

## **Realising the value of Values-based Practice (VBP)**

A year ago the VBP commission published its report with recommendations. I was asked to help and have taken the lead in the VBP system network hosted by the VBP Centre in Oxford.

<https://valuesbasedpractice.org/what-do-we-do/networks/the-values-based-child-and-adolescent-mental-health-system-vb-camhs-network/>

I am retired and thus have time to do some enquiry about VBP. In line with the commission's findings, I have learnt about and taken a co-produced and person centred approach. I have talked to a range of stakeholders such as commissioners, researchers, education staff, NGOs and CAMHS.

What did I find? People are busy and VBP does not immediately grasp the attention. As a newcomer to VBP, I had a similar experience. However my discussions show that values matter and to some extent drive person-centred work particularly in the NGOs.

Finding space to talk (prioritising a value set) is hard, though when done, it results in talk about what and how we do things within our teams, with other teams and with people who come to see us.

VBP can be valued as a framework that "oils" the system to help people notice and unstick problems. For instance, VBP may help clarify implicit values that may block therapeutic process, team functions or improvement programmes.

VBP can also "glue" a team or system together to clarify common purpose or projects. This entails understanding our framework of shared values and a respect for differences in value sets and priorities.

VBP signposts some tools required; good communication skills, a person-centred approach, the need for the science of evidence, and awareness of our diverse values and how these are prioritised.

VBP also benefits from quality improvement, particularly "lean". This method uses values language and is person-centred and inclusive to drive improvement.

We hope to develop the VBP network (see the link if interested) and also some e-learning (MINDED) and standards about VBP over the next year.