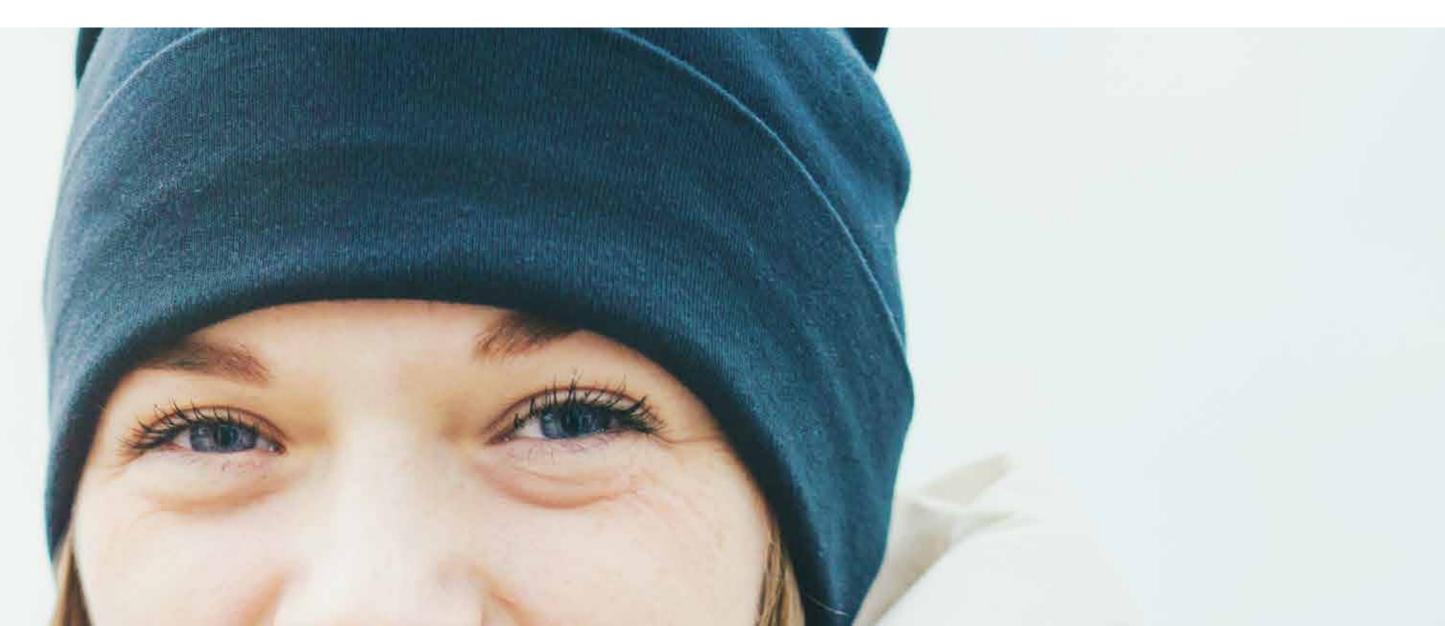
Experts by experience enhancing recovery

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 involvment 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



Participators 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."









mielen.fi

New understanding and meaning "I can live with my past." "That's what I needed to go on with my life."

