



## Youth Leads Focus Group Guide

### Preamble (5 minutes)

3rd party evaluator welcomes the group to the session, and then reads the script below:

*Hi, I'm [insert name]. I'm here today on behalf of the Registered Nurses' Association of Ontario. The purpose of this focus group is to talk with you about your experience in your role as a youth lead with the Youth Mental Health and Addiction Champions Initiative and to find out about the exciting things you have been doing to tackle important youth issues.*

*Before we start, I would like to go through some things with you. This will be an open discussion. We will be talking for about 45 minutes and I will be recording the discussion and I don't want to miss any of your comments so it will be important to please only talk one at a time. It is also important that you know that there are no right or wrong answers and you should feel free to share what is on your mind.*

*Participation in this Initiative is voluntary. You have the right to answer any or all questions, and can choose to skip any questions if you want to. Should you decide not to answer some questions; it will in no way affect any education, support and/or services received from RNAO, from your local Public Health Unit, or from your school.*

*I want to assure you that the focus group transcript will be cleaned of any identifying information to protect your anonymity. All data will be kept strictly confidential. You will not be identified individually in any reports or publications. I want to assure you that none of your comments will be traceable to you as an individual. You can choose to not answer any questions that make you feel uncomfortable.*

*You will need a pen and paper for the first question so please take one out now.*

*Does anyone have any questions before we begin?*

### Warm-Up

1. Let's go around the group and please tell me your name, your age, and the reasons you decided to join the YMHAC Initiative.

#### *Introduction*

2. Using the pen and paper, take a few minutes to write down 3 things you really like or that you found rewarding about being a youth lead. Then write down 3 things that you dislike or wish you could change. Keep these in mind as we continue our discussion – you may want to share with the group some of the things you wrote down.





## KEY QUESTIONS:

3. How comfortable do you feel working with the youth champions? Did you feel like you were adequately prepared? What other training or support do you feel could have been beneficial?
4. Thinking about the connections you have with other youth leads and with youth champions who are part of the YMHAC Initiative, how easy or hard has it been for you to connect? What things do you connect about? What is the best way to connect? How important is it for you to connect with youth leads and/or champions? What is the best way to connect? How often, or when, is the best time to connect?
5. Can you share with me one example of the work you and the other youth have done to promote mental health or to prevent substance misuse? We would like an example which we can profile in our final report.
6. When you think about what you expected this role to be when you first joined the Initiative, were your expectations met? What, if anything, was different?
7. Do you have any ideas for ensuring that your work with youth continues? What will you do to keep yourselves going? What kind of support would you need from your health unit, school, or from RNAO to continue?
8. Is there anything else you would like to tell us that could help to improve your experience?

### *Wrap-Up*

That's all the questions I have for you. Thank you so much for sharing your thoughts and ideas with me. Does anyone have any final comments or questions before we end?

