

## **The different ways in which people get involved in experiential work (given by experts by experience)**

A very important question is how do I get involved in experiential work in higher education. The answers of experts by experience, involved in the project:

- Through a member of an organization/association I belong to
- Through a lecturer on the degree course
- Through a student
- Through an Association and through an University professor.
- From the Association we offered ourselves to the University and they responded with great interest, kindness and facilitating our work.
- On my own initiative (contacted the school)
- Acquaintances
- An advert through a service user organization

### *Additions/tips:*

- It is good to make links with service users organizations, make someone available for an informal chat. Important to recruit people from diverse backgrounds. Think about the different support people require.
- The combination of a job in practice (for example at a service organization) and involvement in higher education is an added value. In this way, mutual influence takes place, which can only benefit the practice.
- Even without training, an expert by experience can be deployed in education. The tasks and responsibilities can also be built up step by step (e.g. first only testimonies, then process guidance, co-teaching, co-examination,...)
- The selected person must not have an active addiction.
- Select experts by experience who can share their experience with sensitivity.
- Select people who have experience in telling their stories.
- Search through associations, Primary Healthcare Center's professionals, social workers...
- Networking with mental health institutions and service user organizations.
- A tip if you have problems recruiting is to advertise a position that you recruit into the organization afterwards.
- An internship as a starting point