

Adult Focus Groups: Appendix B

FOCUS GROUP FACILITATION GUIDE

Facilitation Guide for the 3 community focus groups:

Preamble:

Hi everyone, thank you so much for joining us today. Before we get started, I want to introduce myself. My name is Hanna, I'm a third-year psychology student working with Synergy on this project and I will be the facilitator today. Also joining us today is [second Synergy staff], introduction...

I want to recognize that the land we are on today is Treaty 7 territory - ancestral lands of the Blackfoot Confederacy: Kainai, Piikani, and Siksika as well as the Tsuu T'ina and Stoney Nakoda First Nations including Chiniki, Bearspaw, and Wesley. This territory is also home to the Métis Nation of Alberta, Region 3. I acknowledge the First Nations, Métis, and Inuit people who have cared for these lands for generations. I am grateful for the Elders and Knowledge Keepers who are still with us today and those who have gone before us. I make this acknowledgement as an act of reconciliation and gratitude to those whose territory we are all fortunate to live within.

The following definitions are what we mean when we speak about youth safety and safer spaces going forward. These were created by and for youth using the survey data. If you have thoughts on these, follow up with us later and we'd love to chat!

Safety definition – safety means that:

- Their body will not be harmed
- They have access to emergency services, basic necessities, and a place and/or person that they can go when they need
- They do not feel scared or anxious

Safe space definition – characteristics of a safe space are:

- Youth feel accepted, welcomed, loved, happy, respected, and comfortable
- It includes positive ideas, friends, and fun things
- It is non-judgemental, quiet, and private
- And it is a place where they can think freely and express themselves freely

Questions

General

1. Who are your supports or resources that you go to when you know a youth is feeling unsafe?
2. Are you aware of any 24/hours, 7 days/week resources that people can call for help?
3. If trainings such as Psychological First Aid, Suicide Prevention, De-escalation Techniques, etc., were to be offered for adults, would you attend?

For the next few questions, I want you to think about the youth you interact with daily and their experiences. We want to stick to what you observe to be happening, not what you suspect is happening.

Safety

1. What trends OR changes have you noticed in youth that are related to safety? (emotional, relational, psychological, etc.)
 - a. Prompt: what have you noticed at home?
 - b. Prompt: what have you noticed at school?
 - c. Prompt: what have you noticed in behaviour?
2. Have you noticed anything specific related to physical safety?
3. What spaces do youth report feeling unsafe in?

Supports

1. What makes it easier for youth to access support? Support can range from asking for help from a trusted adult or seeking counselling.
 - a. Prompt: what supports are youth more likely to access? Why?
2. Do youth still experience stigma when asking for help? If yes, what prevents them from asking for help? If no, why not?

(If we have time)

1. What do you think would improve safety for youth in your community?

Great, thank you everyone for that discussion. You all shared some very important thoughts. That's the end of the questions and now there are a few things we need to cover to wrap up, and after you will be free to go.

Debrief

1. Review the purpose of the research
 - a. To gather more information on youth safety and to gain more clarification on the survey results (i.e., co-analysis) directly from community members in a way that collects deep, insightful, and accurate perspectives.
 - b. Steps of the research: Participants were contacted by synergy and invited. Informed consent forms were provided ahead of time, reviewed in person to ensure full understanding, and a signed form was required before beginning the session. Consent was voluntary and could be withdrawn at any time. We held the focus group here tonight, it lasted approximately 90 minutes and covered all of the topics we aimed to discuss.
2. Consent
 - a. Based on everything we just discussed, your experience in this focus group, and how you feel about the information you contributed, we want to give you another opportunity to affirm or withdraw your consent. Please connect with us afterwards if you want to express your wish to withdraw your consent.
3. Next steps:
 - a. You will be sent an eval and demographic survey. Opportunity to provide more responses if you feel that you did not have time to give answers tonight. Responses are voluntary, but are helpful. The audio recording will be transcribed. We will hold more adult focus groups throughout the summer and will hold youth focus groups in the fall. All data will be synthesized and thematically analyzed. After, you will be sent a draft report to review and provide feedback on to ensure that we have properly interpreted and represented the data you contributed.

a. After all feedback has been collected and changes made, a final report will be shared with you and with the broader community. You will be made aware of all the places it is available, and will be invited to a presentation of the results. Your consent can be withdrawn up until any point before the publication of the final report. You may reach out to the research team at any point with questions or concerns.

4. We just want to remind you to please not share anything that we spoke about today. This is important to respect and protect everyone's privacy.

Does anyone have any questions or concerns?

5. Thank you everyone for your time and for sharing your thoughts, this was a great conversation and you all have helped to make your community a better place.

6. Before they leave, give participants the Chestermere and Area Mental Health Coalition resource and Synergy's contact info

Facilitation Guide for the 1 CDA/Counsellor focus group:

(Note that this was conducted over Zoom)

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Questions:

1. What are the common needs of students that you provide support to?
 - a. Prompt: What are their mental health needs?
 - b. Prompt: What are their safety needs?
 - c. Prompt: What are their wellness needs?
2. What are the barriers that youth face in terms of getting support they need?
 - a. Prompt: Either in the school or outside the school?
 - b. Prompt: What prevents youth from asking for help?
3. What are the trends and/or changes in bullying within your school?
 - a. Prompt: At what point does the school step-in to support?
 - b. Prompt: What does that intervention look like?
4. What type of education do students receive on bullying?
5. What type of education do students receive on mental health?
6. (If there is time) What do you think needs to change at the school level to better meet student needs?

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