



## **Co-produced, co-delivered training: enhancing wellbeing for all?**

Hannah Spreadbury-Troy & Mike Karasinski

#ATAMentalHealth



Loves  
illustration &  
art

Manic Street  
Preachers



Neurodivergent  
myself 😊  
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Occupational  
Therapist

Deaf mental  
health ward

British Sign  
Language



Loves to be  
outdoors

Music



Dad 😊

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Mental  
Health Nurse

Practice  
Educator

Trainer



**1: How was the training  
*experienced by you?***

**2: How was this  
training *different from  
other autism training?***

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**3: What were your *reflections* or *moments of illumination*?**

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- 4: What did you *learn/take away* to your *practice*?
- 5: What *changes* have you implemented *as a result of the training*?
- 6: What has been the *impact* of these changes on inpatients *and* staff wellbeing?

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## Tweet



**Mike**

@MikeKarasinski



Very thought provoking and reflective morning spent on the Autism train the trainer course. It's becoming more & more obvious that an autistic friendly world would benefit all humans.

[@mum2aspergirl](#) [@JoPavlopoulou](#)  
[@KieranRose7](#) [@milton\\_damian](#) thank you for helping me see this 🙏

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