do we apply design and evaluative approaches to identify, iterate and embed responses and the capacities needed to deliver them?



Stream 3.

Our organisational integration & responsiveness

How do we manage responsively and work together to build our learning?



Stream 4.

Our structural conditions

How do our structures, policies, funding, resourcing and measures enable participatory and whānau-led approaches?

Are we:

Things to consider



**This way of
working is hard**

Requires change
at all levels

**We don't have the
answers yet**

New models are
needed

Things to consider



This way of working is hard

Requires change at all levels

We don't have the answers yet

New models are needed

Emerging integrated discipline - new ethical issues

What is needed to support a social innovation workforce



What are our motivations for co-design?

Whose version of co-design?

Who is setting or influencing the agenda?

Who decides what success looks like?

Who decides the above?

Thank you

penny.hagen@aucklandcouncil.govt.nz
<https://www.aucklandco-lab.nz/>

The
**Southern
Initiative**
—————

