

Co-Produced Projects Exploring Mental Health and Neurodiversity – Dr Who and Heavy Metal

Kate Quinn (Clinical Psychologist in UK Early Intervention in Psychosis Services and Co-Director of Heavy Metal Therapy CIC)

Maxine Caswell (National Health System, UK)

I would like to present 2 examples of co-produced community development projects with neurodivergent people in relation to mental health. Firstly, work running a co-produced group for neurodivergent people who also use/have used early intervention in psychosis services. This is a discussion based group on the broad theme of navigating the challenges of living in the neurotypical world as a neurodivergent person, based on community development principles. I will present some lived experience and theoretical perspectives on both the benefits of the group and why so many neurodivergent people come into early intervention services. Secondly, I will discuss aspects of the work of Heavy Metal Therapy, a project I am co-director of that is focused on the wellbeing benefits of engagement with extreme music. In particular I will consider co-produced resources related to neurodivergence and mental health for people who are part of the heavy metal music scene.