

From Ideas to Action: Considerations for Engaging People with Lived and Living Experience of Mental Health



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About Me



- No words, only feelings
- My monster
- Sad/Repressed/Reserved
- Intergenerational Trauma
- First Diagnosis
- Chasing a "magic" pill
- Sleeping my life away
- Crisis * 3



Roles



- Co-Chair
- Advocate
- Lived & Living Experience Consultant
- Facilitator & Educator
- Lived Experience Strategic Advisor
- Patient Partner
- Peer Researcher & Mentor
- Research Co-Lead & Advisor
- Public Speaker, Actor & Writer



Awards



King Charles III Coronation Medal for Mental Health Advocacy, Education and Research, as well as for creating a supportive network that connects patients, families, and health organizations.





Engaging People with Lived & Living Experience Issues



Lack of:

- Trust, Care & Consideration
- Respect & Attention to Power Dynamics
- Sustained Funding
- Opportunities for Advancement
- Seeing whole person

Engaging People with Lived & Living Experience of Mental Health Respectfully, Meaningfully & Equitably in Work & Volunteer Capacities



Foundations of Engagement



Connection
Before Content



Level of
Engagement



Appropriate
Training &
Resources

Emotional & Relational Realities



Emotional Labour



Perceptions of
Staff & Stigma



Tokenism



Equity,
Diversity &
Inclusion

Practical & Structural Supports



Flexibility



Funding &
Payment

Let's Connect!

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