

# Mind and Body Care Navigators Project: Co-design in Practice

(NHMRC Grant No 2025179)



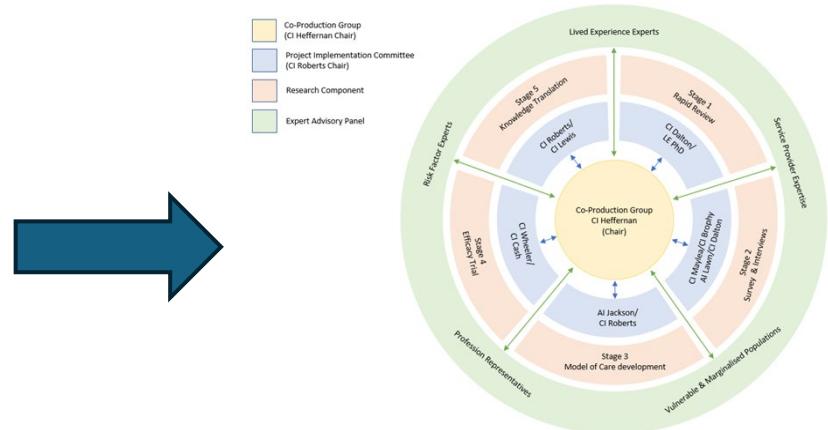
Partners: La Trobe University, Curtin University, Southern Cross University, Griffith University, Equally Well Alliance, and more

*\*This poster was created on unceded Indigenous land*

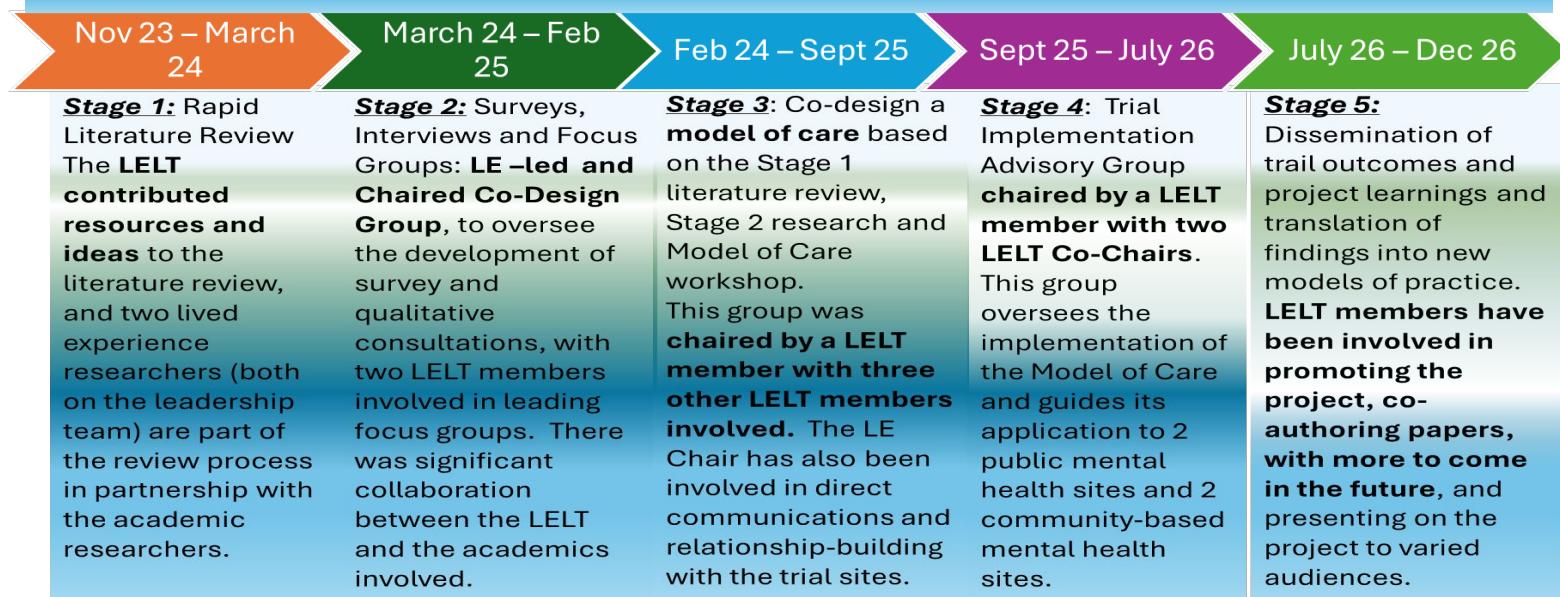
This multi-stage project, culminating in a six-month regional trial, compares the **effectiveness of peer workers, carers & clinicians** as navigators to improve access to preventive health care for people with mental health conditions.

**Lived Experience is at the heart of this project**

**Project Governance Structure** – this visual illustrates the project’s dynamic governance structure. Through a model of **shared leadership and representation from the Lived Experience Leadership Team-LELT (identified as the Co-Production Group) Lived Experience Expertise** has been prioritised in each stage of the project.



## Timeline and Outline of Lived Experience Involvement



**Challenges to the co-production process have included:**

**Time** – tight project timeline has impacted on Lived Experience participation

**Budget** – budget constraints have impacted Lived Experience participation as well.

**Logistical issues** – variations in staffing support and managing a diverse lived experience leadership team has also raised limitations

However, there has been a concerted effort to **problem solve** and **address these challenges** as much as possible. The project successes demonstrate the **collaborative effort** between the academic investigators and the Lived Experience Leadership Team to overcome project limitations.

## Other ways Lived Experience has a central role in the project:

**Out-of-session work:**  
LELT members undertake work crucial to the project outside of regular meetings and are remunerated according to the **National Mental Health Commission’s Paid Participation Policy**

- Examples include:**
- Place-based engagement & relationship building with trial sites
  - Conference presentations
  - LE authorship of research papers

### Lived Experience Research Assistant

This person transitioned from the Lived Experience Leadership Team to this designated role and is supported by External Lived Experience supervision

### Lived Experience-led Change of the Project Name

This reflects the duality of both mind (mental health) and body (physical health) reflecting a key value of the LELT – from Physical Health Care Navigators to **Mind and Body Care Navigators**