



CRP Masterclass 17: Navigating Mental Health Committees

Overview of Committee Types

There are three main types of committees you might come across:

1. **Strategic Committees** – These focus on the big picture. They plan for the future and make high-level decisions.
2. **Operational Committees** – These look after the day-to-day running of services and make sure things are working well.
3. **Working Groups** – These are short-term groups that work on a specific task or project.

1. Strategic Committees

These committees help guide the direction of mental health services. They make long-term plans and big decisions.

- **Governance Committees** make sure everything is running ethically and legally.
- **Steering Committees** guide big projects.
- **Advisory Committees** give expert advice.

As a consumer rep, you can help by sharing your lived experience to make sure decisions reflect what really matters to people using services.

2. Operational Committees

These groups focus on how services work day-to-day.

- **Model of Care Committees** look at how care is delivered.
- **Quality Committees** check that services are safe and effective.
- **Evaluation Committees** look at what's working and what's not.
- **Feedback Committees** listen to what people are saying about services.
- **Review Committees** assess how well programs or policies are doing.
- **Engagement Groups** work to improve connection and satisfaction.

Your input helps make services better, safer, and more responsive to real needs.

3. Working Groups and Reference Groups

- **Working groups** are short-term and focus on a specific task. They might write a new policy, improve a service, or explore a new idea. They often include people with special knowledge or experience.
- **Reference Groups** are groups that give feedback and advice. They don't make decisions, but they help shape them by making sure diverse voices are heard.

As a rep, you bring practical ideas and help make sure the work is grounded in real-life experience.