

**Various roles an experts by experience can take (designed for mental health care in Flanders): <sup>1</sup>**

<b>Role</b>	<b>Description</b>	<b>Examples</b>
<b>Vision provider/eye-opener (eliminates prejudices)</b>	Uses experiential knowledge to ensure realistic thinking and speaking about mental health (problems).	Testimony, quarter-making, training, information, anti-stigma actions, image formation.
<b>Hope Provider</b>	Creates hope, offers perspective, and inspires.	<a href="#">Lectures, blogs, articles, peer coaching, group processes, being present in a department.</a>
<b>Empowerment stimulator</b>	Focuses on possibilities and empowerment in individual conversations with the patient, close relatives, or other experts by experience, contributing to the recovery process	Individual recovery conversations as a member of a mobile team or in a care department, buddy, coaching, and intervision of experts by experience.
<b>Group Supporter</b>	Guides groups with a focus on possibilities and empowerment.	Guiding peer initiatives and self-help groups, guiding Recovery Academy courses or a Recovery Work Group, training experts by experience, coaching, and team intervision.
<b>Bridge Builder (making connections)</b>	Maintains and/or establishes connections between patients, caregivers, family and patient perspectives, policy, organizations, (and other) possible stakeholders, and the broader society, contributing to mutual understanding and equal collaboration.	Team conversations as a member of a mobile team or care department, patient representative, aligning demand and supply of experts by experience, quarter-making on an individual level.
<b>Guide</b>	Makes people familiar with terminology, care and training offerings, and broader services.	Reception function in a care facility, referral to care, leisure, meeting, and/or work, information point on recovery and expertise by experience.

<sup>1</sup> Hilko Timmer. (z.d.). GLOBAAL PLAN ERVARINGSDESKUNDIGHEID AANBEVELINGEN. In *GLOBAAL PLAN ERVARINGSDESKUNDIGHEID AANBEVELINGEN*. [http://www.herstelplatform.be/media/docs/gpe\\_aanbeveling\\_def.pdf](http://www.herstelplatform.be/media/docs/gpe_aanbeveling_def.pdf)

<b>Representative</b>	Represents and defends the perspective of the patient, family, and/or other close relatives and/or experts by experience.	Participating in networks, platforms and working groups
<b>Innovator</b>	Dares to question things and provides not only innovative ideas but also a creative, refreshing, and critical view on the current functioning and vision of organizations and in the execution of tasks and concrete projects.	participation in ad hoc projects/think tanks.

**Recommendations for the expert by experience:**

- Identify for yourself which roles your interests and where your qualities lie.
- Make choices. You do not have to be equally good at everything.
- Monitor your balance of carrying capacity and load well.