

[Organization Letterhead]

Date: [Date]

To: [Administrator]

From: [Faculty/Staff Name(s)]

Re: {Insert Name of your proposed project; i.e., "Proposal to Integrate Experts by Experience into the Mental Health Immersion Course"}

Background:

[Summarize your work thus far collaborating with Experts by Experience and

Evidence:

Emerging but promising research including Experts by Experience as mentors and coaches suggests that their presence can support students to understand the experience of mental illness and recovery, build close relationships with a service user (Agrawal et al., 2016) decrease stigma regarding individuals with mental illness (Fokuo et al., 2017), make learning more impactful (O'Reilley et al., 2010), individualize treatment, attune to the person's perspective, and focus on the relationship (Happell et al., 2021; Horgan et al., 2015).

Alignment with Strategic Plan:

[Identify the connection of this project to your organization's strategic plan. Identify specific goals/tactics/strategies from the strategic plan if possible. If no strategic plan, connect with your organization's mission, values, or curriculum threads (if academic program), etc. Make a specific connection as to how this work aligns with the mission of your organization.]

Budget Request:

| Line Item  | Estimated Cost                                  |
|--|---|
| [Insert relevant line item expenses and show your calculations]                          | \$ [insert total for each respective line item] |
| <i>Experts by Experience: 2 Experts x 20 hours/week x pay rate = \$</i>                  | \$ [insert total for each respective line item] |
| <i>Travel for professional conferences [Insert relevant items and show calculations]</i> | \$ [insert total for each respective line item] |

|                        |  |
|------------------------|--|
| Total Estimated Budget | \$ [insert total projected costs for all line items] |
|------------------------|--|

## References

Agrawal, S., Capponi, P., López, J., Kidd, S., Ringsted, C., Wiljer, D., & Soklaridis, S. (2016). From surviving to advising: A novel course pairing mental health and addictions service users as advisors to senior psychiatry residents. *Academic Psychiatry, 40*, 475-480. DOI 10.1007/s40596-016-0533-z

Fokuo, J., Goldrick, Rossetti, J., Wahlstrom, C., Kocurek, C., Larson, J. & Corrigan, P. (2017). Decreasing the stigma of mental illness through a student-nurse mentoring program: A qualitative study. *Community Mental Health Journal, 53*, 257–265. DOI 10.1007/s10597-016-0016-4

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O’Reilly, C., Bell, S., Chen, T. (2010). Consumer-led Mental Health Education for Pharmacy Students. *American Journal of Pharmaceutical Education, 74*(9), 1-8.