

# FOCUS GROUP BRIEF AND QUESTIONS- PRIMARY

- COPIES OF CONSENT / ASSENT FORMS
- AUDIO RECORDER (work phone using voice recording app and saved via OneDrive following focus group)
- PARTICIPATION FEEDBACK QUESTIONNAIRES
- SELF HELP LINKS & APPS, IF NEEDED



## WELCOME

Thank you for saying you would take part in this focus group. My name is..... and I am a..... within the Mental Health Support Team. You have all been asked to take part because we want to make sure that we are doing things in the right kind of way for children.

## INTRODUCTION:

What we would like to do today is to hear from you what you think about the Mental Health Support Team in your school. We have been in your school since October 2020 and has been run by Alliance. You may have met myself/EMHP, or you may not. Either is ok. We are really interested in hearing your views and we will use it to make sure that we are working in the right kind of way for children.

Mental Health is about how we feel in our heads and with our emotions. When we feel mentally healthy, we feel happy, confident and less worried. When we feel mentally unwell, we might feel sad, worried or angry a lot of the time. Everyone has lots of different feelings. Sometimes we feel these just a little bit. Sometimes we feel these a LOT! Sometimes we have feelings we think are good feelings. Other times we have feelings we think are bad feelings. The MHST wants to be able to help children and young people with their mental health and this can be done either through working with individuals, groups, schools or parents.

This conversation should take about 40 minutes and when I have finished this bit with you, I will leave, so the rest of the conversation will be led by your teacher. As was talked about with you and your parents/carers, we would like to record the session, so that we can make sure we get all the information correctly. Is this still ok with you all? (If yes, switch on the recorder)

## ANONYMITY:

Although this is being recorded, I would like to assure you that this discussion is anonymous. This means that no-one will know who you are. The recordings are stored in a safe place until they are written up word for word, then they will be destroyed. When it is all written up, there will be nothing in there that will be able to identify who you are and whatever you say will not be linked specifically to you. Does that make sense? (Answers)

It would really help us if you can answer as honestly as you can. It is also important to remember that what you talk about in here is not to be talked about outside of this room. This means that you, and the other children in the group, can talk about things openly and honestly without anyone else in the school knowing. Does that make sense?

There might be some things that you don't want to talk about, and you don't have to answer if you don't want to, but please try to take part as much as you can, because it would really help us.

## GROUND RULES:

- The most important rule is that only one person speaks at a time. There may be a temptation to jump in when someone is talking but please wait until they have finished.
- There are no right or wrong answers
- You do not have to speak in any particular order
- When you do have something to say, please do so. There are many of you in the group and it is important that I obtain the views of each of you
- You do not have to agree with the views of other people in the group
- Please be careful about what you share in the group. Because we are talking about mental health, this could have an impact on you. If you need to leave, please let your teacher know and I will come to spend some time with you.
- If something is shared by you that makes either your teacher or myself worried about your safety or wellbeing, this might have to be discussed with safeguarding lead at school & Alliance to ensure that you are kept safe and well.
- Does anyone have any questions? (answers).
- OK, let's begin (Alliance to leave the room but still be available close by if needed for support for students).

## ? QUESTIONS

- Have you heard of the MHST? What do you know about it? What do you think about it?
- Can you think of what the best or most helpful bits of the MHST are?
- Can you think of things that have not been so good or that could be different?
- How did you find out about the MHST? How easy was it to get to?
- How easy do you think it would be to request help from the Mental Health Support Team?
- What do you think your friends would say about people who are part of the MHST?
- Have you met anyone from the MHST? What was that like?
- If you have had support from the MHST, was it held at the right time for you? If not, when should it have been held? If you haven't had support, when do you think would be a good time to have support?
- Because we have all had a lot of time off school because of Coronavirus, do you think the MHST has done anything to help children with any difficulties they may have had during this time?
- Is there anything that could be done to make the Mental Health Support Team better?

## CONCLUDING QUESTION

**Of all the things we've discussed today, what would you say are the most important things you would like to share about the Mental Health Support Team?**

## CONCLUSION

- Thank you so much for taking part and answering these questions! It has been great to hear from you.
- Your opinions will really help us to look at the MHST and check that we are getting it right for children.
- We hope you have found the discussion interesting.
- If there is anything you are unhappy with or wish to complain about, please speak to your teacher or you can speak to Alliance representative present.
- I would like to remind you that anything you have said today that will be in the report will be anonymous, so no one will know that it is you who has said it.

## Feedback Questionnaire

Can you please answer a few quick questions about your experience today? This will help us to make sure that we are getting children's participation right and make any changes.