Methods and Emerging Strategies to Engage People with Lived Experience

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This brief from the U.S. Department of Health and Human Services highlights methods and emerging strategies federal agencies use to meaningfully engage people with lived experience in research, policy, and program design. It synthesizes lessons from multiple initiatives, emphasizing the value of lived experience in improving relevance, equity, and effectiveness of services by informing decision-making, shaping research questions, and guiding implementation.

The resource also outlines practical roles and strategies—such as advisory participation, partnership, and employment—that help shift engagement from one-time storytelling to sustained collaboration and shared leadership.

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