

WHAT MAKES SHARING LIVED EXPERIENCES FEEL VALUED, MEANINGFUL AND RESPECTED?

Summary.

Recently we asked our community about sharing their insights and expertise as people with Lived Experience of mental distress or addiction.

First, we asked our community of Rākau Roroa Tall Trees, then we asked the same questions of our wider Changing Minds online community.

You will see in some of the following pages that we make comparisons between the two groups. When people start the Rākau Roroa programme, it's because they feel ready to use their story to challenge mental health prejudice, self-stigma and discrimination. Rākau Roroa training shares tools, knowledge and resources to do that.

Because of that training, we anticipated that our Tall Trees might have slightly different experiences or needs when being asked to share their insights.

It was important to us that we look at both groups, together and apart to understand the needs and experiences of our whole community. All of the views shared here matter.

To everyone who shared feedback with us, thank you.

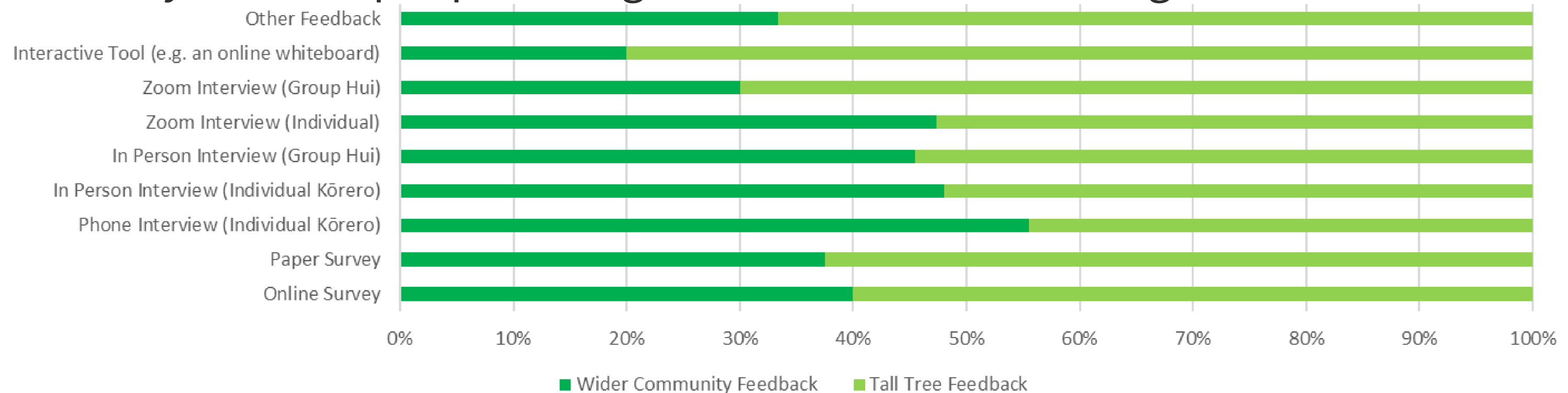
Our hope is that by gathering and sharing this information Changing Minds and others can continue to grow and learn better support Tāngata Mātau ā-wheako, people with Lived Experience of mental distress.

If you have any questions, would like to have a kōrero, or have a different experience you'd like to share to this work; we invite you to reach out to us at communications@changingminds.org.nz.

KEY POINTS | HOW DO YOU PREFER TO SHARE YOUR LIVED EXPERIENCE VIEWS OR FEEDBACK?

- Providing a range of ways to share feedback is valued.
- Overall the most popular ways to share feedback were:
 - Online surveys,
 - Individual interviews (face-to-face), and
 - Group hui (face-to-face)
- However there were differences between our Tall Tree feedback, and from the wider community.

- Tall Trees were more likely to favour methods that were collaborative, online or in a group settings.
- The wider community had more support for individual or one on one feedback.
- This could reflect a shared background within the Tall Tree community, or familiarity with the people or organisations who are asking for stories.



THE KEY POINTS | SUPPORTING PEOPLE TO SHARE FEEDBACK AND INSIGHTS

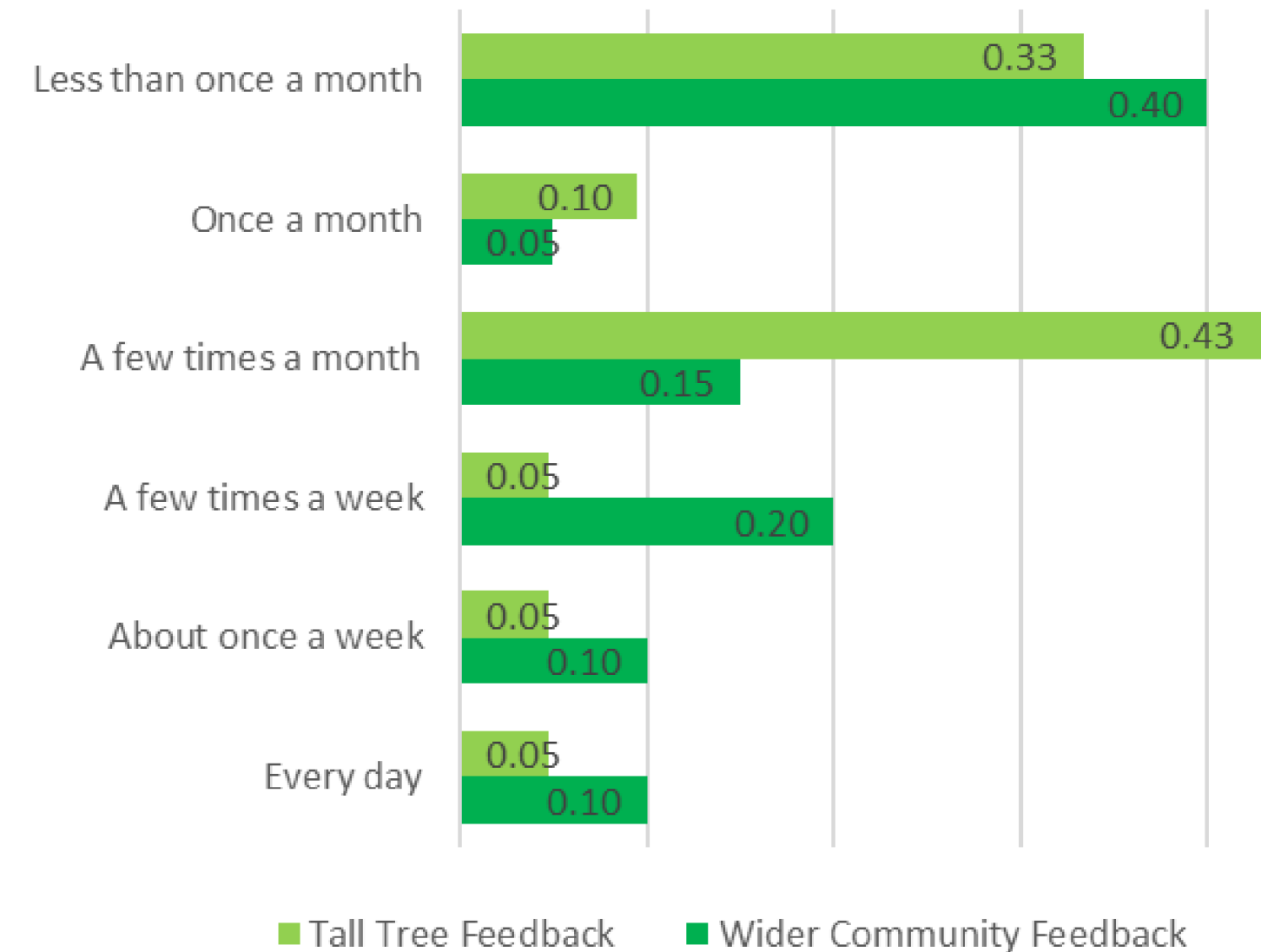
- Support people to chose **how** and **when** to share feedback.
- Respect the person's time and energy appropriately through compensation or putea aroha.
- Enable them to share with a person with similar experiences.

THE KEY POINTS | SUPPORTING PEOPLE AFTER SHARING

- Give people a copy of the report or project they contributed to.
- Ensure people can see or feel their individual feedback within the report.
- Support people to ask questions, including who to contact.

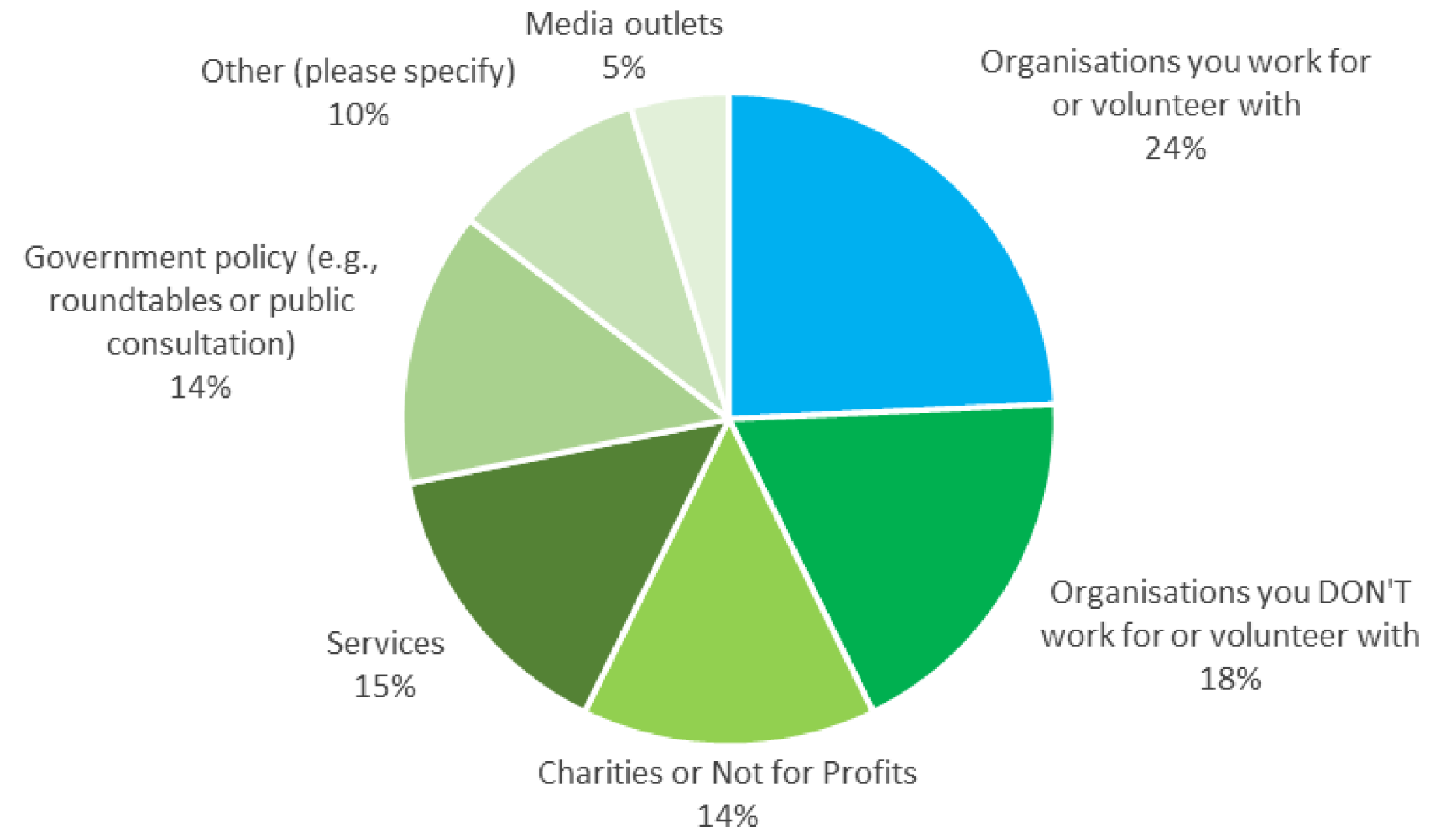
THE KEY POINTS | HOW OFTEN ARE YOU ASKED?

- Overall, 27% of people say that they are asked to share their Lived Experience insights **more than once per week**.
- Overall, 37% of people are asked to share **less than once per month**.
- However, our Tall Tree's and wider community report being asked to share feedback at different frequencies. This is shown in the chart on the right.



THE KEY POINTS | WHO IS ASKING

- Overall, organisations are asking for Lived Experience insights most often.
- Under the "other" category people told us that friends, whānau are asking.
- Tall Trees were more likely to have been asked to share by media outlets, on government policy or others.



THE KEY POINTS | HOW DO YOU FEEL ABOUT BEING ASKED TO SHARE OVER THE PAST 12 MONTHS?

- Overall people were happy with their experiences over the past 12 months.
- Less than 10% of people felt unhappy, or very unhappy with their experiences.

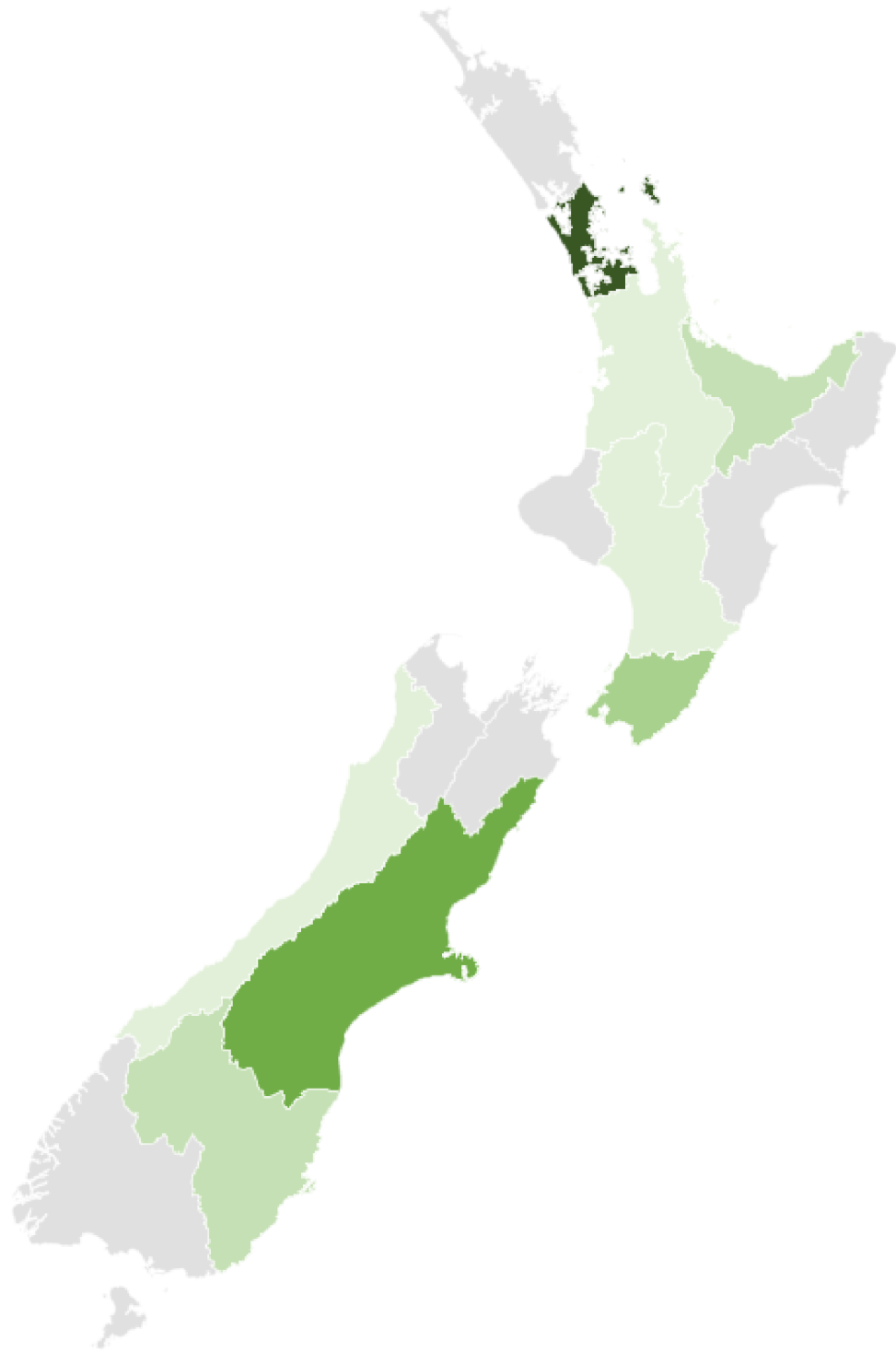
THE KEY POINTS | WHO WE SPOKE TO

Gender

- 81% of people identify as women.
- 10% identify as men.
- 9% identified as non-binary, agender, genderqueer or other.

Age

- 59% of people were 45 years or older.
- 21% of people were under 34 years of age.



Location

- 29% of people are in the Auckland region
- 22% are in the Canterbury region
- 15% are in the Wellington region

Ethnicity

- 55% Pakeha / NZ European
- 18% European
- 13% Māori
- 2% Samoan
- 8% Other