

Experts by experience enhancing recovery

**THE EXPERTS
BY EXPERIENCE
PROGRAM
– AMONG PIONEERS
IN FINLAND –
SINCE 2001**



The Experts by experience program in Mielen ry (NGO) Recovery College

Our aims are to

- » enhance recovery
- » support anti-stigmatisation
- » promote service user involvement and co-production
- » recognise the value of the knowledge based on lived experience

Impact study pointed out

- » participating in the program has significant effects on personal recovery
- » meeting experts by experience has a positive impact for service users
- » economical benefits of the program



Participants report positive outcomes

New identity

“Participating has had an impact on everything I think of myself. I don’t feel ashamed anymore.”

New social roles

“I am accepted.”
“I believe I can help other people.”

New understanding and meaning

“I can live with my past.”
“That’s what I needed to go on with my life.”



Mielen ry (NGO)
organization



Recovery
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Experts by
Experience

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