

FOCUS GROUP BRIEF & QUESTIONS - Secondary/Colleges

CHECKLIST

- 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 been asked to participate as your point of view is important. I realize you are busy and I appreciate your time.

INTRODUCTION:

The purpose of today is to get an understanding from your point of view of the Mental Health Support Team in your school/college. The MHST has been in your school/college since..... and has been run by Alliance. You may have had experience of working with them, 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 getting the service right for young people.

Everyone has mental health. Sometimes this is good mental health where we feel confident, happy, secure. But sometimes we can feel mentally unwell where we might feel anxious, stressed, unhappy, low in mood. Many people will need support with their mental health over the course of their life. 1 in 6 people in a classroom will experience a mental health difficulty each year. The MHST wants to be able to help children and young people with their mental health by either working with individuals, groups, your school or parents.

This discussion will take no more than an hour and when I have done the introduction, I will leave so the rest of your conversation will be led by your teacher. As was talked about with you, 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. The recordings are stored in an encrypted drive until they are transcribed word for word, then they will be destroyed. The transcribed notes of the focus group will contain no information that would allow individual subjects to be linked to specific statements.

You should try to answer and comment as accurately and truthfully as possible. I and the other focus group participants would appreciate it if you would not talk about the comments of other group members outside the focus group. If there are any questions or discussions that you do not wish to answer or participate in, you do not have to do so; however please try to answer and be as involved as possible.

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.

- What do you know about the Mental Health Support Team (you can use whatever name the school uses on the project)? What do you think of it?
- What have been the best or most helpful parts of the Mental Health Support Team?
- Is there anything that hasn't been so good or that could be changed?
- Who told you about the Mental Health Support Team? How easy was it to get to?
- How easy do you think it would be to request help from the Mental Health Support Team?
- Do you have any thoughts or ideas about what the MHST can look like? How can we make this work best for you, your friends, and your school?
- What do your friends think about people who are part of the Mental Health Support Team?
- Did you get to know anyone due to being part of the Mental Health Support Team? What was that like?
- Was it held at the right time for you? If not, when should it have been held?
- Has the Mental Health Support Team helped with the impact of coronavirus?
- How do you think it would be best to promote the MHST in your school?
- Is there anything they could do 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 participating. This has been a very successful discussion.
- Your opinions will be a valuable asset to the study
- 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 comments featuring in this report will be anonymous

Feedback Questionnaire

Can you please complete this brief feedback questionnaire about your experience today? This will help us to make sure that we are getting young people's participation right and make any changes.