



HBGI's Lived Experience Council

Why, How and Who?

Why do we have a LEC, and what do they bring?



As outlined in the LEC's 2023 "Transforming the Way We Work" Report, there are **numerous benefits** of integrating **lived experience**¹ into service design and service delivery which ultimately leads to better mental health **outcomes**.



Quality & accessibility



Additional resources commissioned



Increased user empowerment



Decreased stigma



Improved social and community integration



Increased service user satisfaction



Increased service user stability in work / education

Our LEC play a key **role in HBGI**, supporting organizational development as well as bringing input to our project work, such as through advisory boards. We have **embedded the voice** of lived experience at every level of HBGI.

A real strength of our LEC is that they bring their own **varied lived experiences** of mental health as well as their **full selves** and **professional skillsets** to maximize impact across our organization and projects.

Since 2020, **skills they have brought** to HBGI include:



Advisory



Monitoring & Evaluation



Academia



NPO Leadership



PR & Comms



Youth Leadership



Research



Mental Health Professionals

¹ Defined as someone having personal experience with mental ill-health or neurological health issues themselves, whether in their own lives or with people close to them

How do HBGI and the LEC work together?

H B G I



We connect, collaborate, challenge and support one another to mutually amplify impact for HBGI and the LEC in their own mental health work.

LEC Leadership

- Creation and ownership of LEC **Terms of Reference** – why, how and what the LEC do.
- Clear recommendations and examples for integrating lived experience into an organization - **Transforming the Way We Work** report.
- Ongoing work to enhance impact, such as **comms and governance**, making and implementing recommendations e.g., LEC representation on HBGI's Board.
- **Drive accountability** of HBGI in embedding the voice of lived experience.

Touchpoints

- Our Co-Chairs sit on HBGI's **Board of Trustees**.
- **Monthly board** updates communicated with full LEC.
- **Management liaison** with open communication channels.
- **Quarterly Full LEC Council meetings** and informal check-ins.
- **Project board** involvement – organizational and in mental health projects with partners.
- **In person workshops** (budget permitting).
- **Annual audit** of touchpoints and suggestions for improvement.

Draw on the LEC's expertise

Our LEC are available to share their expertise and contribute to your organizational projects. Examples include:

- **Setting up** a Lived Experience Council of your own or advising on how your current one could be improved.
- Supporting **specific project work** –
 - Drawing on their **own mental health condition**
 - Advising on how lived experience can be **most appropriately integrated**.
- Contributing to **research**.

[Click here](#) to contact us
Or email info@hbgi.org

HBGI's Lived Experience Council – A global team



Alex Sheehan
Co-Chair



Elizabeth Kasujja
Co-Chair



Ari Billig



Noella Luka



Lauren Iuliani



David Millan



Diana Chao



Elza Berk



Diane Randolph Jones

HBGI's Lived Experience Council Alumni



Damian Juma - Chair



Carlos Larrauri



Joanna Grace Farmer



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