Research project Group Facilitation Skills Course Participant experience Patient co-design co-facilitation Results

EMPOWERMENT HOPE Peer support Peer support Occupational therapy Participant experience Patient HOPE佔

Recreation therapy Recreation therapy HOPE Giving back Recovery College

Vocational Services Shared understanding Occupational therapy

Connection giving back Recovery Assessment Scale

Occupational therapy giving back Recovery Assessment Scale

Skilled Course Krystle Martin Ontario Shores
The research project

- Recruit: Recruit participants and consent for study; Time 1 questionnaires
- GFST: Participants complete VOC course; Time 2 questionnaires
- Co-facilitation: Participants were partnered with staff and co-led groups
- Follow-up: Time 3 questionnaires; focus groups with both participants and patients who took part in these co-led groups
Group Facilitation Skills Course

• preparation for participants interested in co-facilitating a course within the study
• prepares individuals to become a group facilitator and focuses on adult learning principles, communication techniques and presentation skills
Who participated?

- 18 patients consented for the study, 11 co-delivered a wellness group
- Average age was 34 (range 23-58)
- 12 men, 6 women
- Majority had psychotic diagnosis
- 11 had at least some College education
- All but one person had a history of employment
Group examples

- Running
- Colouring
- Tea & talk for women
- Women’s only walking group
- Smoking cessation
- WRAP
- Badminton
- Cooking
- Healthy relationships
- Lifestyle devotions (spirituality)
Quantitative results

• No difference over time on Empowerment Scale or Recovery Assessment Scale
Qualitative results

• Phenomenological approach
  – Focus groups (audiotaped)
  – Open-ended questions to guide discussion
  – Transcripts reviewed
  – Nvivo used to organize data
  – Essential themes extracted
  – Relationships between themes identified
Mental Health

- Sharing personal story
- Leadership
- Confidence
- Giving back
- New perspective/Insight
- Self-help
- Enjoyment
Qualitative results

• Leadership
  – “I hadn’t had the opportunity [before] to be a leader in terms of my mental illness.”
  – “I felt like uh I’ve been given a leadership position and that was really empowering.”
  – “They sort of understand that I’ve made it through the program.”

• New Perspective/insight
  – “It gave me perspective from a position I was once in.”
  – “Yeah it sort of did, it helped me understand that I made a huge achievement in life by quitting smoking on my own about 7 years ago.”
Qualitative results continued...

• Sharing personal story
  – “I was able to share my story.”
  – “I think that once I shared at the beginning of every group, a session we had, then the rest of the group members felt comfortable to share.”

• Giving back
  – “Knowing I was able to shed light and hope onto others from my own experience was extremely rewarding and inspiring.”
  – “We are supposed to be supporting each other. You’re your brother’s keeper as well, so you’re supposed to help each other along the way.”
Qualitative results continued...

• Confidence
  – “...just showed me that I was capable of doing a lot more than I thought I was capable of doing.”

• Enjoyment
  – “It was fun.” “I enjoyed it.” “I’m glad I was part of it.” “It was really good.”

• Self-help
  – “...like the stuff that I was telling like the group participants...was like also a reminder for myself.”
Patients who took the groups

• Focus groups conducted with patients who took part in the groups co-delivered by peers

• First pass at the data
  – everyone indicated that they enjoyed the group they took
  – they felt a bit more comfortable in the group knowing that another patient was co-facilitating
  – they felt that they could approach the patient easier and that they trusted the group more because a patient was involved in the design and delivery
Our study & the OS Recovery College

• Evolution: lessons learned from our study to the creation of a Recovery College
Thank you

Questions? Comments?